



CHAPTER 1 ELEMENTARY LEVEL

1. At half-time, what should your attitude be like?

- A. Negative
- B. Social
- C. Positive
- D. Sad
- E. All of the Above

2. What should practice revolve around every session?

- A. Fitness
- B. Fun
- C. Getting exercise
- D. Learning to be part of a team
- E. B, C, and D

3. How many balanced meals should a Complete Athlete consume each day?

- A. Two
- B. Three
- C. Four
- D. Five
- E. Two with lots of snacks

4. To show good sportsmanship, whom should you show respect to?

- 1. Teammates _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

5. In the recovery process, what are the most important things for your body?

- A. Water / Fluids
- B. A balanced meal
- C. Sleep
- D. All of the above