

**Spring 2010 Physical Education
Study Guide**

Badminton, golf, lacrosse, shuffle board, softball, dance, fitness

1. Of all the activities above which one has different rules for boy & girls? _____
2. Each time you swing at a golf ball _____ point(s) are added to total score.
3. The clubs with the _____ numbers hit the ball the farthest.
4. When every person in a four some keeps their own scores it is called _____ play.
5. A birdie is _____ par.
6. A bogey is _____ par.
7. An eagle is _____ par.
8. Two over par is called a _____.
9. A golfer hits from the tee to the green which is marked by a _____.
10. Golf is considered a gentlemen's game because of its rules of etiquette. What are those?

11. In lacrosse the ball is propelled through the air with a _____.
12. Only the goalie can be in the _____.
13. Who can touch the ball with their hands? _____
14. How is a goal scored? _____
15. What are the differences between men's and women's lacrosse?

16. What are two safety rules in lacrosse?

17. Shuffle board is similar to what Olympic event? _____
18. How is a cue used in the game? _____
19. If a disc is on a line _____ point(s) are scored.
20. Is there a penalty for pushing a disc beyond the playing area? _____
21. During the game each team shoots _____ disc before the other team shoots.
22. Where does the person stand who is pushing the disc? _____
23. There are _____ innings in softball.
24. The pitcher has to pitch the ball _____ hand.
25. There are _____ players on the field in a regulation softball game.
26. After _____ outs the batting team takes the field.
27. You do not have to tag the runner on a _____ out.
28. When dancing the _____ always leads and begins on their _____ foot.
29. When holding the partner the boy's right hand should be on the girl's _____.
30. While dancing it is important to dance to the _____ of the music.
31. The badminton net is _____ feet high.
32. The game of badminton was founded in this country. _____
33. While playing players may hit the birdie _____ time(s) each time it comes over the net.
34. All serves must be hit in a _____ direction and below the waist.
35. Servers have _____ chance(s) to hit the birdie into the proper area unless they miss it.
36. Games can be played to _____ or _____.
37. The team who wins the first serve has _____ chances to serve without making a point?
38. What does it mean to "set the game" and when do you do it?

39. In order to increase your cardiovascular health you should exercise in your target heart rate zone for _____ minutes.
39. What should your heart rate be doing during an interval workout? _____
40. In order to be physically fit and healthy you should workout _____ times a week.
41. _____ activities such as weight lifting and sprinting are done with depleted oxygen levels.
42. Which component of fitness is measured by doing pull ups? _____
43. Which component of fitness is measured by doing the sit and reach? _____
44. You can check your target heart rate by taking your _____ for a minute during exercise.
45. In order to be healthy you should exercise and eat a _____ diet.