PET 3463 – Teaching Physical Education
Final Exam

Directions: Please select the appropriate answer for the following questions:

True/False

_____ 1. Effective classroom management requires designing and implementing a preventative approach to discipline.

_____ 2. Students generally know how to resolve conflicts with peers when they come to middle school.

_____ 3. Physical education can take place inside or outside the school program.

_____ 4. Teaching of nutrition principles and substance abuse can be woven throughout daily instruction.

_____ 5. Most often school administrators judge teacher effectiveness by how well they manage their students.

_____ 6. Developing a physically active lifestyle is best achieved during the adult stages of life.

_____ 7. The success of a physical education program is measured by the physical skills and fitness levels of its students.

_____ 8. Most students choose to cooperate and participate in the physical education setting.

_____ 9. Class management skills should be taught to students in the same manner as physical skills.

_____ 10. Assessing personal fitness levels is critical to developing social skills.

_____ 11. The emphasis on promoting active lifestyles is waning.

_____ 12. Teachers are not immune to liability lawsuits.
13. No student can be taught if she/he chooses to be uncooperative.

14. Effective classroom management requires extensive planning by the teacher.

15. The continuum of teaching styles reflects the degree to which the teaching approach is student centered.

16. Beginning teachers generally are more effective at using a guided discovery style of teaching.

17. The reciprocal style of teaching is a form of cooperative learning.

18. Youth who are active at 3 to 4 years of age tend to be more active as adults.

19. In activities demanding arm or trunk strength, females have a definite advantage even if they are similar to males in height and mass.

20. Slow-twitch muscles are an advantage in endurance-related activities.

21. Any style of teaching that produces high rates of student engagement and positive attitudes toward the subject matter is considered an effective learning environment.

22. Mastery learning is an instructional strategy that breaks down a complex skill into a series of smaller and progressive sub-skills.

23. Girls reach the adolescent growth spurt before boys.

24. Youth who are inactive can become active.

25. Teachers using guided discovery convergent style lead students through a series of pre-planned tasks or questions to guide students toward a specific solution.

26. The philosophy of a physical education program reflects the beliefs that guide the program.

27. If no harm or injury occurs to a student during an accident, there can be no liability.
28. If the injured party shows that the teacher could have foreseen the risks or dangers in the activity being performed when the injury took place, the teacher will more likely be found liable.

29. It is advisable to have one piece of equipment per child if students are to learn at an optimum rate in physical education.

30. Cultural values, religions, and educational levels in the community are factors that might influence curriculum offerings in a school.

31. Typically, the chance of a teacher being held liable increases if a student is injured during an exercise for purposes of punishment.

32. Misfeasance occurs when a teacher performs the required duties, but not according to a required standard of conduct/care.

33. The rapid growth spurt in middle school typically starts earlier for girls.

34. Lifetime activities are the most common activities offered in school physical education.

35. Physical maturity has a strong impact on a student’s performance in physical education.

36. Malfeasance occurs when a teacher commits an act of omission.

37. Instruction is critical in preventing lawsuits since students must receive adequate preparation before participation.

38. In adolescents, aerobic power can be increased 10 to 20 percent through training.

39. Aerobic dance contributes directly to the development of specialized motor skills.

40. Responsibility waiver forms signed by students and parents do not protect teachers from lawsuits.
Multiple Choice

41. Lifetime physical activity can reduce the risk of:
   a. Back pain
   b. Premature morbidity
   c. Cancer
   d. All of the above
   e. None of the above

42. Which of the following is a federal law that ensures appropriate education for students with handicaps?
   a. Title IX of the Education Amendments Act
   b. PL 94-142
   c. Project Adventure Program
   d. Healthy People 2010
   e. None of the above

43. Teaching and coaching conflicts occur because:
   a. The public has a difficult time separating the two
   b. The administration places pressure on coaches to win
   c. The goals of the two programs are very different
   d. All of the above
   e. None of the above

44. Conflict resolution is least effective with which of the following strategies?
   a. Brainstorming
   b. Goal Setting
   c. Placing blame
   d. Discussion
   e. None of the above

45. The principle that states that any high frequency behavior (preferred) that is contingent on a lower frequency behavior (less desirable) is likely to increase the rate of the lower frequency behavior is called:
   a. Social reinforcement
   b. Premack principle
   c. Token reinforcement
   d. Activity reinforcement
   e. None of the above
46. The Youth Risk Behavior Surveillance System is:
   a. A technique in which a camera watches students during activity
   b. A nationwide survey conducted by the Center for Disease Control
   c. A camera watching for at risk youthful behavior
   d. A study that indicated schools discourage activity
   e. None of the above

47. A Virtual Classroom:
   a. Allows students to select a topic they would like to study off campus
   b. Broadens students educational opportunities
   c. Allows students to work with off-campus instructors online
   d. All of the above
   e. None of the above

48. The ultimate measure of success of a quality physical education program is:
   a. Students’ fitness scores
   b. Students’ knowledge levels
   c. Students’ skill performance
   d. The number of students who participate in daily physical activities throughout their lives
   e. a & c

49. What is this statement describing? “If you do well in class, I will give you a reward.”
   a. Extrinsic reinforcement
   b. Internal reinforcement
   c. Shaping behavior
   d. Premack principle
   e. a & b only

50. If students do not respond to a signal to stop, what would be an appropriate strategy to use?
   a. Practice class management skills
   b. Put the students in time out
   c. Reprimand the students
   d. All of the above
   e. None of the above
51. The appropriateness of a teaching style is dependent on:
   a. The lesson’s objectives
   b. The type of content
   c. The types of students
   d. All of the above
   e. c & d only

52. A teaching style that leads students through a series of experiences in hope that
    they will arrive at one solution is called:
   a. Task instruction
   b. Problem solving
   c. Guided discovery convergent style
   d. Reciprocal style
   e. None of the above

53. Physical activity has been shown to reduce the risk of contracting which of the
    following diseases?
   a. Colon cancer and diabetes
   b. Hypertension and coronary heart disease
   c. Alcoholism and diabetes
   d. Alcoholism and hypertension
   e. a & b

54. Adolescence in females typically starts:
   a. Before boys
   b. At age 14
   c. After boys
   d. At the same time as boys
   e. None of the above

55. Generally, early maturing males have which of the following physiques?
   a. Endomorphic
   b. Ectomorphic
   c. Mesomorphic
   d. All of the above
   e. None of the above
56. Reciprocal teaching is a form of:
   a. Cooperative learning
   b. Problem solving
   c. Command style of teaching
   d. Inquiry style of teaching
   e. None of the above

57. Which of the following characteristics are associated with an effective learning environment?
   a. The atmosphere is success-oriented
   b. Students spend a large percentage of class time engaged with subject matter
   c. Management time is kept to a minimum
   d. All of the above
   e. None of the above

58. For which of the following claims is there no convincing evidence?
   a. Strenuous physical activity disrupts normal developmental patterns in adolescents
   b. Short-term strength training impacts muscular development in adolescents
   c. Strength training causes muscular hypertrophy in adolescents.
   d. All of the above
   e. b and c

59. Most people are believed to have which of the following ratios of fast-twitch to slow-twitch muscle fibers?
   a. 60% to 40%
   b. 50% to 50%
   c. 20% to 80%
   d. 40% to 60%
   e. None of the above

60. Obesity
   a. Decreases a youngster’s aerobic performance
   b. Increases the impulse for physical exertion
   c. Positively impacts motor performance
   d. a and c
   e. None of the above
61. One purpose of planning a lesson is to increase:
   a. The effectiveness of the instructor
   b. The amount of work a teacher is assigned
   c. Instruction time
   d. Time allowed for students to dress
   e. None of the above

62. What subject area within the school curriculum holds the highest potential for injury?
   a. Science and related laboratory experiences
   b. Physical education
   c. Industrial arts
   d. Marching band
   e. None of the above

63. Efforts to make the promotion of physical activity engagement a central goal for school physical education is important because:
   a. Active youth will be active adults
   b. Physical activity contributes to healthy lifestyles
   c. The more physical activity is reinforced, the more likely it will become a daily part of a youngster’s life
   d. All of the above
   e. None of the above

64. Early maturing students of both sexes are generally:
   a. Heavier and taller for their age
   b. Lighter and smaller
   c. Average
   d. All of the above
   e. None of the above

65. Teacher should not expect students to perform at the same rate and intensity because:
   a. Students do not mature at the same rate
   b. Students are not necessarily ready for the same learning level at the same age
   c. The curriculum needs to offer successful experiences for all maturity levels in one classroom
   d. All of the above
   e. None of the above
66. The oxygen uptake of an individual determines:
   a. The quality of endurance oriented performances
   b. How much they breathe during activity
   c. How fast they can run
   d. How high they can jump
   e. None of the above

67. Overweight youngsters
   a. Do not perform physical activity on par with leaner youngsters
   b. Perform the same as leaner youngsters on the same activities
   c. Enjoy activity more than lean youngsters
   d. Prefer aerobic activity to endurance activities
   e. None of the above

68. The first signs of coronary artery disease appear as young as:
   a. 1 year old
   b. 2 years old
   c. 15 years old
   d. 25 years old
   e. None of the above

69. Type 2 diabetes affects which of the following populations the most?
   a. Youngsters
   b. Overweight individuals
   c. Active youngsters
   d. All populations
   e. a and c only

70. Resistance training includes:
   a. Free weights
   b. Exercise resistance bands
   c. Medicine balls
   d. Traditional push-ups, and sit-ups
   e. All of the above
71. Students’ learning of a sport’s rules, traditions, history, and etiquette falls under which of the following learning domains?
   a. Affective domain
   b. Social domain
   c. Cognitive domain
   d. Psychomotor domain
   e. None of the above

72. Middle schools boys gain an advantage over girls in which of the following?
   a. Social skills
   b. Flexibility
   c. Endurance
   d. Weight
   e. b & c only

73. Middle school teaching units should be short so that:
   a. A broad variety of activities can be presented
   b. Students will not have to endure an activity they dislike
   c. Students can be exposed to many activities
   d. All of the above
   e. b & c only

74. Longer units enable teachers to have a program that offers:
   a. depth
   b. breadth
   c. free time
   d. b & c
   e. None of the above

75. A curriculum that includes mostly physical fitness activities would be regarded as lacking:
   a. Sequence
   b. Balance
   c. Free time
   d. Depth
   e. None of the above
76. The category of Lifetime Sports includes which of the following?
   a. Soccer
   b. Team handball
   c. Tennis
   d. Golf
   e. All of the above

77. What is the order of units presented to students in a curriculum on a year-to-year basis called?
   a. Scope
   b. Sequence
   c. Progression
   d. Balance
   e. None of the above

78. The value orientation of a curriculum should be decided by considering:
   a. The subject matter to be learned
   b. The gender of the teacher
   c. The gender of the student
   d. The students who will experience the curriculum
   e. a & d only

79. Key components of a behavioral objective include:
   a. The condition under which the behavior is to be performed
   b. A criterion by which the success is measured
   c. The time needed to reach the objective
   d. b & c only
   e. None of the above

80. What is the first step in an emergency care plan?
   a. Notify parents
   b. Administer first aid
   c. Complete an accident report form
   d. Release child to parent or guardian
   e. None of the above
81 – 100. Discuss two of your research articles that are related to four of the required topics (one article per topic: Legal Liability; Classroom Management; Students with Disabilities; Student Fitness and Wellness). Please include the author and title of articles. Use the following format:

Example:
Legal Liability
Author:
Title:
Content:……………..