**Physical Education Final Exam Study Guide**

**BADMINTON**

* Rally scoring is used to score in badminton (meaning you do not need to serve in order to score a point)
* Badminton can be played using rules for singles (2 people total) and Doubles (4 people total).
* Another name for a birdie is shuttlecock
* Badminton is an Olympic Sport
* The equipment needed to play badminton is a court, net, and racquet, and birdie.
* When the score is odd the server serves from the left service court.
* When the score is even the server serves from the right service court.
* A player can never hit the net with their body or racquet
* The serve must be underhand and diagonal
* If the birdie lands on the line it is considered in.
* A badminton match consists of the best of 3 games to 21 points.

## **BASKETBALL**

* The game of basketball was invented by Dr. James Naismith in Springfield, Massachusetts in 1891.
* A high school basketball game consists of 4, 8-minute quarters.
* Each team is allowed to have 5 players on the court at a time.
* The height of each basket is 10 feet tall.
* Game is started with a jump ball at center court.
* A foul can be committed by either the offense or the defense.
* Examples of offensive fouls: player control, illegal screen, over-the-back
* Examples of defensive fouls: reaching in, blocking, over-the-back, making contact with the shooter
* Once a player receives 5 fouls, they are disqualified from the game.
* The ball is considered out-of-bounds if it touches the boundary lines.
* Typical positions in basketball are: guards, forwards, center. Usually 2 guards, 2 forwards, 1 center.
* A player may dribble the ball as much as they would like as long as they keep their hand on top of the ball and the ball is never touched by 2 hands at the same time. This results in a double dribble, which is a turnover.
* A shot, or field goal is worth 2 points if it inside the 3-point line. It is worth 3 points if both the player’s feet are behind the line.
* A free throw is worth 1 point.

**FOOTBALL**

* Walter Camp is known as “the father of football” due to his pioneering of rule changes that slowly changed ruby into football.
* A high school football game is played in 12 minute quarters.
* Each team is allowed to have 11 players on the field for offense, defense, & special teams plays.
* The length of a football field is 100 yards long (120 yards if you include the 2, 10-yard end zones).
* Game is started with a coin toss. The winning team can choose to kickoff, receive, or choose what they want to start the 2nd half.
* Line of scrimmage is the yard line on the field where the ball is spotted before a play starts.
* A team has 4 downs (plays) to move the ball 10 yards for a new set of downs.
* Examples of 5 yard penalties: false start, offsides
* Examples of 10 yard penalties: holding, intentional grounding
* Examples of 15 yard penalties: facemask, pass interference, unsportsmanlike conduct
* For a team to score a touchdown, any part of the ball has to cross the front part of the goal line.
* A touchdown is worth 6 points. After scoring a touchdown a team can elect to kick an extra point (1 point) or attempt another play from the 3 yard line (2 points).
* If the offense is tackled in the opposing team’s end zone is it called a safety and the other team gets 2 points and receives a free kick on the ensuing kickoff.
* Common offensive positions: Offensive linemen, quarterback, fullback, halfback, tight end, wide receiver.
* Common defensive positions: Defensive linemen, linebackers, defensive backs

**HANDBALL**

* The game begins with a jump ball.
* There are 7 people on the court for each team. (Including a goalie)
* The goalie can use any part of his/her body to block the ball
* No one, except the goalie, is allowed inside of the 6M line
* All shots must be taken outside of the 6M line
* Each goal is worth 1 point
* Handball is an Olympic Sport
* The rule of 3- 3 seconds, 3 steps to make a pass.
* A regulation game consist of two-30 minute halves
* Handball is most popular in Europe.
* If the ball goes out of bounds, it is put back into play with a throw in.
* If a foul occurs inside the goal area the result is a penalty throw.

**SOCCER**

* Soccer (Futbol) is the most popular game in the world.
* A high school soccer team allows on 11 players on the court at one time.
* The positions in soccer are forwards, mid-fielders, defense and goalie.
* Forwards are the offensive players that tend to score the most points.
* The mid-fielder is the work horse and covers the most ground. They play offense and defense.
* A high school games consist of two 40 minute halves
* Play begins with a kick-off
* Each goal is worth 1 point.
* A hand-ball includes using any part of the body from the tips of the fingers to the shoulder and is a purposeful attempt to gain an advantage. Accidental contact may not be ruled a hand-ball, it is up to the referee
* The goalie may use any part of their body to stop the ball from going into the net.
* If the ball goes out of bounds on the sideline, it is put back into play with a throw-in
* If there is a defensive penalty in the box, the result is a penalty kick.

**VOLLEYBALL**

* The game of volleyball was invented by William Morgan in Springfield, Massachusetts.
* A high school volleyball team allows on 6 players on the court at one time.
* The positions in volleyball are Spikers (Middle, Outside, Right side), Setters, and libero (defensive specialists).
* In order to win a Varsity Volleyball Match a team must win 3 out of 5 games. The first 4 games go to 25 points. If a 5th set is needed the game will only go to 15 points. (the final score must have a 2 point difference) Example the final score can never be 25-24.
* The volleyball skills needed are: Forearm pass, set, and spike
* Players are not allowed to contact the net at any time.
* If the ball contacts any part of the line it is in.
* A team is allowed a total of 3 contacts to get the ball over the net.

**FITNESS**

* Abdominal strength and endurance is measured in class by the curl up test
* Running, swimming, and climbing stairs are ways to improve your cardiorespiratory endurance
* Physical Fitness is the ability to do daily activities without becoming overly tired.
* A person should get 30 to 60 minutes a day of exercise. Teens need 60 minutes but it does not have to be all at once.
* Exercise and maintaining a healthy body weight can prevent type 2 diabetes.

Regular exercise benefits the following body systems:

Digestive system

Circulatory system

Respiratory system

Cardiovascular system

* Individuals with good flexibility are less likely to be injured.
* The ability to change direction of movement quickly while staying in control of your body is called agility.
* You do not have to be an athlete to be physically fit.