TEACHING
OAE-Physical-Education
Ohio Assessments for Educators (OAE) - Physical Education (034)

Latest Version: 6.0

Question: 1

A player on your volleyball team causes the team to score a fault. He has hit the ball twice before passing it. This is called:

A. A catch up
B. A net foul
C. A foot fault
D. A double hit

Answer: D

Explanation:
In volleyball, various types of faults can occur during a game, each with specific rules and consequences. One such fault is a "double hit." This fault is committed when a player contacts the ball twice in succession or the ball contacts any part of their body successively during a single play attempt, except during a block. This rule ensures that the ball is played fairly among all players on the team.
The term "double hit" specifically refers to incidents where a player, intentionally or accidentally, hits the ball two times in a row without it being touched by another player between the hits. This can occur during a variety of play situations, such as attempting to set the ball for a spike or when trying to save the ball from going out of bounds. The main reason this rule is enforced is to maintain the fluid and equitable distribution of play, preventing any single player from dominating the game by multiple contacts.
On the other hand, a "foot fault" occurs when a player's foot crosses the boundary line of the court while serving the ball. This fault ensures that all serves are made from behind the designated line, maintaining the distance required for a fair serve. Another common fault is a "net foul," which happens when a player touches the net with any part of their body while the ball is in play. Touching the net, especially during a spike or block, can give a player an unfair advantage by stabilizing themselves or affecting the net's position.
Understanding these rules is crucial for players and officials alike to ensure that the game is played fairly and within the established guidelines of volleyball. Each type of fault has specific repercussions that can influence the flow and outcome of the game, making knowledge of these rules integral to the strategy and integrity of the sport.

Question: 2

Which of the following muscles is named based on its shape?

A. rectus
B. mastoid
C. sternum
D. deltoid

Answer: D

Explanation:
The correct answer to the question regarding which muscle is named based on its shape is the deltoid muscle. Muscles in the human body can be named using various criteria, which include their action, location, shape, and points of attachment. In the case of the deltoid muscle, it is named for its distinctive shape.
The term "deltoid" is derived from the Greek letter delta (Δ), which is shaped like a triangle. This naming convention reflects the muscle's roughly triangular shape, covering the shoulder joint and aiding in arm movements such as lifting and rotating. The suffix "-oid" in biology typically means "resembling" or "like," therefore, "deltoid" essentially means "triangle-like."
This method of naming based on shape helps in the easy identification and study of muscles. It also provides an intuitive way to remember the functions and locations of different muscles based on their descriptive names. Other muscles, however, might be named based on different criteria, such as the rectus abdominis, which is named for its straight ("rectus") orientation along the abdomen, or the biceps brachii, which is named for having two heads ("bi" meaning two, "ceps" from caput, meaning head) attaching at different points on the arm.
In summary, while many muscles have names that relate to their anatomical position or function, the deltoid muscle is an example of one named for its geometric shape, illustrating the variety and richness of anatomical nomenclature.

Question: 3

Kicking the ball in a game of kickball is classified as what type of skill?

A. A serial skill
B. A continuous skill
C. A discrete skill
D. A cognitive motion skill

Answer: C

Explanation:
Kicking the ball in a game of kickball is classified as a discrete skill.
A discrete skill is a specific classification within the types of motor skills that emphasizes short-duration, clearly defined movements that have a clear beginning and end. These tasks are often simple and are not composed of several continuous movements; instead, they are single, distinct elements performed individually.
In the context of kickball, when a player kicks the ball, this action involves a quick, targeted movement that starts when the player prepares to hit the ball and ends once the ball has been kicked. This makes it a discrete task, as it is a singular, brief act with a clear endpoint. The skill does not require adjustment of the movement once initiated, and after the kick, the specific motion of kicking is considered complete.
Other examples of discrete skills, besides kicking in kickball, include actions like throwing a dart, snapping fingers, pressing a button, or hitting a baseball with a bat. Each of these actions involves a

quick initiation and a definitive termination point without the need for ongoing adjustment during the performance of the skill.
Understanding that kicking a ball in kickball is a discrete skill helps in training and teaching the sport, as it emphasizes the need to focus on the precision and effectiveness of individual, isolated movements rather than the smoothness or duration of motion, which are more characteristic of continuous skills.

Question: 4

Charles Tipton is a physiologist best known for what?

A. Biometric approach
B. Biochemical approach
C. Biophysic approach
D. Biofitness approach

Answer: B

Explanation:
Charles Tipton is a renowned physiologist best known for his contributions to the biochemical approach in studying exercise physiology. His work primarily focused on understanding how biochemical processes influence physical activity and how the body adapts to various forms of exercise.
Alongside his colleague, John Holloszy, Tipton made significant advances in the field by exploring the effects of biochemical changes during physical exertion. Their research was pivotal in laying the groundwork for further studies on how exercise impacts biochemical pathways within the human body.
Tipton's research often utilized animal models to investigate muscle fatigue and the metabolic pathways involved in energy production within muscles. By studying how muscles metabolize energy, Tipton was able to glean insights into the mechanisms of muscle endurance and recovery, which have practical implications for athletic training and rehabilitation.
The biochemical approach that Tipton helped to develop has been fundamental in understanding the complex interactions between biochemistry and physical exercise. This approach has enabled researchers and practitioners to better design exercise programs that optimize performance and aid in the recovery of muscle function post-exercise.

Question: 5

Which of the following molecules carries fat throughout the body?

A. carbohydrates
B. minerals
C. fatty acids
D. lipoproteins

Answer: D

Explanation:

Lipoproteins are the correct answer to the question of which molecules carry fat throughout the body. These molecules are essential for the transport of lipids, including fats and cholesterol, from the intestines or liver to the cells and tissues where they are required or stored.
The structure of lipoproteins enables them to perform this function effectively. A lipoprotein is composed of a core of lipids, primarily triglycerides and cholesterol esters, surrounded by a shell made up of phospholipids, free cholesterol, and proteins known as apolipoproteins. The proteins stabilize the structure and also play key roles in recognizing and interacting with specific receptors on cell surfaces, thereby directing the lipoproteins to the correct destinations.
Lipoproteins are classified into several types based on their density and function. The main classes include Low-Density Lipoproteins (LDL) and High-Density Lipoproteins (HDL). LDL is often referred to as "bad" cholesterol because high levels of LDL lead to the build-up of cholesterol in arteries, which can result in cardiovascular diseases such as atherosclerosis. Conversely, HDL is known as "good" cholesterol because it helps remove cholesterol from arteries and transport it back to the liver for excretion or re-utilization, thereby protecting against heart disease.
In addition to LDL and HDL, there are other types of lipoproteins such as Very Low-Density Lipoproteins (VLDL), which primarily carry triglycerides made in the liver to adipose tissue and muscle for storage or energy use, and Chylomicrons, which are formed in the intestinal cells and transport dietary lipids to the liver.
Understanding the role and functioning of lipoproteins is crucial for comprehending how the body manages and transports essential fats and cholesterol. This knowledge is also fundamental in addressing and managing health issues related to lipid metabolism, such as hyperlipidemia and the associated risk of cardiovascular diseases.

Question: 6

Some of your students strike up a softball game during recess. One of the batters hits the ball for a double. He runs from first to second and continues in a straight line into left field where he is tagged by the left fielder. He is called out by the student umpiring and he appeals to you for a judgment call. What should you tell him?

A. He is safe because overrunning bases is allowed on a double.
B. He is out because overrunning bases is only allowed for first base.
C. He is safe because the center fielder must throw to the second baseman to tag him out.
D. He is safe because the umpire's view was obstructed by the second baseman.

Answer: B

Explanation:
In the scenario you presented, a student playing in a softball game hits a double and runs past second base into left field, where he is then tagged by the left fielder. The question is whether the runner is out or safe. According to the rules of baseball and softball, which are similar in this respect, the runner is indeed out.
The key rule here involves the concept of "overrunning" or "oversliding" a base. In baseball and softball, a player is generally allowed to overrun first base without risk of being tagged out, provided they turn outwards (towards foul territory) after passing the base. This exception exists because the run to first base is unique in that it is a straight sprint from the batter's box, and the rule allows the runner to focus on speed without needing to slow down abruptly at the base.

However, this exception does not apply to any other base, including second base. When a player reaches second base, or any base beyond first, they must stop at that base. If they overrun or pass it, they can be tagged out by a fielder with the ball. In the given situation, since the student ran past second base and continued into left field, he effectively left the base path and made himself vulnerable to being tagged out.
Thus, when the left fielder tagged the student, the correct ruling by the student umpire was that the runner is out. Overrunning second base does not afford the same protections as overrunning first base. The rules are designed to ensure that players must exercise both speed and control in their base-running beyond first base, balancing the aspects of advancing safely and aggressively.
In conclusion, your judgment as an appeal to the umpire's call should confirm that the runner is out. The rules clearly state that overrunning bases is permissible only at first base, with all other bases requiring the runner to remain on the base or return to it immediately to avoid being tagged out. The student's continuation into left field after touching second base was a clear violation of these rules, resulting in an out.

Question: 7

When does a player have an "ad in" in tennis?

A. When he scores a point when receiving after deuce
B. When he scores a point when serving after deuce
C. When he receives and scores after a serve
D. When he scores all of the points before his opponent scores any

Answer: B

Explanation:
In tennis, scoring can sometimes advance to a situation known as "deuce," which occurs when each player has won three points within a game, making the score 40-all. At deuce, a player must win two consecutive points to win the game, as winning just one point does not suffice.
When the score reaches deuce, the next point is crucial for determining the immediate pressure on the players. If the player who is serving at deuce wins the next point, the score is then called "ad in" or "advantage in." This terminology signifies that the server has the advantage and needs only one more point to win the game.
The term "ad in" is specific to the server's advantage. Conversely, if the player who is receiving (the non-server) wins the point immediately following deuce, the score is called "ad out" or "advantage out," indicating that the receiver has the advantage.
Thus, a player has an "ad in" when they are serving and win the point directly following a deuce. Winning this point puts them in a potentially game-winning position, needing only one more point to secure the game. If, however, the receiver wins the next point (when the score was "ad in"), the score reverts back to deuce, resetting the competition for the two-point advantage needed to win the game.

Question: 8

What is the margin needed to win a volley ball game?

A. Scoring 25 points first
B. Scoring 25 points with a margin of 2 points
C. Scoring 21 points with a margin of 2 points
D. Scoring 23 points with a margin of 2 points

Answer: B

Explanation:
In volleyball, the standard requirement to win a game is that a team must score 25 points and have at least a two-point lead over the opposing team. This means that if the score reaches 25-24, the game does not end. Play continues until one team leads by a minimum of two points. For example, a team could win with scores such as 26-24 or 27-25, but not 25-24.
The rule of having a two-point margin is crucial as it ensures a clear win and reduces the likelihood of a game ending on a fluke point or a minor error. This margin requirement helps maintain the competitive nature of the game and ensures that the winning team has demonstrated a clear advantage over the opposing team in that particular set.
This scoring system is applied in each set of the match. Most volleyball matches are played as best-of-five sets. The first team to win three sets wins the match. However, if the match extends to a fifth set, this deciding set is typically played to 15 points instead of 25, but the two-point margin rule still applies.
Understanding and applying the rule of a two-point margin is essential for teams strategy-wise, as it affects how they play when the score approaches 25 points. Teams might adjust their tactics, either offensively or defensively, to secure the necessary point lead to clinch the set.

Question: 9

A group of 6th graders play badminton. The teacher understands that badminton is what type of game classification?

A. Fielding.
B. Net/wall.
C. Invasion.
D. Targeting.

Answer: B

Explanation:
The correct classification for the game of badminton, as understood by the teacher, is 'Net/wall.'
In physical education, games are often categorized into different types based on the skills they help develop and the primary equipment or methods used in the gameplay. One such category is "Net/wall" games. This classification includes sports where the primary objective revolves around players sending a ball or similar object over or against a net or wall with the aim that the opposing player or team cannot return it within the rules of the game.
Examples of net/wall games, in addition to badminton, include tennis, volleyball, paddleball, racquetball, and table tennis. These games commonly require players to hit a ball or shuttlecock over a net with the intent to outmaneuver their opponents and score points. The skills emphasized in these games include coordination, agility, precision, and strategic planning.

Specifically, badminton involves players using racquets to hit a shuttlecock back and forth over a high net. The objective is to land the shuttlecock in the opponent's court in such a manner that the opponent fails to return it properly. The gameplay includes elements of defense and attack, and requires players to develop acute spatial awareness and quick reflexes.
Thus, when categorizing the type of game badminton is, it falls into the 'Net/wall' category rather than 'Fielding,' 'Invasion,' or 'Targeting' games. This classification helps in structuring physical education curriculum and in teaching students the fundamental skills required in various sports that share similar characteristics and rules.

Question: 10

Which of the following best identifies muscle fibers that shorten?

A. Eccentric
B. Moveable
C. Isometric
D. Concentric

Answer: D

Explanation:
To determine which type of muscle fibers shorten during movement, it is essential to understand the different types of muscle contractions: concentric, eccentric, and isometric. Each of these plays a vital role in how muscles interact with the skeleton to produce movement.
Concentric contractions occur when a muscle actively shortens as it develops tension and contracts. This type of contraction is typically involved in movements where the muscle pulls on another structure, usually a bone, leading to movement of a body part towards the force of the muscle. For example, when you perform a bicep curl, the biceps muscle shortens as you lift the weight upwards. This pulling action is a hallmark of concentric muscle contractions.
On the other hand, eccentric contractions occur when a muscle lengthens under tension. This is often seen during the controlled lowering of a weight. In the bicep curl example, the eccentric phase occurs as you lower the weight back down. Despite the muscle lengthening, it remains contracted to control the descent of the weight. This type of contraction is crucial for movements that require controlled motion and helps in absorbing impact during activities such as running or landing from a jump.
Isometric contractions are characterized by muscles generating force without any visible change in length. An example of an isometric contraction would be holding a weight in a fixed position. In this case, the muscles are working to maintain the position without shortening or lengthening. This type of contraction is common in static exercises where the joint angle and muscle length do not change during the contraction.
Given these definitions, the correct answer to the question of which muscle fibers shorten is "Concentric". During concentric contractions, muscle fibers actively shorten to generate force, typically resulting in the movement of a limb or other body part. This contrasts with eccentric and isometric contractions, where muscle fibers either lengthen or remain the same length, respectively.
Understanding these different types of muscle contractions can help in designing effective exercise programs and in rehabilitating injuries more effectively.

Thank You for Trying Our Product

For More Information – Visit link below:

https://www.examsboost.com/

15 USD Discount Coupon Code:

G74JA8UF

FEATURES

- ✓ 90 Days Free Updates
- ✓ Money Back Pass Guarantee
- ✓ Instant Download or Email Attachment
- ✓ 24/7 Live Chat Support
- ✓ PDF file could be used at any Platform
- ✓ 50,000 Happy Customer