**Driver’s Education and Physical Education – 10 ~ FINAL Year End EXAM Review 2016-2017**

**Physical Education – Sport Questions**

**Ultimate Frisbee:**

* Ultimate Frisbee improves Cardio fitness – PACER tests for cardio fitness
* When thrown properly a Frisbee can
	+ Float to a target
	+ Fly in a fast direct path
* Control of the Frisbee depends on
	+ Angle of flight
	+ Force of the throw
	+ Speed of the spin
* Ultimate came from college students throwing pie tins around
* Ulitimate depends on the spirit of sportsmanship and fair play

**Football:**

* Down – one play
* Center – offensive player who lines up across from the noseguard
* Touchdown – 6 points
* Line of scrimmage – imaginary line where the ball is placed at the beginning of each play
* Quarterback – controls the offense

**Pickleball:**

* Pickleball is similar to tennis.
* You must serve underhand and diagonally cross-court for a legal serve.
* Double Bounce Rule: ball must bound once on each side of the net after a serve before the ball can be hit out of the air.
* Non-Volley Zone: 7 foot area in front of the net where you can’t hit the ball out of the air.

**Volleyball:**

* Bump – arms extended in front of you; minimal arm swing; power comes from legs
* Set – arms over head; hands in shape of triangle, contact made with fingers
* Serve – begins a new point
* 25 – points to win a game
* 3 – number of hits per side
* 6 – number of players on the court at on time
* Know what the major hits in volleyball looks like.

**Basketball**

* First game was played using a “peach basket” and a “soccer ball”
* 10 feet - height of the basketball rim
* Rebounding – recovering a shot that bounces off the backboard or rim
* Points
	+ 1 – free throw
	+ 2 – shot made inside the big arc (lay up)
	+ 3 – shot made outside the big arc
* Point Guard – player that controls the offense during the game

**Muscular Strength**

* Set – a group of lifts
* Rep - each individual time you life a weight
* What does it work
	+ Sit ups – abs; stomach
	+ Hamstring curls – legs
	+ Bench press - chest
		- Lying on your back with feet flat on floor while lifting the bar above your chest
	+ Squat – legs
	+ Leg extentions – quadriceps

**Driver’s Education – Module Questions**

* Ages of importance:
	+ Obtain a permit: 15 years, 6 months
	+ Obtain a license: 16 years, 3 months
	+ Minimum age for a licensed driver to supervise a permit driver: 21; 18 if immediate family member
	+ With learner’s permit; limited to 1 passenger under 21 that’s not a family member
* Test scores:
	+ 100% on signs
	+ 80% on general knowledge
* CDL: commercial driver’s license; able to drive large trucks or 16+ passenger vehicles
* Zero tolerance: may not consume, possess or purchase alcohol under 21
* Implied Consent: Agrees to be tested for alcohol upon request.
* Inspections: every 12 months in VA
* Organ Donor:
	+ Tell family
	+ Indicate on license
* School Bus:
	+ Must stop when approaching a bus with lights flashing
	+ May proceed if there is a median between you and the bus.
* Emergency Vehicle: When sirens are on, pull over to allow a clear path for the emergency vehicle to pass.
* Traffic Lights:
	+ Red: Stop and remained stopped
	+ Steady yellow: red light is coming, prepare to stop
	+ Steady green: go if the way is clear
	+ Green arrow: protected turn, go in the direction of the arrow
	+ Solid green in turning lane: yield, turn when traffic pattern is clear
* Know dashboard symbols for:
	+ Battery warning
	+ Fuel indicator
	+ Front air defroster
	+ High beam light indicator
	+ Horn
* Sign colors
	+ Blue: information about services
	+ Green: direction
	+ Brown: recreational
	+ Red: stop/prohibitive
* Lines on roadway:
	+ Solid: no passing
	+ Broken: passing allowed
	+ Yellow: traffic in two directions
	+ White: traffic in one direction
* Know several things to look for when checking around a vehicle:
	+ Tire condition
	+ Kids/pets
	+ Debris on ground
	+ Leaking fluids
* At 65 – 70 mph = 4 second following distance
* SEEit:
	+ S = Search: look for potential hazards
	+ E = Evaluate: determining what could happen with the potential hazards
	+ E = Execute: making a maneuver to avoid a hazard
	+ It = in time: before it’s too late
* Visual lead time: look 20 – 30 seconds in the path ahead
* Backing up: Left hand on steering wheel at 12 o’clock; look over right shoulder in the direction you’re traveling
* BGE: Blind – Glare – Elimination
* Zones:
	+ Closed: area around vehicle is not available
	+ Open: area around vehicle is available
* Around a turn, ACCELERATE at the apex
* Passing a vehicle on a two lane roadway:
	+ Illegal to exceed speed limit
	+ Return to lane once you can see front of passed vehicle in rear view mirror
* Diamond shaped road marking (white)
	+ HOV: high occupancy vehicle
* Red “X” over a lane: lane closed
* If you take the wrong exit; continue in that direction until you get to the next exit.
* When being passed: maintain or reduce speed
* BAC: blood alcohol concentration
* Interchanges:
	+ Cloverleaf
	+ Trumpet
	+ Diamond
* When in fog: low beams
* Hydroplaning: water between road and tires
* Seat belt: all front seat and passengers under 21
* Airbag seating position
	+ Hands at 8 and 4
	+ Sit 10 inches from steering wheel
* Infant under 1 year: rear facing car seat
* Tire functions: absorb shock and provide traction
* Bicyclists: treated as motorists
* Insurance Rates are effected by:
	+ Age of driver
	+ Driving record
	+ Type of vehicle

**First Aid – CPR**

**CPR – 10 Questions**

* CPR: Cardio Pulmonary Resuscitation
* Arm/hand position: arms straight; hands interlocked; hands between nipples
* Adult compression depth: 2-3 inches
* AED: sends and electric shock to the heart to restore normal rhythm
* Compression only CPR:
	1. Requires NO rescue breaths
	2. 30 compressions; check for breathing

**Fitness Knowledge and Concepts**

* PACER – tests for cardio fitness
* Dynamic Stretching – slow controlled movement to stretch
* Passive stretching – done after exercise
* Warm up – prepares heart and muscles for exercise
* As cardio fitness increases; resting heart rate decreases
* Push up test – upper body and arm strength
* Purpose of fitness tests – shows where you’ve improved or declined in fitness
* Plank – works abs and core