

## FITS Final Exam Study Guide

*This is the information on the FINAL EXAM! - KNOW it, LEARN it, LOVE it!*

### Tennis:

- When serving, the server has two chances to get the serve in the proper service court. The server serves diagonally across the court.
  - **FAULT:** When 1<sup>st</sup> attempt of serve lands in net or out-of-bounds
  - **DOUBLE FAULT:** When 2<sup>nd</sup> attempt of serve lands in net or out-of-bounds. Point awarded to non-serving team.
  - **LET:** When serve hits net, BUT lands in correct service box. The ball is re-served and DOES NOT count as a fault!
- The server alternates his/her service after each point, **starting behind the right half** (even point) of the baseline for their first point, the left half (odd point) of the baseline for the second point and so on.
- A ball that falls or hits the line is in.
- Scoring the Game
  - Zero = LOVE, 1 pt = 15, 2 pts = 30, 3 pts = 40, 4 pts = game
    - An even score of 15-15 or 30-30 is called 15 ALL or 30 ALL and is served from the right court.
    - An even score of 40-40 is called DEUCE. In order to win a game after deuce, a player must win two points in succession.
    - The first point after deuce is called ADVANTAGE = advantage server or advantage receiver, AD-IN or AD-OUT.
- 1 person serves the entire game.
- You win a point when:
  1. The opponent fails to complete a successful serve within two attempts
  2. The opponent fails to make a good return
  3. The opponent hits the ball more than once.
  4. The opponent lets the ball bounce twice.
  5. When the opponent is hit by the ball
  6. When the opponent hits the ball BEFORE it crosses the plane of the net.
  7. When the opponent throws the racket at the ball.
- **Game Play Strategies:**
  1. Keep the ball in the opponent's backcourt as much as possible.
  2. Make the opponent hit the ball up to you on their return by placing the ball low, at their feet.
  3. Mix up the location of your hits, "Hit it where they aren't!"
  4. Mix up the variety of your shots.
  5. Always return to your ready position in deep center court after each stroke with your racquet up and ready.

### Rock Climbing:

- Commands prior to climbing: On Belay; Belay On, Climbing, Climb On
- The **MAIN** responsibility of the Belayer is to keep pace with the climber and make sure that there is no excess slack in the rope.
- It is important that the climber, when ready to descend, let go of the wall and sit in their harness. This allows the person belaying to open the break handle and slowly bring them down from wall.
- Prior to climbing, each member of the group should make sure of the following: 1) Members of the group are wearing harnesses correctly, 2) the climber is wearing a helmet, and 3) that the ropes are not twisted at the top.

## Fitness Center:

- You must perform cardio for AT LEAST 20 minutes to obtain benefits.

Those 20 minutes MUST be in your Target Heart Zone (150-185bpm)

**SET:** When lifting weights, a set is a group of repetitions.

**REPETITIONS:** How many times you can complete the exercise.

**Resistance Goals:** If you are trying to build strength and Muscle Size: you need to use high weight and perform fewer reps (6-8). If your goal is become more toned (less muscle size), you need to use lighter weight and perform more reps (10-15).

**Common Machines and Muscles Targeted:**

- |                                  |   |
|----------------------------------|---|
| 1. Chest Press = Pectorals       | 5. Seated Leg Extension = Quadriceps    |
| 2. Arm Curls = Biceps            | 6. Seated Row = Latissimus Dorsi (Lats) |
| 3. Arm Extensions = Triceps      | 7. Seated Shoulder Press = Deltoid      |
| 4. Seated Leg Curls = Hamstrings |   |

## Ultimate Frisbee:

- Terminology:
  - **Pull:** The throw from one team to the other that starts play at the beginning of a half or after a goal
- Game Play Rules:
  - Play begins with a Pull, with both teams standing on their respective goal lines.
  - The disc is advanced by throwing it in any direction. It may not be a hand-off.
  - A goal is scored when the disc is caught by the offensive team over the goal line. It may not be RAN over goal line.
  - When a player catches the disc, they may not run. They must establish a pivot foot.
  - Only one person can guard the person in possession of the disc. (NO double team)
  - The defender must be arm's length away from offensive player in possession of disc and cannot steal disc from them.
  - The defender initiates a "stall" count when guarding disc. Stall count is 10 seconds. If offensive player has not thrown disc by then, it results in turnover.
  - No contact is allowed during play. Incidental contact is ok. Contact results in a foul.

## Team Handball:

- Start the game at mid court with a forward pass or jump ball.
- Players have 3 seconds to take 3 dribbles, 3 steps, pass, or shoot the ball.
- Soccer dribbling is not allowed (with feet)
- All shots have to be taken outside the shooting area (3 point circle).
- Only the goalie can stand inside the goal area.
- A throw-in must be taken with one hand over the head.
- Defense:
  - Do not push, hold, trip or hit with your arms or legs.
  - Do not pull, hit or punch the ball out of the hands of the opponent.
  - Defensive player should be an arm's length away from the opponent.
- Infractions (Rule violations, other team gets the ball)
  - Shooting or passing the ball out of bounds.
  - Stepping into the goal area by either the offense or defense.
  - Kicking or touching the ball with your foot.
  - Breaking the 3 second, 3 step, or 3 dribbling rule.

# Volleyball:

- Rules:
  - If a player steps over the service line it is a **foot fault** and a point is awarded to the other team.
  - If the ball touches the net on the serve, it is a **let** serve and is considered legal.
  - A player can never touch the net any time
  - A player may step on but not over the **center line**
  - A block does not count as one of the three hits. It is **illegal** to block a serve.
  - A ball landing **on** the line is considered **in**
  - A ball that hits the ceiling and lands back on the side of the team who hit it can be played if that team still has hits left. A ball that hits the ceiling and lands on the other team's court is considered a loss of rally – point for other team. A ball can never be played off of the wall.
  - A ball can be hit by with any part of the body as long as it is not a lift ( i.e. head, shoulder).
  - A player from the back row **cannot** spike the ball **in front of the 10 foot line**.
  - If two or more players on the same team contact the ball at the same time, it is considered **one hit** and may be played by either person on the next hit.
- In high school a match consists of two out of three games. The game is rally score to **25** points and the winning team must win by **two**.
- Volleyball Terminology:
  - **Pass** - Most common type of hit used to return a serve
  - **Set** - a hit that requires contact of both hands above the forehead – most accurate type of hit in volleyball but most difficult to master.
  - **Ace** - point earned directly from the serve hitting the opponent's court
  - **Let serve** - a serve hits the top of the net and lands in the opponents court

# CPR:

- **Automated External Defibrillator (AED)** can analyze the heart rhythm of an unresponsive person, recognize an abnormal rhythm that may require a shock, and gives a shock if needed - stopping the abnormal heart rhythm and allowing a normal heart rhythm to return.
- **3 C's of an emergency situation:**
  - **Check** - Scene is safe & is victim responsive (conscious). Shake gently & shout, "Are you ok?" to see if the victim responds
  - **Call** - If no response, phone 911 (yell for help & send someone else to call)
  - **Care** - Perform the CABs – 30 Compressions, Airway (head tilt/chin lift), 2 Breaths
- **5 Reasons to Stop CPR:**
  1. Victim breathes/CPR works
  2. AED arrives
  3. Trained help (EMS) arrives to take over
  4. Scene becomes unsafe for you
  5. Too exhausted to continue

- **4 Special Situations in AED Use:**
  - Hairy Chest: Shave chest with a razor or place child pads firmly; then, quickly rip pads off (waxing).
  - Water/Wet or Sweaty: If victim is lying in water, move the person away from water and dry off chest. Shocking on a wet surface not transmit the full shock needed. If wet/sweaty, dry off chest before applying pads.
  - Implanted Pacemaker/Defibrillator: Place an AED electrode away from implanted device – not ON the device.
  - Medication Patch: Remove the patch and wipe the skin clean before attaching the AED – may cause burns to the victim’s skin and won’t transmit the full shock.
- **Chest Compressions:**
  - Place heel of hand on center of the chest between the nipples
  - Interlock the other hand on top using the heel of your hands
  - Use your body weight and lean forward so that your shoulders are over your straightened arms and hands. You should look down at your hands.
  - Provide compressions at a rate of AT LEAST 100 compressions per minute, compress 2”
  - Continue until victim is responsive, medical help arrives or you can no longer continue
  - If breathing, turn onto the side recovery position to prevent choking on vomit & keep airway open
- **Child CPR**
  - Check the scene to see, if it is safe.
  - Are you okay? ---check for responsiveness
  - Yell for help and send someone to call 911 and get an AED
  - Scan the victim to determine if the victim is breathing. If NO breathing, begin CPR
  - Give 30 compressions - compress downward at a rate of at least 100 times per min., compress 2”
  - Use one hand for a small Child (center of the chest between nipples) and give chest compressions.
  - Do five sets of CPR before using the AED (use Child pads; if the Child pads are not available, use Adult pads).
  - Call 911, after 5 sets of CPR (If you are ALONE with the Child)

**Adult and Child Choking:**

Universal sign of choking = hands around the throat

If victim cannot speak, cough forcefully, or breathe, YOU need to help!

Abdominal Thrusts: Stand or kneel (if child) behind victim and place one fist just above belly button and then cover that fist with your other hand. Forcefully, pull up and in. Repeat abdominal thrusts until:

1. Object comes out
2. Victim becomes unresponsive

If choking victim becomes unresponsive slowly lower victim to hard, flat surface, Yell for help, and have them call 911 and get an AED. Start immediately performing chest compressions (30:2). AFTER 30 compressions, CHECK the victim’s airway to see if you can find the obstruction

- 1) If you see an object- you can pull it out with your fingers.
- 2) If you don’t see an object, give 2 breathes and continue chest compressions.