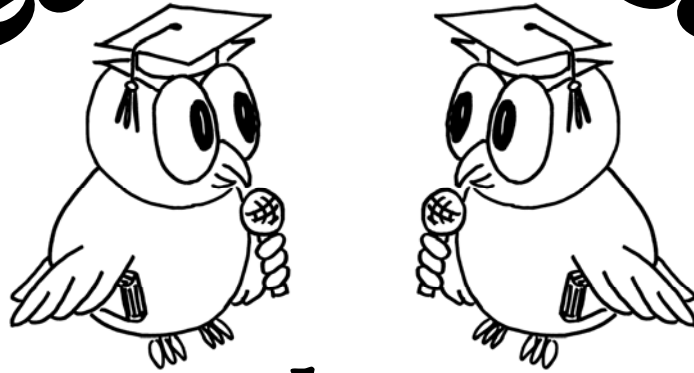


**Head to Head**



**Let's Go!**

**Sports & Fitness**

**Practice Test**

- 1 The original Olympic Games were held in:
  - A. Rome, Italy
  - B. Athens, Greece
  - C. Sparta, Greece
  - D. Olympia, Greece
  
- 2 A tennis shot that is returned before the ball bounces on the ground is a:
  - A. Rally
  - B. Mash
  - C. Volley
  - A. Deuce
  
- 3 Where is the ball placed for the opening kickoff of a football game?
  - A. The 30 yard line
  - B. The goal line
  - C. The 10 yard line
  - D. The 50 yard line
  
- 4 Sugar and starch are:
  - A. Fats
  - B. Proteins
  - C. Carbohydrates
  - D. Minerals
  
- 5 The cards used to indicate fouls in soccer are:
  - A. Green, yellow, and red
  - B. Yellow and red
  - C. Green and red
  - D. Blue, green, yellow and red
  
- 6 Health professionals who specialize in nutrition are known as:
  - A. Dieticians
  - B. Diet techs
  - C. General practitioners
  - D. Nutritionologists

- 7 “The area over home plate between a batter’s shoulders and knees” is a description of:
- A. A fair ball
  - B. The strike zone
  - C. Foul territory
  - D. A bunt
- 8 The four competitive swimming strokes are:
- A. Breaststroke, backstroke, kickstroke, and butterfly
  - B. Butterfly, breaststroke, free style, and kickstroke
  - C. Sidestroke, free style, butterfly and backstroke
  - D. Backstroke, butterfly, free style and breaststroke
- 9 Dietary fiber consists mainly of:
- A. Water
  - B. Indigestible cellulose
  - C. Trace minerals
  - D. Carbohydrates
- 10 An ice hockey puck is:
- A. One inch thick
  - B. One-half inch thick
  - C. One and one-half inches thick
  - D. Two inches thick
- 11 A croquet hoop is also known as a(n):
- A. Wicket
  - B. Thicket
  - C. Racquet
  - D. Parquet
- 12 The “Snurfer,” created in 1965, was an early version of a(n):
- A. Surfboard
  - B. Windsurf board
  - C. Skateboard
  - D. Snowboard

- 13 The sport of table tennis is especially popular in:
- A. Canada
  - B. East Asia
  - C. England
  - D. South America
- 14 When one team is penalized in soccer, the other team usually gets:
- A. One point
  - B. To add another player to the field
  - C. Permission to use their hands in play
  - D. A free kick
- 15 Rugby League and Rugby \_\_\_\_\_ are two distinct forms of rugby football.
- A. Association
  - B. Union
  - C. Organization
  - D. Group
- 16 In competitive diving, the dives are characterized by a:
- A. Series of 3- or 4-digit numbers
  - B. Series of 3 letters
  - C. Pattern of numbers and letters
  - D. Pattern of lines and spaces
- 17 In football, if the quarterback hands the ball to a player who runs with it, that play is called a:
- A. Touchback
  - B. Running back
  - C. Hand-off
  - D. Pass-off
- 18 Omega 3 and Omega 6 are:
- A. Vitamins
  - B. Minerals
  - C. Essential Fatty Acids
  - D. Proteins

- 19 Osteoporosis is a \_\_\_\_\_ disease.
- A. Skin
  - B. Hair
  - C. Muscle
  - D. Bone
- 20 Stamina is another term meaning:
- A. Endurance
  - B. Strength
  - C. Health
  - D. Flexibility
- 21 If a hockey player violently checks another player into the boards, this type of penalty may be called.
- A. Checking
  - B. Icing
  - C. Siding
  - D. Boarding
- 22 Women's gymnastic events include:
- A. Balance beam, pommel horse, floor exercise and parallel bars
  - B. Floor exercise, vault, uneven bars and balance beam
  - C. Vault, uneven bars, rings and high bar
  - D. Floor exercise, high bar, balance beam and vault
- 23 In baseball, the catcher must keep both feet inside the catcher's box until:
- A. The ball leaves the pitcher's hand
  - B. The batter hits the ball
  - C. The batter swings the bat
  - D. The pitcher signals what type of pitch will be thrown
- 24 A jai alai court consists of \_\_\_\_\_ walls and the floor.
- A. One
  - B. Two
  - C. Three
  - D. Four

- 25 “Grinding” is a maneuver in:
- A. Figure skating
  - B. Cricket
  - C. Wrestling
  - D. Skateboarding
- 26 The center line on an ice hockey rink is:
- A. Blue
  - B. Red
  - C. Green
  - D. Black
- 27 In what sport does play begin when the official calls “Play ball”?
- A. Football
  - B. Basketball
  - C. Baseball
  - D. Soccer
- 28 This golf shot is an attempt to cover the longest distance.
- A. Chip
  - B. Putt
  - C. Approach
  - D. Drive
- 29 Electrolytes are commonly found in:
- A. Water
  - B. Sports drinks
  - C. Meat
  - D. Vegetables
- 30 How many players are on a beach volleyball team?
- A. Two
  - B. Four
  - C. Six
  - D. Eight

- 31 A Major League Baseball game:
- A. Always consists of nine innings
  - B. Must be played in fewer than nine innings
  - C. Usually is played in nine innings
  - D. Must never be played in more than nine innings
- 32 A swimmer who stays in water that is too cold too long may suffer:
- A. Hyperthermia
  - B. Homeostasis
  - C. Homeopathy
  - D. Hypothermia
- 33 Balls, ribbons, hoops, clubs and ropes are used in:
- A. Rhythmic gymnastics
  - B. Croquet
  - C. Trampolining
  - D. Equestrianism
- 34 Water that is of sufficient quality for drinking is termed \_\_\_\_\_.
- A. Arable
  - B. Mutable
  - C. Potable
  - D. Tenable
- 35 The blade of an ice hockey stick must be between \_\_\_\_ and \_\_\_\_ inches wide.
- A. One and two
  - B. Two and three
  - C. Three and four
  - D. One and four
- 36 Track and field events include:
- A. Running
  - B. Jumping
  - C. Throwing
  - D. All of the above

- 37 The Masters golf tournament takes place in:
- A. California
  - B. Georgia
  - C. Florida
  - D. Arizona
- 38 “Athletics” comes from the Greek word “athlon” which means:
- A. Race
  - B. Contest
  - C. Speed
  - D. Strength
- 39 A “punt” in football is a:
- A. Field goal
  - B. Pass
  - C. Kicking play
  - D. Running play
- 40 “The chemical processes occurring in a living organism that are necessary for the maintenance of life” is the definition of:
- A. Digestion
  - B. Metabolism
  - C. Nutrition
  - D. Biochemistry
- 41 Ice hockey is played in:
- A. Four quarters
  - B. Seven periods
  - C. Two halves
  - D. Three periods
- 42 The Davis Cup is an event in:
- A. Men’s tennis
  - B. Women’s golf
  - C. Horse racing
  - D. NASCAR



- 43 The top score in a gymnastics event is:
- A. 12
  - B. 10
  - C. 8
  - D. 6
- 44 “Shift and sag” is terminology used in this sport.
- A. Soccer
  - B. Tennis
  - C. Volleyball
  - D. Track and field
- 45 Races of 60m, 100m, 200m, and 400m are classified as:
- A. Sprints
  - B. Relays
  - C. Marathons
  - D. Hurdles
- 46 A football team might consider a field goal attempt on its:
- A. First down
  - B. Second down
  - C. Third down
  - D. Fourth down
- 47 Proteins are made up of:
- A. Amino acids
  - B. Lipids
  - C. Nucleotides
  - D. Glycogen
- 48 Equipment and accessories worn by horses is known as:
- A. Mark
  - B. Rack
  - C. Tack
  - D. Teck

- 49 Agility requires:
- A. Coordination
  - B. Balance
  - C. Reflexes
  - D. All of the above
- 50 How many players are active at a time on an Olympic volleyball team?
- A. Four
  - B. Five
  - C. Six
  - D. Seven

**Congratulations!**

Thanks for sharpening your  
Sports & Fitness skills.

Good luck in competition!

# Sports & Fitness Answer Key

## Practice

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
1				<b>X</b>	26		<b>X</b>		
2			<b>X</b>		27			<b>X</b>	
3	<b>X</b>				28				<b>X</b>
4			<b>X</b>		29		<b>X</b>		
5		<b>X</b>			30	<b>X</b>			
6	<b>X</b>				31			<b>X</b>	
7		<b>X</b>			32				<b>X</b>
8				<b>X</b>	33	<b>X</b>			
9		<b>X</b>			34			<b>X</b>	
10	<b>X</b>				35		<b>X</b>		
11	<b>X</b>				36				<b>X</b>
12				<b>X</b>	37		<b>X</b>		
13		<b>X</b>			38		<b>X</b>		
14				<b>X</b>	39			<b>X</b>	
15		<b>X</b>			40		<b>X</b>		
16	<b>X</b>				41				<b>X</b>
17			<b>X</b>		42	<b>X</b>			
18			<b>X</b>		43		<b>X</b>		
19				<b>X</b>	44	<b>X</b>			
20	<b>X</b>				45	<b>X</b>			
21				<b>X</b>	46				<b>X</b>
22		<b>X</b>			47	<b>X</b>			
23	<b>X</b>				48			<b>X</b>	
24			<b>X</b>		49				<b>X</b>
25				<b>X</b>	50			<b>X</b>	

# Head to Head Answer Sheet

Event \_\_\_\_\_ Name \_\_\_\_\_

School \_\_\_\_\_

	A	B	C	D		A	B	C	D
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	26	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	28	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	29	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	31	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	32	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	33	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	34	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	35	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	36	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	37	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	38	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	39	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	40	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	41	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	42	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	43	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	44	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	45	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	46	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	47	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	48	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	49	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	50	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score (number correct): \_\_\_\_\_