

Chapter 1: Physical Education in the Secondary School

TRUE/FALSE QUESTIONS

1. Physical education can take place inside or outside the school program.
Answer: True
2. Physical education aims to pass on information, attitudes, and skills in the physical activity domain.
Answer: True
3. Dress codes are strictly enforced in order to enhance a positive climate in physical education.
Answer: False
4. Most people who are knowledgeable about physical fitness participate more frequently in physical activity.
Answer: False
5. Teaching of nutrition principles and substance abuse can be woven throughout daily instruction.
Answer: True
6. Student understanding of the safety principles of human movement is a NASPE Content Standard.
Answer: False
7. Developing a physically active lifestyle is best achieved during the adult stages of life.
Answer: False
8. The success of a physical education program is measured by the physical skills and fitness levels of its students.
Answer: False
9. Aerobic dance contributes directly to the development of specialized motor skills.
Answer: False
10. Assessing personal fitness levels is critical to developing social skills.
Answer: False
11. The emphasis on promoting active lifestyles is waning.
Answer: False
12. Teachers are not immune to liability lawsuits.
Answer: True
13. With regard to state and local physical education requirements, the authors believe that varsity athletics, cheerleading, marching band, and ROTC training programs are viable substitutions for physical education programs.

Answer: True

14. Physical educators need to involve themselves in fund raising projects to help combat the problem of less than the recommended amount of equipment.

Answer: True

15. When school is not in session, the physical education teacher is not encouraged to allow others to use the gym because they might ruin equipment and mess up the space.

Answer: False

MULTIPLE CHOICE QUESTIONS

16. Virtual (online) options enable schools to
- give credit for off-campus activities.
 - increase the variety of activities offered.
 - provide opportunities for self-motivated student.
 - All of the above.

Answer: d

17. Lifetime physical activity can reduce the risk of

- back pain.
- premature morbidity.
- cancer.
- All of the above.

Answer: d

18. Which of the following is a federal law that ensures appropriate education for students with disabilities?

- Title IX of the Education Amendments Act
- PL 94-142 and 101-476
- Project Adventure Program
- Healthy People 2010

Answer: b

19. Teaching and coaching conflicts occur because

- the public has a difficult time separating the physical education program from the athletic program.
- the administration places pressure on coaches to win.
- the goals of physical education and athletics are very different.
- All of the above.

Answer: d

20. The Youth Risk Behavior Surveillance System is a

- technique in which a camera watches students during activity.
- nationwide survey conducted by the Centers for Disease Control.
- camera watching for at-risk youthful behavior.
- study that indicated schools discourage activity.

Answer: b

21. A virtual classroom
- allows students to select a topic they would like to study off campus.
 - broadens students' educational opportunities.
 - allows students to work with off-campus instructors online.
 - All of the above.

Answer: d

22. The two major outcomes for physical education are
- physical activity and health.
 - physical activity and fitness.
 - health and fitness.
 - physical activity and knowledge.

Answer: a

23. The ultimate measure of success of a quality physical education program is
- students' fitness scores.
 - students' knowledge levels.
 - students' skill performance.
 - students' daily physical activity participation throughout their lives.

Answer: d

24. Which of the following is NOT a NASPE content standard for physical education?
- Competency in motor skills and movement patterns
 - Regular physical activity
 - Passing a fitness test
 - Valuing physical activity for many reasons

Answer: c

25. Which physical education perspective stemmed from the concern that American youth were not as fit as their European counterparts?
- Social-historical
 - Cultural-sports
 - Public health
 - Passive-aggressive

Answer: c

26. All of the following have been allowed as substitutions for physical education credit EXCEPT:
- advanced placement courses.
 - varsity athletics.
 - cheerleading.
 - marching band.

Answer: a