

SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

Name _____ Date _____

Multiple Choice (3 points each)

Identify the choice that best completes the statement or answers the question.

- _____ 1. The player in soccer that is utilized to stop the opponents from scoring is?
a. catcher
b. goalkeeper
c. safety
d. center
- _____ 2. Who kicks the football during a field goal attempt?
a. center
b. goalkeeper
c. punter
d. place-kicker
- _____ 3. While playing lacrosse, who typically scores the most in the game?
a. defensemen
b. midfielders
c. attackers
d. goalkeeper
- _____ 4. Aerobic activities help to do the following?
a. burning calories.
b. conditioning
c. maintaining flexibility
d. all of the above
- _____ 5. Physical Fitness promotes _____
a. a healthy lifestyle.
b. good health
c. all of the above
d. none of the above
- _____ 6. Which of the following skills is not part of lacrosse? _____.
a. checking
b. cradling
c. tackling
d. passing
- _____ 7. The position in football that passes the ball is?
a. Guard.
b. Forward
c. Mid-fielder
d. Quarterback

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- ___ 8. A team will lose the rally in volleyball if? _____
- The ball touches the floor on the opposite side.
 - The ball goes over the net illegally
 - The ball is held or pushed by the other team
 - The ball is served out of bounds
- ___ 9. The offensive player in basketball is permitted to? _____.
- set a pick.
 - travel with the ball
 - shoot the ball
 - double dribble the ball
- ___ 10. In basketball the point guard does what? _____
- block shots.
 - guard the middle
 - dribble the ball to set up plays
 - grab rebounds
- ___ 11. What is line dancing mostly associated with _____.
- Country western music.
 - Rap music
 - Hip-hop music
 - Swing music
- ___ 12. Which two dances start with the grapevine step? _____.
- Cha-Cha Slide & Mississippi Mudslide
 - Electric Slide and Cha-Cha Slide
 - College Hustle and Alley Cat
 - Alley Cat and Electric Slide
- ___ 13. To avoid exercise injuries you should: _____
- are prepared for the weather
 - listen to your body signals
 - exercise at least two or three times weekly
 - all of the above
- ___ 14. Which of the following equipment is necessary to play paddleball?
- paddles and ball
 - eye guards
 - gloves
 - all of the above
- ___ 15. Which of these are potential hazards that can happen while playing paddleball?
- get hit with the ball or paddle
 - run into court walls
 - both a and b
 - none of the above

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- ____ 16. In tennis on the return of serve, the receiver must hit the ball: _____
- before it bounces
 - after it bounces once
 - after it bounces twice
 - none of the above
- ____ 17. What is another term for the score of zero in tennis?
- ace
 - love
 - fault
 - deuce
- ____ 18. While weight training a spotter is useful for:
- preventing the lifter from injury
 - motivation
 - helping the lifter get in one last repetition
 - all of the above
- ____ 19. When playing golf if you were to hit the ball and it goes out of bounds you should:
- hit a provisional ball
 - drop the ball at the point it went out of bounds
 - drop another ball in the fairway with no penalty
 - none of the above
- ____ 20. If you move your ball, while playing golf from a man-made obstruction you should:
- a one stroke penalty
 - a two stroke penalty
 - a three stroke penalty
 - no penalty at all
- ____ 21. During a softball game how many outs are in one inning?
- two (2)
 - four (4)
 - six (6)
 - eight (8)
- ____ 22. In track and field what are the three basic disciplines?
- running, jumping and skipping
 - throwing, catching, and kicking
 - striking, catching, and throwing
 - running, jumping, and throwing

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Short Answer (10 points each)

23 & 24 Complete 2 out of the 5 short answers on the answer sheet provided. Please write in complete sentences.

- List and describe three skills that are needed for the sport of soccer
- List and describe in detail four benefits of aerobics.
- Identify and describe three safety procedures needed when weight training.
- Explain the rules and how to score in the game of paddleball.
- List and describe three benefits of dance.

Essays (10 points) In no more than 3 paragraphs answer the following question. Please answer the question in complete sentences on the answer sheet provided.

25. Jennifer is 17 years old and twenty-five pounds overweight. She has been complaining of headaches, shortness of breath, and fatigue. She also is embarrassed to go to the mall with her friends because she feels insecure. Jennifer has been advised by her physician to lose twenty-five pounds because the excess weight has added stress to her body.

Develop and explain your recommendation for Jennifer to lose the required weight and how she can maintain this healthy weight for life. In depth, explain your answer.

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Answer Key

1. B	13. D
2. D	14. D
3. C	15. C
4. D	16. B
5. C	17. B
6. A	18. D
7. D	19. C
8. D	20. A
9. C	21. B
10. C	22. D
11. A	
12. B	

23 & 24

Answer may include the following: heading, tackling, trapping, dribbling, and scoring.

1. It helps develop overall physical fitness. 2. It can help improve flexibility, strength, cardiovascular fitness, and body composition. 3. It helps develop coordination and balance. 4. It provides opportunity for social interaction.

Several factors should be considered to assure safety while weight training: 1. ample warm-up exercises 2. spotters 3. no horse playing in training area d. use clamps on barbells and dumbbells 4. use belts and wraps

The game of paddleball there can be two to four players on the court at a time (singles or doubles). A game is over when one team is first to score the required amount of points (11, 15, 21, or 25). Points can only be awarded to the serving team. A legally played ball is one that is hit in proper order by the players on a fly or one bounce. The ball must bounce both in the playing area of the wall and floor. Each volley will alternate from one team to the other. The server continues to serve until the point is lost. The game continues until one player or team reaches the required points by a two-point margin.

List and describe, gain social skills/ friends, improve coordination, improve cardiovascular/ fitness level.

25. A model answer would include all aspects of the grading rubric

	Criteria				Points
	1	2	3	4	
Supporting Facts	1 or less supporting facts	2 supporting facts	3 supporting facts	More than 3 supporting facts	
Mechanics and Grammar	Many errors	Some errors	No errors	No errors	
Legibility	Not legible	Marginally legible	Legible	Legible	

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Example of supporting facts would include:

- Correct usage of vocabulary words from theory sheets on fitness, aerobics, and life-long activities
- Clear representation of cause and effect. I.e.: diet, exercise