**Soccer Study Guide**

* **Brief History**: soccer has been around for about 3,000 years. It is known as “football” in many parts of the world. The sport became a regular Olympic event in 1908.
* **The ball**is made of a leather or synthetic leather cover. It measures 27-28 inches in circumference and weighs close to a pound. Size 5 is the international size soccer ball.
* **The field**is divided into two halves by a center line. Each half includes part of the center circle, a penalty kick circle, a penalty box, and a goal box. There is an area marked off for corner kicks. Soccer fields vary in size, but may be similar in size to a football field.
* **The players**on a team include the following:

1. Forwards (right, left, and center): the main purpose of forwards is to shoot for the goal! The center forward takes the kickoff.

2. Midfielders (right, left, and center): also known as halfbacks, their main purpose is a link between the offense and defense.

3. Defense (right, left, sweeper, and stopper): also known as fullbacks their main purpose is to help defend the goal and take the ball away from the attacking team so their own team can start an offensive play.  The stopper defends the opposing team’s center forward.

 4. Goalie: the defender of the goal is the only player that may use their hands. The goalie must stand in front of the goal line to stop a ball.

* **The kickoff**is kicked from the center point on the center line. The ball must roll forward before any player on either team can touch it. A kickoff is taken at the start of the game, the second half and after a goal is scored. Players must be in their own half of the field during a kickoff.
* **Moving the ball** can be done by dribbling, passing, volleying, and heading. The ball may be contacted with any part of the body EXCEPT the hands and arms (unless the player is the goalie).
* **Techniques of the game**:

1. Dribbling: keep ball close to feet to maintain control; take short strides;       use all parts of the foot except toe

 2. Passing: pass ahead of the receiver; use inside of foot for longer passes       and outside of foot for shorter passes; follow your passes

 3. Volleying: playing the ball in the air often with the inside of the foot or knee

4. Heading: bend knees, raise heels from ground; contact on forehead; strike ball instead of letting it strike you; use this technique only when the ball is well above your head

5. Shooting: look at the target before you shoot; look at the ball as you shoot; follow your shot; may use inside of foot, toe, or top of foot; each goal counts as one point

6. Goal keeping: feet shoulder-width apart; lean forward with hands ready; stop grounders by kneeling; catch and tuck a ball that is airborne; toss ball to side not back out front; may punt if in goal box  A throw-in is taken when the ball crosses the sideline on the field and goes out of bounds. It is taken by the team that did not kick it across the sideline. A player must have both hands on the ball and make an overhead throw. Feet must remain in contact with the ground during a throw-in (may drag back foot).

* **A penalty** or foul in soccer is an illegal play.
* **Common penalties** in soccer include:    1. handball: a player (other than the goalie) touches the ball with their hands or arms 2. Knocking a player down, tripping, or grabbing a jersey 3. Unsportsmanlike behavior 4. Off-sides: when the attacking team has two or fewer defending players between him or her and the goal he or she is attacking 5. Obstruction: purposely getting in the way of a player without any intent of going for the ball.

A yellow card (warning) is issued when a player commits a foul that is considered dangerous to an opposing player.  A red card is the most serious punishment in the game of soccer and results in a player being kicked out of the game.

* **Kicks**: the following kicks are part of the game of soccer:

1. Goal (defensive) kick: awarded when an attacking player kicks the ball over the endline outside the goal; taken by a defensive player in the goal area; kicked off the ground

2. Corner kick: awarded when a player defending their goal touches the ball before it crosses over the endline outside the goal; opposing team places the ball in the corner of the field and kicks it from the ground

3. Direct Free Kick: awarded for a handball, hitting, kicking, charging, holding; A GOAL MAY BE SCORED FROM A DIRECT KICK!

4. Indirect Free Kick: awarded for offsides, arguing w/ref, obstructing a player without the ball; a goal may NOT be scored from this type of kick; a team member must touch the ball before a goal is scored.

5. Penalty Kick: awarded when a foul occurs in the penalty area in front of the goal. A penalty kick is taken between a player and the goalie with no other defenders.

Soccer is a game that involves a lot of running. Players must know what is required of them in their positions and play their positions to the best of their ability. Soccer involves a lot of team work. When played correctly, the game is fast paced and very exciting.

**Basketball Study Guide**

**About Basketball:** Basketball (commonly nicknamed "B-ball" or "hoops") is a [team sport](http://en.wikipedia.org/wiki/Team_sport) in which two teams of five players try to score points by throwing or "[shooting](http://en.wikipedia.org/wiki/Basketball#Shooting)" a [ball](http://en.wikipedia.org/wiki/Basketball_(ball)) through the top of a basketball hoop while following a set of [rules](http://en.wikipedia.org/wiki/Rules_of_basketball). Basketball is one of the world's most popular and widely viewed sports.

A regulation basketball hoop consists of a rim 18 inches in diameter and 10 feet high mounted to a [backboard](http://en.wikipedia.org/wiki/Backboard_(basketball)). A team can score a field goal by shooting the ball through the hoop during regular play. A [field goal](http://en.wikipedia.org/wiki/Field_goal_(basketball)) scores two points for the shooting team if a player is touching or closer to the hoop than the [three-point line](http://en.wikipedia.org/wiki/3_point_line), and three points (a "3 pointer") if the player is "outside" the three-point line. The team with more points at the end of the game wins, but additional time (overtime) may be issued when the game ends with a tie.

In early December 1891, Dr. [James Naismith](http://en.wikipedia.org/wiki/James_Naismith), a physical education professor and instructor at the International Young Men's Christian Association Training School (YMCA) (today, [Springfield College](http://en.wikipedia.org/wiki/Springfield_College)) in [Springfield](http://en.wikipedia.org/wiki/Springfield,_Massachusetts), Massachusetts, USA, was trying to keep his gym class active on a rainy day. He sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long [New England](http://en.wikipedia.org/wiki/New_England) winters. After rejecting other ideas as either too rough or poorly suited to walled-in [gymnasiums](http://en.wikipedia.org/wiki/Gymnasiums), he wrote the basic [rules](http://en.wikipedia.org/wiki/Rules_of_basketball) and nailed a [peach](http://en.wikipedia.org/wiki/Peach) basket onto a 10-foot elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, and balls had to be retrieved manually after each "basket" or point scored; this proved inefficient, however, so the bottom of the basket was removed, allowing the balls to be poked out with a long [dowel](http://en.wikipedia.org/wiki/Dowel) each time.

The peach baskets were used until 1906 when they were finally replaced by metal hoops with backboards. A further change was soon made, so the ball merely passed through. Whenever a person got the ball in the basket, his team would gain a point. Whichever team got the most points won the game. The baskets were originally nailed to the mezzanine balcony of the playing court, but this proved impractical when spectators on the balcony began to interfere with shots. The backboard was introduced to prevent this interference; it had the additional effect of allowing rebound shots. Naismith's handwritten diaries, discovered by his granddaughter in early 2006, indicate that he was nervous about the new game he had invented, which incorporated rules from a children's game called "[Duck on a Rock](http://en.wikipedia.org/wiki/Duck_on_a_Rock)", as many had failed before it. Naismith called the new game "Basket Ball". The first official game was played in the [YMCA gymnasium in Albany, New York](http://en.wikipedia.org/wiki/Young_Men%27s_Christian_Association_Building_(Albany,_New_York)) on January 20, 1892 with nine players. The game ended at 1–0; the shot was made from 25 feet, on a court just half the size of a present-day [Streetball](http://en.wikipedia.org/wiki/Streetball) or [National Basketball Association](http://en.wikipedia.org/wiki/National_Basketball_Association) (NBA) court. By 1897–1898 teams of five became standard.

**Fouls and Violations**

* **Personal fouls:** Personal fouls include any type of illegal physical contact.
  + Hitting
  + Pushing
  + Slapping
  + Holding
  + Illegal pick/screen when an offensive player is moving. When an offensiveplayer sticks out a limb and makes physical contact with a defender in an attemptto block the path of the defender.
* **Personal foul penalties:** 
  + *Shooting*: If a player is shooting while a being fouled, then he gets twofree throws if his shot doesn't go in, but only one free throw if his shot does go in. Free throws are worth one point per shot.
    - Three free throws are awarded if the player is fouled while shooting for a three pointgoal and they miss their shot. If a player is fouled while shooting a three pointshot and makes it anyway, he is awarded one free throw. Thus, he couldscore four points on the play.

· *Inbounds:*  If fouled while not shooting, the ball is given to the team the foul wascommitted upon. They get the ball at the nearest side or baseline, out of bounds,and have 5 seconds to pass the ball onto the court.

· *One & one:*  If the team committing the foul has seven or more fouls in the game,then the player who was fouled is awarded one free throw. If he makes his firstshot, then he is awarded another free throw.

* + *Team Fouls:*Ten or more fouls. If the team committing the foul has ten or more fouls, then thefouled player receives two free throws.
  + *Personal Fouls*: Players are only allowed 5 fouls per game.
* **Charging**: An offensive foul that is committed when a player pushes or runs over adefensive player. The ball is given to the team that the foul was committed upon.
* **Blocking**: Blocking is illegal personal contact resulting from a defender not establishing

position in time to prevent an opponent's drive to the basket.

* **Flagrant foul**: Violent contact with an opponent. This includes hitting, kicking, and

punching. This type of foul results in free throws plus the offense retaining possession ofthe ball after the free throws.

* **Intentional foul**: When a player makes physical contact with another player with no

reasonable effort to steal the ball. It is a judgment call for the officials.

* **Technical foul**: Technical foul. A player or a coach can commit this type of foul. It does

not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

**VIOLATIONS**

* **Walking/Traveling**. Taking more than 'a step and a half' without dribbling the ball is

traveling. Moving your pivot foot once you've stopped dribbling is traveling.

* **Carrying/palming**. When a player dribbles the ball with his hand too far to the side of

or, sometimes, even under the ball.

* **Double Dribble**. Dribbling the ball with both hands on the ball at the same time or

picking up the dribble and then dribbling again is a double dribble.

* **Held ball (jump ball)**. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.
* **Goaltending**. If a defensive player interferes with a shot while it's on the way down

toward the basket, while it's on the way up toward the basket after having touched the

backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw in.

* **Backcourt violation**. Once the offense has brought the ball across the midcourt

line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

* **Time restrictions**. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot clock restrictions requiring a team to attempt a shot within a given time frame. Also, a player is only allowed to stand in the key/paint for 3 seconds at a time on both offense and defense.

Sources:

* <http://en.wikipedia.org/wiki/Basketball>
* The Breakthrough Basketball web sight

**NCAHS Football Study Guide**

**Defense**

Neutral Zone Line of Scrimmage

**Offense**

* Quarterback- Starts a play by saying hike; can throw the ball, hand off to

runningback, or run ball when being rushed.

* Runningback- Can help block for quarterback, take handoff and run with ball,

or go out for a pass.

* Wide Receiver- Goes out for a pass; runs a pass pattern.
* Tight End- Can help line block for quarterback or runningback or go out for a pass; runs a pass pattern.
* Center- Offensive lineman who snaps ball when quarterback says hike; blocks defensive linemen.
* Offensive Linemen- blocks defensive linemen from getting to quarterback or other ball carrier.
* Linebacker- defensive players who cover the quarterback and runningback.
* Corner- defensive players who cover wide receivers.
* Safety- defensive player who plays deep but keeps eye on tight end.
* Defensive Linemen- defensive players who try to rush the quarterback and get a sack.

**Terms:**

* End zone: Area at each end of the field where offense tries to get the ball to score points.
* Goal Line: Line at beginning of end zone ball must cross to get touchdown.
* Touchdown: 6 points received to team when they get ball into end zone.
* Extra Point: After touchdown is scored, team can kick ball through goal posts for onemore point.
* Two Point Conversion: After touchdown is scored, team gets one more play to get ballinto the end zone for two extra points.
* Offense: Team that has possession of the ball. Trying to get the ball into the end zone.
* Defense: Team that is trying to stop offense from getting ball into end zone by pulling the flag ortagging the offensive player who has possession of the ball with two hands.
* Downs: Offensive team has four downs (plays) to get two completions (catches) and eventually into the end zone. If the offense gets two completions, they have four new plays.
* Interception: Defensive player catches pass intended for offensive player. The defensethen becomes the offense and the team that threw the ball is now on defense.
* Fumble: Occurs when the offensive player has possession of the ball, then drops the ball.Whoever picks up the ball first becomes the offensive team and tries to score a touchdown while the opposite team is on defense.
* Dead Ball: Occurs whenever the ball hit the ground. Play is immediately stopped and the ball is put on line of scrimmage.
* Sack: When defensive player pulls quarterback’s flag off or tags the quarterback withtwo hands behind the line of scrimmage.
* Blitz: When defensive players other than the defensive linemen rush the quarterbackbefore the 5 seconds are up.

**Penalties:**

* Offensive Holding: When an offensive player grabs a defensive player and does notallow them to continue moving or slows them down.
  + Ex:Anoffensive lineman holds a defensive lineman who is trying to get to the quarterback.
* Defensive Holding: When a defensive player grabs an offensive player and does notallow them to continue moving or slows them down.
  + Ex: a cornerholds a receiver when the receiver goes out for a pass.
* Unnecessary Roughness: When a player tackles or pushes over an opponent.
* Off sides: When an offensive player crosses the line of scrimmage before the ball is snapped.
* Encroachment: When a defensive player moves into or crosses the neutral zone beforethe ball is snapped.
* Illegal Forward Pass: When a player throws the ball forward to another player after theyhave already crossed the line of scrimmage.

**Pickleball Study Guide**

**Court** – The size of the court is 20’ x 44’. The net is 3’ high.

**Serve** – Players must keep one foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waiste. The server must hit the ball in the air on the serve. He/She is not allowed to bounce it then hit it. The service must be made diagonally across court and must clear the non-volley zone. Only one serve attempt is allowed, EXCEPT if the ball touches the net on the serve and lands in the proper service box. Then the serve may be taken over. At the start of each new game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play.

**Volley** – To volley means to hit the ball in the air without first letting it bounce. All volleying must be done with the player’s feet behind the non-volley zone line. NOTE: It is a fault if the player steps over the line on his/her volley follow through.

**Double Bounce Rule** – Each team must play their first shot off the bounce. That is, the receiving team must let the serve bounce, and then the serving team must let the return of the serve bounce before playing it. After that first time of letting the ball bounce on each side it may be volleyed or played off the bounce

**Fault**  - The following are faults:

* Hitting the ball out of bounds
* Not clearing the net
* Stepping into the non-volley zone when playing the ball in the air (volley)
* Hitting the ball before it has bounced once on each side the first time over the net

**Start of Game** – The game starts by someone serving from the right hand side of the court

**Scoring –** A team shall score a point when serving. A player whi is serving shall continue to do so until a fault is made by his/her team. The game is played till 11 points: however, a team must win by 2 points.

**Softball Study Guide**

**History:** Softball evolved around the turn of the 20th century as an adaptation of baseball. In its early days, it was called “Kitten Ball” and “Ladies Ball”.

**The Game:** The batting side (offense) attempts to score runs by making a circuit of four bases while the fielding team (defense)attempts to dismiss them. The major differences are that softball is played by men andwomen, the field of play is smaller, the ball is larger, the game lasts only seven innings,pitching is underhand, and players may not steal step off the base while pitcher hasthe ball in hand. As in baseball, the visiting team bats first, the home team takes thefield, there are 3 outs each at bat, and 9 fielding positions. Indiana high school girlsplay fast pitch (9 players)

A variation of softball is slow-pitch softball. This game is generally a more active one because the ball must be pitched more slowly and with an arch, the ball is hit much more frequently. In slow-pitch softball, teams have 10 players. The extra player is called a short fielder. Bunting and stealing bases are not permitted in slow pitch.

**Field and Player Position:** Infielders = Pitcher, catcher, 1st baseman, 2nd baseman, 3rd baseman, and shortstop.

Outfielders = Right fielder, Left fielder and Center fielder (right and left center in slow pitch)

**Scoring:** When a player goes completely around the bases, a run is scored. If the defensive team strikes out a batter, catches afly ball, throws a batted ball to a base before the batter reaches it, or tags a runner before he/she reaches a base, thatplayer is considered out and does not have the opportunity to score a run.

**Base Running Rules**

1. All bases must be touched in order.

2. If two base runners occupy the same base, the last player on the base can be tagged out.

3. The base runner is out if he/she passes another runner.

4. The base runner is out if he/she is hit by a batted ball. All other base runners have to return to the base occupied prior to the pitch, unless forced to the next base.

5. A runner can only overrun 1st base and home plate.

**Terms**

* **Assist** – Each player who handles the ball, after it leaves the bat, up to the player who makes the putout, is credited with an assist.
* **Ball** – A ball pitched outside the strike zone that the batter does not attempt to hit.
* **Base on Balls- (a walk**) - Four pitches thrown out of the strike zone.
* **Batting order-** Order in which players on a team must bat.
* **Clean-up batter** – Usually bats 4th in the line-up, the strongest hitter.
* **Count**- The number of balls and strikes on the batter.
* **Designated Hitter (DH)** – A player that is inserted into the batting line-up for someone that cannot bat.
* **Double**- A hit that permits the batter to reach second base.
* **Double Play**- Two offensive players are put out in one play.
* **Error-** A mistake, fumble of ball or wild throw, by the defensive team which allows a base runner to advance.
* **Fair Ball**- A batted ball that hits first or third base line, is touched by a fielder within the baselines, or bounces within the baseline past first or third.
* **Fielder’s choice** – The fielder chooses to retire a base runner, rather than the batter.
* **Force out**- When a fielder has possession of the ball at a base where the base runner was forced to run does not need to tag the runner.
* **Foul Ball** - A ball that first touches an object or player outside of the foul line. It is considered a strike on the batter, if the batter has less than a two strike count.
* **Full count** – A count of three balls and two strikes.
* **Grand Slam**- Bases are loaded when batter hits a home run.
* **Hit** – A ball that is hit in such a way that the batter or the preceding base runners are not put-out by a good defensive play.
* **Home run** – a batter rounds all bases and scores a run off his/her hit.
* **Inning-** The portion of the game within which the teams alternate to the field and at bat. Each team gets three outs only!
* **Lead-off Batter**- First batter in batting order.
* **Line Drive**- A hard hit ball that travels with little arc, parallel to the ground.
* **Put-out** – Credited to the fielder who last handles the ball on a play that retires a base runner.
* **RBI** – Run batted in: the batter is credited with hitting in the base runner.
* **Sacrifice fly** – when the batter hits a fly to the outfield permitting base runners to advance after tagging up following the catch; sacrifice himself to advance the runners.
* **Single** - A hit that permits the batter to reach first base.
* **Stealing-** Act of base runner attempting to advance to the next base during a pitch- not allowed in slow pitch.
* **Strike –** A swing and a miss, or a ball pitched with the strike zone that the batter does not attempt to hit.
* **Strike Zone**- that space over any part of home plate between the batters arm pits and the top of the knees.
* **Tag-up** – With less than 2 outs, runners on base have to go back and tag up at the base before they can run on a caught fly ball
* **Triple-** A hit that permits the batter to reach third base.

**Volleyball Study Guide**

**Skills**

* Bump: Forearm pass, knees bent, and arms straight and level with each other, hands together and thumbs parallel, contact is made with fleshy part of inner forearm. Lift with knees, arms go no higher than shoulder level. Usually the first hit on the side.
* Set: Overhead pass, knees bent, elbows bent, wrists bent (palms to sky), fingers spread above forehead (triangle with thumb and index fingers), contact made on fingertips, extend arms and legs. (DO NOT slap with your palms!)
* Spike: One arm hard hit, 2-3 step approach to net, jump off both feet, contact ball with open firm hand, arm fully extended above head.
* Serve:
  + *Overhand:* Face the net, opposite foot is forward, arm straight in front of you, toss the ball just above your reach and slightly in front of the front shoulder, transfer weight on feet during contact, contact with open and firm hand, follow through arm to opposite side.
  + *Underhand:* Face the net, opposite foot is forward, hitting hand is back low, hold ball in front of you, drop(slight toss) the ball as you swing arm forward, transfer weight during contact, contact with open hand or closed fist and follow through.

**Rules and Knowledge**

1. No person can touch the net during play

2. No person can cross the center line during play

3. Serve can be overhand or underhand

4. Server cannot cross over the back (service) line

5. Serve can touch the net on its way over

6. Three hits allowed per side

7. Illegal hits include: ball resting on arms or hands, carrying, lifting, catching or throwing "

8. Ball is dead as soon as a rule is broken

9. Six players per side in an official game

10. Rotate clockwise in a service rotation

11. Game is to 25 points, rally scoring. If tied team must win by two points

12. Rally Scoring means a point is scored every time the ball is served

13. Team not making error gets point

14. Side out occurs when serving team loses rally or misses their serve, other team gets ball

15. Volleyball was invented by William J. Morgan 1985 in Holyoke MA, first game was played at Springfield College!

**Fitness Study Guide**

There are four health-related components that are important to training and improving fitness levels. Each component is specific to improving how the body functions independently and dependently to improve physical and mental wellness.

**FOUR COMPONENTS OF FITNESS TRAINING**

1. CARDIOVASCULAR TRAINING

Cardiovascular training has two parts that helps build endurance capacity: (see definitions below)

• Aerobic capacity

• Anaerobic capacity

Your fitness level is determined by how often, how long and the type of exercise you perform.

• There are 3 training zones for cardiovascular training:

Each zone represents a fitness level, from low to high. The zones are low, medium and high. A percentage of your maximum heart rate is used to determine these training zones.

MAXIMUM HEART RATE

Your heart rate is determined by subtracting 220 from your age.

• 220-age = MHR

TRAINING ZONES

• Zone 1: (low) 65% of your maximum heart rate is used to set the of heart beats/minute that will be safe for you to exercise and gain cardiovascular benefit from the workout.

A zone 1 person is usually just beginning a workout routine and works out 1-2 times a week for 20-30 minutes.

• Zone 2: (medium) 70-75% of your maximum heart rate.

A zone 2 person is someone who works out 3-5 days a week for

20-30 minutes during each workout.

• Zone 3: (high) 80-85% of your maximum heart rate.

A zone 3 person is someone who works out 6-7 days a week for an hour or more each time.

• Limits in cardiovascular training refer to the intensity of the exercise that must be reached to get to the low zone but not to exceed the high zone when working out. The low and high limits are considered safety zones for cardio training and help to prevent exercise exhaustion and or injury.

WORKING HEART RATE

Another method of finding a safety Zone when limits cannot be determined is to use a working heart rate.

Working heart rate can be found by subtracting your MHR from your resting heart rate (RHR).

• MHR-RHR= Working Heart Rate

2. MUSCULAR STRENGTH AND ENDURANCE

Muscular strength and endurance has three components for training.

• Strength training = .75% of max wt. and reps of 4-6.

• Endurance training =.25% of max wt. and reps of 15-20.

• Both (strength and endurance) =.50% of max and reps of 10-15.

• TO FIND YOUR MAX WEIGHT: Lift a weight 10 xs’s in a row, if the 10th one is hard this is your max weight. If the 10th lift is easy continue to go up the weight stack until the 10th lift is hard.

• TO FIND YOUR TRAINING WEIGHT: Once you find your max weight decide if you want to improve strength, endurance or both. Choose the % that goes with your choice and take that % of your max lift to determine your training weight.

For example: Your max wt. for bicep curls is 100 lbs., I want to train to improve my endurance. 25% of 100 are 25 lbs. My training wt. is 25 lbs. Select the reps from 15-20.

Each weight training exercise will have strength, endurance and both components filled out during the unit. Remember to round up or down when your training weight is a fraction.

• When lifting weights Breath out when pushing or pulling weight and in when lowering weights.

3. BODY COMPOSITION

Body composition = % body fat compared to lean muscle mass.

4. FLEXIBILITY

Flexibility: 10-15 minutes of warm-ups and cool down after exercise could help to prevent injuries and improve flexibility.

Terms and Definitions:

Repetition: A repeated action/motion

Set: A group of exercises

Aerobic: 50 minutes or more of a rhythmic activity, dance, running, swimming, Tae Bo, PX90, step aerobics examples of aerobic activities.

Anaerobic: An activity or exercise that requires great intensity for a short period of time. Examples are: any form of sprinting or activity that requires short hard spurts of energy.

MUSCLE GROUPS:

1. Chest: Pecs.

2. Back: Trapezium; Latissimus

3. Leg (thigh) Front: Quads; back: Hamstrings Groin: Inner leg

4. Shoulder: Deltoids

5. Stomach Front: Abs; Side: Obliques

6. Calf (lower leg): Gastro

7. Arm Front: Biceps; Triceps

**Gymnastics Study Guide**

Balance: holding for at least 3 seconds

Strength: Using own body to hold yourself

Roll: forward, backward, diving- hands to back to feet

Jump: feet leave floor

Spin: body rotates in air

There are four events in female gymnastics. There are six in male gymnastics. Girls have vault, uneven parallel bars, balance beam, and floor exercise. Males have pommel horse and rings in addition.

At the beginning and end of a routine, athlete must solute.

**Hockey Study Guide**

Floor Hockey is a team game played with a puck and stick. Players use a curved stick to hit, push, flick, or scoop a puck about the field of play in an attempt to score a goal. The game is won by the team to score the most goals. Hockey is played in over 30 countries.

**Terminology:**

* **Face-off** – A match-up between two offensive players in which the puck is dropped between them to begin play. The puck must contact the ground before a player touches it.

* **High Sticking** – A player’s stick must remain below the waist at all times, including passing and shooting.

**Scoring:**

A goal is scored when the puck completely crosses the goal line between the posts and under the crossbar. The puck may not be kicked into the goal by an offensive player. Shots used are wrist shot and slap shot.

**Starting Play:**

Play begins with a face-off in the center of the court. All offensive players line up to face off an opposing player and the puck will be dropped at random between two offensive players. After the face off, the offensive players must move to the offensive side of the court. A face-off is also used to begin play after a goal is scored.

**Rules of Play:**

1. Offensive players must stay on the offensive half of the court and defensive players must stay on the defensive half of the court. A player’s stick may cross over the center line to play a puck but the player’s feet may not.

2. A player may use his/her feet to stop a puck, but may not kick the puck or step on the puck to keep another player from playing it.

3. A player may catch the puck out of the air with his/her hands but must drop the puck in a straight line down to his/her stick to play the puck. A player may not throw the puck.

4. A game is played with six players per team.

**Penalties:**

A player is not permitted to:

1. High Stick (see definition under terminology)

2. Hit wildly into an opponent or play the puck in a way that is dangerous to another player.

3. Hit, hook, hold, strike at, or interfere with an opponent’s stick.

4. Charge, kick, shove, trip, strike at, body check, or handle and opponent or his clothing.