

HOPE segment 1 FINAL EXAM REVIEW

1. Complete all assignments BEFORE taking the final exam.
2. Contact your instructor for the last DBA and the password for the exam.
3. Consider taking part in a final exam review session. Live lesson information available on your announcement page.
4. The exam takes about 2 hours to complete. You do not have a time limit as long as you are actively working on exam questions.
5. Password works only once so you must complete the exam in one session. Once you start the exam, you CANNOT leave it to look in the course or in your files. You will be locked out of the exam.
6. The preferred browser for the exam is Firefox. This is a free download. If you have trouble with Internet Explorer while taking the exam, consider downloading Firefox. Be sure you are plugged in to an electric source and are on a reliable internet connection.
7. This is an open book test. Prepare your notes ahead of time. Have your assignments available, you will refer to them as well.
8. Please note you must pass the final in order to pass the course, so do your best as usual.
9. 36 multiple choice questions (3 points each).

Module 1

1.01 Importance of Physical Fitness

- | |
|---|
| • Analyze your individual responsibility to maintain or improve your health |
| • Identify in-school & community opportunities to participate in physical activities |
| • Discuss the importance of participating in a variety of activities that contribute to your enjoyment & maintenance of a healthy lifestyle |
| |

1.02 Safety Tips

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|--|
| • Identify basic safety practices related to physical activity |
| • Explain the safety precautions needed when active in extreme weather |
| • Differentiate between the three types of heat illnesses |

1.03 Fitness Assessments

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| • Complete fitness assessments & analyze the results to establish goals for health |
| • Select proper equipment & apply necessary safety procedures for each assessment |

1.04 Goals

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| • Identify strategies for setting goals that are measureable, attainable & deadline |
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