

## *Health Opportunities Through Physical Education*

### Ch. 16 Quiz: Opportunities in Physical Education

\_\_\_/15 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. List the five criteria for a physically literate person (5 points).

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2. Provide four reasons why high-quality physical education is needed (4 points).

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3. Match the correct description to the correct physical education approach (6 points).

___ fitness education	a. This approach often uses teams, and it emphasizes placing trust in team members and working together to overcome risks.
___ sport education	b. Classes often include various dances strongly associated with a particular culture
___ adventure education	c. Uses teams to help students learn cooperation, have fun, and overcome challenges
___ outdoor education	d. One way of teaching physical education activities such as camping, fishing, and hiking
___ cooperative education	e. Focuses on teaching fitness and activity concepts and learning self-management skills
___ dance education	f. Teams are formed within the class, and members remain with the same team throughout the season

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### Ch. 16 Quiz: Strategy and Tactics

\_\_\_/15 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. Place an S next to strategies and a T next to tactics (8 points).

- \_\_\_ do not bring any junk food into the house
- \_\_\_ reduce sugar consumption
- \_\_\_ spend lots of time in the offensive zone
- \_\_\_ make lots of short passes
- \_\_\_ consume less calories than you expend
- \_\_\_ eat smaller portions at each meal
- \_\_\_ get up from your office chair every 30 minutes and walk for 3 to 5 minutes
- \_\_\_ take the stairs instead of the elevator

2. List the five steps for planning strategy and tactics (5 points).

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3. Describe two of the five steps for planning strategy and tactics (2 points).

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