FRESHMEN FINAL EXAM
STUDY GUIDE
### Freshman Swim Test Study Guide

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<tr>
<th>Stroke</th>
<th>Entry</th>
<th>Power</th>
<th>Recovery</th>
<th>Kick</th>
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<td>Elbow high in the air, fingers enter the water first</td>
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#### Types of rescue equipment
Rescue Tube- Commonly used by lifeguards as a reaching, throwing, or supporting a victim while in the water.

Ring Bouy- Commonly found at pools, boats or at costal shorelines, used commonly as a throwing device.

Shepard’s Crook- Long pole with a hook on the end, used primarily as a reaching device.

Ring Bouy’s and Shepard’s Crook are required by state law to be at all aquatic facilities. Only trained professionals should enter the water to attempt to try and rescue a drowning victim. If at all possible you should call for a certified lifeguard, call 911, or attempt a reaching or throwing assist. When trained professionals arrive listen to instructions.

Key Terms

Body Roll- The rotation of the body around its midline, used in both the Front Crawl, and the Back Crawl.

Entry Phase- The beginning movement of a stroke.

Glide- The part of a stroke where the body is in motion without any effort.

Pitch- The angle of the hands, during a given stroke, as they move through the water.

Power Phase- The part of the stroke, which moves the body in the correct direction of travel.

Recovery Phase- The stage of a stroke when the arms and or legs relax and return to the starting position.

Swimming Facts

- The oldest known swim stroke is the breaststroke.
- The English are considered the first modern society to develop swimming as a sport.
- There are four strokes used in competitive swimming- Front Crawl, Back Crawl, Breaststroke, and Butterfly.
- The term freestyle is defined as a competitive event in which any stroke is allowed. The term is frequently used for the front crawl, since that stroke is used most often in this event.
- Elementary backstroke, sidestroke, and breaststroke can be used for leisure swimming or survival purposes.
- During Breaststroke and Sidestroke recovery occurs underwater.
- In every stroke there exists an entry phase, power phase, and recovery phase.
- There are three stages to the power phase of every stroke- catch, mid-pull, and finish.
- The term Back Crawl can be used to describe Regulation Backstroke.
Freshman Weight Training Study Guide
ANATOMICAL MUSCLE CHART

Viewed below are the major muscles. You will need to become familiar with their names (including correct spelling), functions, actions, and locations.
# Anatomy Exercises

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<td><strong>Push Press</strong></td>
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<td><strong>Clean Shrug</strong></td>
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<td><strong>Power Pull</strong></td>
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<td>Parallel Squats</td>
<td>Step ups</td>
<td>Lunges</td>
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## Weight Training Terminology

**Set** - a group of repetitions that may be repeated after a short rest.

**Repetition** - the number of times that a lift is executed in one set.

**Flexibility** - joints move through a full range of motion and muscles are elastic or stretchy. Good flexibility will reduce your risk of acute injury in the present, and chronic injury on the future.

**Muscular strength** - the amount of force that a muscle can exert.

**Muscular Endurance** - the ability of a muscle to sustain many repetitions.

**Cardiovascular Endurance** - the ability of the circulatory system and respiratory system to supply oxygen to muscles during sustained periods of physical exercise.

**Body Composition** - the ratio of fat to lean body tissue including bone, muscle, water and connective tissue. Body composition is usually expressed in a percentage. Females have a naturally higher percentage than males.

**Resting Heart Rate** - (RHR) - how fast your pulse is at rest. It indicates how hard your circulatory and respiratory systems have to work to complete normal body functions. A regular exercise program over a period of time can lower your resting heart rate. Your resting heart rate should be taken just after awakening in the morning, before getting out of bed.

**Working Heart Rate** - (WHR) - how fast your heart rate beats during exercise or physical activity.

**Maximum Heart Rate** - (MHR) - The fastest your heart rate can beat without putting it in danger. Maximum Heart rate is calculated by 220 and subtracting your age. During healthy exercise your heart should beat between 60-85% of that number.

**Target Heart Rate** - (THR) - The range in which you want your pulse to stay while exercising, in order to increase your cardiovascular endurance level. Working outside the zone will NOT increase your fitness levels.
Recovery Heart Rate- (RHR) - Your pulse rate taken 5 minutes after you have finished exercising. The faster your heart rate recovers, indicates better cardiovascular fitness.

Weight Training Facts

Weight training increases your metabolism, which will help burn body fat throughout the day.

Using a full range of motion while performing a lift will help to maintain your flexibility by lengthening the muscles.

A regular weight training program will improve muscular strength.

Females will not gain as much muscle mass as males while weight training because of the different levels of testosterone in their bodies. However, because female’s posses a small amount of testosterone in their bodies they are able to build some muscle and become strong and toned.

It is important to remember to breathe while executing a lift. You should exhale when exerting the most force.

Good posture and a slight bend in your joints should be maintained to reduce injury.

Taking your Pulse

You can locate you pulse in your wrist or your neck. It is often times easier to locate the arteries in your neck because they are larger than the ones in your wrist. The arteries in your neck are called Carotid arteries, and can be found on either side of your neck.

When taking your pulse use your index and middle finger. DO not use your thumb.

When counting your pulse you should count heartbeats for 6 seconds and then multiply by ten. This will give you an estimated heart rate for one full minute.

Principles of a warm-up and cool down

A warm up prepares the muscles and cardiovascular system to work harder.

Muscles perform more efficiently when they are properly warmed up, which is why light cardiovascular activity performed prior to stretching is recommended.

A cool slow down brings the heart rate back down to a normal pace.
Both a proper warm up and cool down can prevent injury and reduce muscle soreness.

The F.I.T.T. Principle

The F.I.T.T. principle is used when designing a workout program.

**Frequency** - the number of times per week that you do an exercise program.  
(Measured in days)

**Intensity** - how hard you perform your exercise routine.  
(Level of difficulty)

**Time** - the duration of a single exercise routine.  
(Measured in minutes or hours)

**Type** - the kind of exercise you perform.  
(Ex. Weight Training, Swimming, Running.)

To increase your level of fitness you must increase at least one of the F.I.T.T. principles every 2\textsuperscript{nd} week of your program. Otherwise your body will adjust to your exercise program and no significant improvement will take place.

Aerobic vs. Anaerobic Activities

**Aerobic** - means “with oxygen”. During these types of activities a steady supply of oxygen is available, allowing a person to sustain an activity for a prolonged period of time. Ex. Jogging, or speed walking.

**Anaerobic** - means “without oxygen”. These are activities that use short bursts of energy, which use up oxygen fast and cannot be sustained for a long period of time. Ex. Sprinting a 100 meter dash.
Line Dancing

Dance Steps

- Ball change - a quick weight transfer where a person steps back onto the ball of one foot and then quickly steps back onto the other foot.
- Grapevine - the most common step used in line dancing. This step is performed by taking a side step followed by a cross behind with the opposite foot. Another side step is taken and it ends with a tap. Weight is constantly being transferred from one foot to the other. This step starts the Boot Scootin Boogie and the Casper slide.
- Hitch - performed by taking a step to the front or back and lifting a bent knee after the step.
- Kick - one leg extends straight out in front of the side of the body.
- Scuff - similar to a kick except that the extending foot makes contact with the floor before it extends out in front.
- Stomp - to pick up one's foot with a bent knee and replace it with force.
- Swivel - this step is performed while standing in one place. Both heels and the hips move from one side to the other.

Music

- Line dances are performed to songs that are composed of even rhythms.
- Contrary to common belief, all line dances are not performed to country music. The Electric Slide and the Casper Slide are considered to be line dances.
- A line dance can be performed to any type of music as long as the music has an even rhythm.
- An even rhythm means that a song contains a 4-beat or 8-beat measure.
- All line dances are broken down into a 4-beat rhythm. Each movement of a step is performed on a beat in the music. I.e. the Grapevine - the step to the side is performed on beat 1, the crossing step is performed on beat 2, the second side step is performed on beat 3, and the tap is performed on beat 4.

Line Dancing Criteria – What makes a dance a line dance?

- As the name would suggest, a line dance is performed in straight lines. No partners are used in a line dance and many people can perform a line dance at once.
- All line dances include at least one direction change.
- Most line dances end with a direction change, and then the routine is repeated facing the new direction.
- Line dancers continue to change directions and repeat the same routine until the song ends.

**TENNIS STUDY GUIDE**

**Court**

<table>
<thead>
<tr>
<th>DOUBLES SIDE LINE</th>
<th>SINGLE SIDE LINE</th>
<th>Base Line</th>
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<tr>
<td>Left Service Court</td>
<td>Right Service Court</td>
<td></td>
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<tr>
<td>CENTER SERVICE LINE</td>
<td></td>
<td></td>
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<tr>
<td>Right Service Court</td>
<td>Left Service Court</td>
<td></td>
</tr>
<tr>
<td>Alley</td>
<td>Net</td>
<td></td>
</tr>
</tbody>
</table>

**History**

The origins of tennis are somewhat vague. The most widely held belief is that it derived from handball, which originated in Ireland as early as the tenth century. However, some believe tennis dates back 20 or 30 centuries to when royal families were great sports devotees.

In 1873, Major Walter Clopton Wingfield, a student of court tennis, introduced tennis, as we know it today, is officially called lawn tennis. The game was first intended to be played on a lawn, but eventually the use of hard surfaces grew in popularity. As we know tennis today, it is most often played on clay, asphalt, or cement.

**Scoring**


- Zero (0) or nothing is called Love.
- The first point won by a player is called 15.
- The second point won by a player is called 30.
- The third point won by a player is called 40.
- The fourth point won by a player is called game, provided his/her opponent does not have more than 30 (2 points).

If each player has won three points (40-all) then the score is deuce. The next point won by a player gives him the advantage. However, if he loses the next point the score is again deuce. When either player wins
two consecutive points following the score of deuce, the game is won by that player. The server's score is always given first. The score should be called loud and clear after every point.
<table>
<thead>
<tr>
<th>If the Server has won</th>
<th>And the Receiver has won</th>
<th>The score is</th>
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<tbody>
<tr>
<td>1 point</td>
<td>0 points</td>
<td>15 - Love</td>
</tr>
<tr>
<td>2 points</td>
<td>0 points</td>
<td>30 - Love</td>
</tr>
<tr>
<td>2 points</td>
<td>1 point</td>
<td>30 - 15</td>
</tr>
<tr>
<td>3 points</td>
<td>1 point</td>
<td>40 - 15</td>
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<td>3 points</td>
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<td>4 points</td>
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<td>Game Server</td>
</tr>
<tr>
<td>1 point</td>
<td>1 point</td>
<td>15-All</td>
</tr>
<tr>
<td>1 point</td>
<td>2 points</td>
<td>15 - 30</td>
</tr>
<tr>
<td>2 points</td>
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<td>30-40</td>
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<tr>
<td>3 points</td>
<td>3 points</td>
<td>Deuce</td>
</tr>
<tr>
<td>4 points</td>
<td>4 points</td>
<td>Deuce</td>
</tr>
<tr>
<td>3 points</td>
<td>5 points</td>
<td>Deuce</td>
</tr>
</tbody>
</table>

In scoring, the player who first wins six games wins a set unless both players have won five games: then it takes an advantage of two games to win. Thus, the score could be 7-5, or 8-6 or 9-7, and so on. In scoring the match, the player first winning two sets is generally declared the winner.

**The Game**

Tennis is a game everyone can play. Swinging a tennis racket properly comes just as easily and naturally as throwing a ball or swatting a fly or performing any of the other untutored everyday movements that are virtually automatic. So the fun you get out of the game depends directly on how much effort you are willing to devote to memorizing and perfecting the simple skills of the four basic shots—the serve, forehand, backhand and volley. The strokes are the weapons of tennis. Without them you are not even equipped for the battle.

**Rules**

1. **Server and Receiver**
   The players will stand on opposite sides of the net: the player who first delivers the ball shall be called the server, and his opponent will be the receiver.

2. **Delivery of Service**
   Before the service starts the server will stand with both feet at rest behind the baseline and within the imaginary continuations of the center-mark and sideline. The server will then toss the ball by hand into the air and before it hits the ground strike it with his racket. The server is not permitted to touch the court inside the baseline until after the racket has made contact with the ball.
3. From Alternate Courts
   In delivering the service, the server shall stand alternately behind the right and left courts
   beginning from the right in every game. The ball served must pass over the net and hit the ground
   within the service court, which is diagonally opposite.

4. Faults
   If the server steps into the court before he/she contacts the ball this is a fault. If he misses the ball
   in attempting to strike it, it is a fault. However, if he/she catches it and does not swing, it is not a
   fault. If the ball served touches a permanent fixture (other than the net) before it hits the ground,
   it is a fault. If the served ball does not go into the proper service court on the other side of the net,
   it is a fault.

5. Ball in Play till Point Decided
   A ball is in play from the moment at which it is delivered in service. Unless a fault or a let be called
   it remains in play until the point is decided.

6. Player Hinders Opponent
   If a player commits any act, either deliberately or involuntarily, which hinders his opponent in
   making a stroke, it can be a point awarded to the opponent or it can be replayed.

7. Ball Falling on Line
   A ball falling on a line is regarded as falling in the court bounded by that line.

8. Good Return
   • If the ball touches the net, posts cord or metal cable, strap or band provided that it passes over
     any of them and hit the ground within the court, it is a good return.
   • If a player’s racket passes over the net after he has returned the ball, provided the ball passes the
     net before being played and is properly returned it is a good return.
   • If a player succeeds in returning the ball served or in play, which strikes a ball lying in the court it
     is a good return.

9. When Player Change Sides
   The players will change sides at the end of the first, third and every subsequent alternate game of
   each set and at the end of each set unless the total number of games in such set be even, in
   which case the change is not made until the end of the first game of the next set.

10. Doubles Order of Service
    Decided at the beginning of each set. The pair who has to serve in the first game of each set will
    decide which partner shall do so and the opposing pair shall decide similarly for the second
    game. The partner of the player who served in the first game will serve in the third; the partner
    of the player who served in the second game will serve in the fourth. The order of serving may
    be changed following the completion of any set.

11. Doubles, Order of Receiving
    Decided at the beginning of each set. The pair who has to receive the first game will decide
    which partner will continue to receive the first service in every odd game throughout that
    set. The opposing pair shall decide which partner will receive the first service in the second
    game and that partner shall continue to receive the first service in every even game
throughout that set. The order of receiving may be changed following the completion of any set.

**Etiquette and Courtesies**

To make the game more enjoyable for you and for others, one should follow certain court courtesies of rules of etiquette. If one of your tennis balls rolls into another court, wait until the players on the court have finished their rally before asking for your ball. When you return someone’s ball that has rolled into your court, roll the ball back to the player asking for it instead of trying to get some extra stroke practice. If they are engaged in playing a point, roll the ball back against their fence out of their field of play.

If your opponent is interfered with in any way during the play for a point, stop the play, call a "let" and then play the point over. If there is doubt in calling a ball in or out of bounds, replay the point. When leaving or entering the courts, do not walk behind a player playing a point. Wait until the rally is over then quickly cross the rear of the court next to the fence. Avoid any loud noises during play. Do not call balls "good" or "out" for your opponent during play. Call only the balls in your half court - let the opponent call theirs.

**Strategy**

Court position is important when thinking strategy. You can use this to maneuver your opponent out of position. Strategy of play is different in the singles games from that of the doubles game.

**Strategy - Singles**

In singles, when rallying from the baseline, a player should try to keep the ball in play, forcing your opponent into making the errors. This can be done best by hitting deep to the opponent's backhand consistently, with occasional shots deep to the forehand. Top flight players frequently follow their service to the net.

A player should not rush the net unless you receive the ball within the baseline and is in position to make a forceful shot that will place your opponent behind his/her baseline, making it difficult for him/her to return the ball. The player rushing the net should stop his/her forward progress and assume a ready position before the opponent hits the ball.

The service position should be near the center mark on the baseline, so immediately after serving you can take up the center position, waiting for the ball’s return. You need a good ready position while you wait.

**Strategy – Doubles**

In the doubles games, each player covers his half of the court from the net to the baseline, from his side line to the center of the court. Each player’s position during play should be in relationship to his/her partners. They should take up a position parallel to each other and attempt to keep this way during play. Beginners should play near the baseline and rush the net only after one of them has made a shot forcing the opponents out of position. When rushing the net they should move up together, maintaining their parallel positions, and turn to offensive
tactics. When the opponents drive the ball down center of the court, the teammate who can return it with his forehand should handle the ball.

The position for receiving the serve in double is similar to that in singles in that for the singles game you should stand back close to the baseline and close to the intersection of the baseline and the singles sideline. The service position in doubles should be at a point on the baseline about halfway between the center service line and the sideline.

**Safety**

1. Warm up sufficiently before starting strenuous play.
2. Stop when injured and report injury to the instructor.
3. Remove rings, bracelets, watches, etc., as they may cause bruises or cuts.
4. Check playing surface for glass, nails, stones, slippery spots, etc.
5. Stay in line, on mark, or in own area when swinging or hitting.
6. Control emotions; do not throw the racket or hit the ball in anger.
7. Shout a warning when there is danger of a ball hitting someone.
8. Avoid showing-off and “horseplay”.
9. Be aware of the distance between the baselines and wall, fence, etc.

**Helpful Hints**

1. Keep your eye on the ball at all times.
2. Strive for accurate placement rather than speed.
3. Always play the game to win, but if you don’t, give due credit to your opponent.
4. Play to your opponents weaknesses.
5. Always give your opponent credit for a well placed shot.
6. When calling the score, always call the server’s score first.
7. Keep your weight on the balls of both feet so you can move in any direction with ease and speed.
8. Turn your body to the net on all ground strokes.
9. On the ground strokes, return the ball deep into the opponent’s back court near the baseline.
10. On all ground strokes, attempt to stroke the ball at waist level.
11. On the ground strokes, the point of contact of the ball and the racket should be in front of the front toe toward the net side.
12. Follow through of the racket is in the direction of the intended flight of the ball.
13. After completing each stroke, assume a good ready position, facing the net and loosely grasping the throat of the racket with the left hand to facilitate change of grip if necessary.
14. When serving, attempt to get the first serve in the proper court as often as possible. Stress control and accuracy if a second serve is necessary.
15. The server should always have two balls in his possession before starting his service.
16. The receiver should not retrieve or return the ball if the opponent’s first serves a fault. He should remain in his receiving position so the server can immediately follow with this/her second serve attempt.
**Terminology**

ACE - To score a service ace is a shot which eludes the receiver.

AD - A common contraction of “advantage”.

APPROACH SHOT - A shot used to return a short ball deep to the opponent's weakness after which a player moves to the forward volley position.

BACKSPIN - The opposite of topspin made by a chopping motion down on the ball.

BASELINE - The end boundaries of the court.

BYE - A term used to denote the fact that a player does not have to play a match in the first found of a tournament and advances automatically to the second round.

CONTINENTAL GRIP - A forehand grip with the V formed by the thumb joining the hand 45 degrees to the left of the position in the Eastern Grip (Handshake Grip)

DEUCE - In general, it is an even score.

EASTERN GRIP - A forehand grip with the V formed by the thumb joining the hand over the plane of the handle which is a continuation of the frame. (Handshake Grip)

FAULT - In general, usually denoting a service failure.

FOOT FAULT - A violation regarding the delivery of service rule.

LET - A served ball which strikes the top of the net and falls into the proper service court. (The point is replayed.) Also any point which is replayable due to distraction of player interference with play, etc.

LOVE - No score.

MATCH - Two out of three or three out of five sets. RALLY - Is a prolonged exchange of strokes.

SET - The first player to win six games wins a set, provided he is at least two games ahead of his opponent (6-3, 6-4, 7-5, 8-6, etc.)

SMASH - A stroke used to return a lob, similar to that used for service. It is hard forceful shot.

TOPSPIN - When the ball spins forward in the direction of its flight.

STROKE - The act of striking the ball with the racket.