

Assessment

Strands 13-17 Name _____

1. Know yourself and seek _____.
 - a. Wisdom
 - b. Self-improvement
 - c. Knowledge
 - d. Information about the Cadet Corps

2. Be technically and tactically _____.
 - a. Proficient
 - b. Knowledgeable
 - c. Aware
 - d. Competent

3. Develop a sense of ____ among your subordinates.
 - a. Loyalty
 - b. Responsibility
 - c. Esprit de corps
 - d. Morale

4. Make sound and timely _____.
 - a. Efforts
 - b. Information
 - c. Decisions
 - d. Principles

5. Train your cadets as a _____.
 - a. Group
 - b. Unit
 - c. Organization
 - d. Team

6. Set the _____.
 - a. Example
 - b. Lead
 - c. Leadership
 - d. Unit goals

7. Train your cadets in accordance with their _____.
 - a. capabilities
 - b. examples
 - c. decisions
 - d. sensitivitie

8. Ensure the task is _____, _____, and _____.
 - a. recognized, completed, and appreciated
 - b. understood, supervised, and accomplished
 - c. understood, appreciated, and accomplished
 - d. accomplished, quickly, and efficiently

9. What does it mean to reduce your waste output?
 - a. Use less food products
 - b. Recycle your cans and plastic bottles
 - c. Lose weight
 - d. Make less trash

10. What is the Bill of Rights?
 - a. The letter sent to King George III of England before the Revolution
 - b. The first laws passed by Congress after the Declaration of Independence
 - c. The charges received by King George for imprisoning the colonists
 - d. The first ten amendments to the constitution

11. Which of these is NOT a right citizens have?
 - a. To drive
 - b. Freedom of speech
 - c. To petition the government
 - d. Freedom of religion

12. Which of these was a five star general?
 - a. Ruby Bradley
 - b. Douglas MacArthur
 - c. Chester Nimitz
 - d. Deborah Sampson

13. Which of these is the monument to the first President of the United States?
 - a. Washington Monument
 - b. White House
 - c. Lincoln Memorial
 - d. Capitol Building

14. Which of these is the most decorated woman soldier in American History?
 - a. Deborah Sampson
 - b. Chesty Puller
 - c. Ruby Bradley
 - d. Ruth Louis

15. What is the title of the Navy Song?
 - a. Anchor's Aweigh
 - b. Stars and Stripes Forever
 - c. Off We Go
 - d. Battle Hymn of the Republic

16. Which of these is the Air Force Song?
 - a. Anchor's Aweigh
 - b. Stars and Stripes Forever
 - c. Off We Go
 - d. Battle Hymn of the Republic

17. Which of these is the first step in stopping bleeding?
 - a. Pressure points
 - b. Elevation
 - c. Direct pressure plus elevation
 - d. Direct pressure

18. What is the simplest method of clearing a person's airway?
 - a. Tilting their head back
 - b. Removing objects stuck in the back of their throat
 - c. Finger sweeps
 - d. CPR

19. When performing rescue breathing, you should close the person's nose because air will come out if you do not.
 - a. True
 - b. False

20. When treating a conscious choking victim, stand
 - a. In front of them
 - b. At their side
 - c. Behind them
 - d. Behind them with your foot in between their legs

21. The move to expel an object from the airway of a choking victim is called the
 - a. Highway Maneuver
 - b. Heimlich Maneuver
 - c. Abdominal Maneuver
 - d. Clearway Technique

22. The second step in stopping bleeding if direct pressure does not work is to
- Apply pressure to a pressure point
 - Elevate the wound
 - Elevate the wound while applying direct pressure
 - Apply a tourniquet
23. All bites and stings should be
- Washed with soap and water
 - Treated as emergencies and taken to a physician
 - Watched for allergic reactions
 - A and c
24. Frostbite is
- Always serious
 - Sometimes serious
 - Serious most of the time
 - Never serious
25. A victim of heat stroke will generally be
- Sweaty
 - Cold and clammy
 - Hot to the touch and very dry
 - Hot and sweaty
26. A victim of heat exhaustion should
- Be removed from the sun
 - Be given water
 - Be cooled with a fan and have their clothing removed
 - All of these
27. Which of these is NOT important in an oral presentation?
- Eye contact
 - Pronunciation and enunciation
 - Appropriate use of gestures
 - All of the above
28. How many players are on a typical volleyball team at one time on the court?
- 4
 - 5
 - 6
 - 7

29. How many people typically play on a basketball team?
- 4
 - 5
 - 6
 - 7
30. What is a “double dribble”?
- When you dribble the ball and then hold it for a moment and begin dribbling again
 - When you dribble two balls at the same time
 - When two people touch the ball simultaneously
 - When two people catch a ball
31. Which of these statements is NOT true about marijuana?
- It slows your reaction time
 - It can stunt your growth
 - It kills sex cells
 - All of the above
32. What is the best way to prevent the spread of HIV/AIDS?
- Abstaining from sex
 - The condom
 - The birth-control pill
 - Avoiding all physical contact
33. The Medal of Honor is awarded for
- Extreme Heroism
 - Risking your own life
 - An act of bravery
 - Extreme heroism while risking your own life
34. Cultures other than your own
- Can teach us about other parts of the world we may not know about
 - Should be regarded with some concern because they are different
 - Should be respected and valued
 - A and c
35. Which of the following individuals appears in the Federal Chain of Command below the Secretary of the Army?
- The Secretary of the Navy
 - The Army Chief of Staff
 - The Secretary of Defense
 - The Vice President of the United States

36. What method would you use to remove a bee stinger?
- A credit card
 - Tweezers
 - Your fingertips
 - Ice
37. The rule of thumb with CPR chest compressions is PUMP HARD, PUMP _____
- fast
 - slow
 - long
 - two inches
38. When performing CPR for adults, the ratio of chest compressions to rescue breaths is
- 5:1
 - 5:2
 - 10:1
 - 30:2
39. When pumping an adult's chest during CPR, the pumping should press down on the chest about
- One inch
 - Two inches
 - Three inches
 - Four inches
40. When performing chest compressions on an infant, use
- Both hands
 - One hand
 - Two fingers
 - One finger
41. When splinting a suspected broken bone
- Splint them where they lie
 - Splint them from the joint above the injury to the joint below the injury
 - Be sure there is circulation and sensation in the extremities below the wound
 - All of these
42. When a broken bone is also bleeding, first
- Splint the area
 - Stop the bleeding

43. A strain is of a _____, while a sprain is of a _____.
- Ligament, muscle
 - Bone, ligament
 - Bone, muscle
 - Muscle, ligament
44. A person suffering from hypothermia should be
- Warmed quickly
 - Warmed slowly
 - Warmed only by a professional rescuer
45. In badminton, you can serve either overhand or underhand.
- True
 - False
46. In ultimate Frisbee, there is generally a referee.
- True
 - False
47. In soccer, a point is made when
- An opponent kicks or taps the ball into the goal using the feet, head, or body part other than the hands
 - An opponent enters the goal area
 - An opponent uses his/her head or foot or chest to relay the ball over the goal
 - An opponent trips someone on your team
48. The Declaration of Independence was written to
- King George
 - Queen Elizabeth
 - Queen Isabella
 - King Ferdinand
49. The Bill of Rights contains
- 10 amendments
 - 23 individually enumerated rights
 - no rights for individuals, only states
 - a listing of responsibilities
50. _____ is the ability of someone not to hurt the feelings of others when needing to correct them
- enthusiasm
 - justice
 - judgment
 - tact

51. The Medal of Honor
- Is Light blue
 - Is a full neck medal
 - Has thirteen stars
 - All of these
52. A mnemonic device helps you
- Remember
 - Forget
 - Lose
 - Loosen
53. In volleyball, the typical team tries to hit the ball ____ times while it is on their side of the net
- 2
 - 3
 - 4
 - 5
54. Basketball generally prohibits you from spending more than ____ seconds in the middle area by the basket, known as the "key"
- 2
 - 3
 - 4
 - 5
55. A sign of good circulation in an extremity such as fingers or toes is
- A pinkish color
 - A blue color
 - Movement
 - Little pain
56. A good way to remember things you have to accomplish is to make a
- To do list
 - Picture
 - Time schedule
 - Phone message
57. Chester Nimitz was famous for
- Hand-to-hand combat with the Germans
 - Saving a group of men on Bunker Hill
 - Being an Army Corpsman who saved lives
 - Leading the U.S. Navy

58. Which of these rights does a person who is NOT a US Citizen living in the US NOT have
- Freedom of religion
 - Voting
 - Nominating people for public office
 - b and c
59. Cadets salute a Medal of Honoree when they see them wearing the medal.
- True
 - False
60. Deborah Sampson was famous for her heroism during
- The Revolutionary War
 - World War 1
 - The Korean War
 - World War 2
61. Ruby Bradley was famous for her
- Work as a nurse
 - Work in the POW camp
 - Selflessness
 - All of the above
62. To ensure the task is understood means to be sure your cadets
- Know what they are suppose to do
 - Have any questions answered about the job
 - Know what you expect them to do and when
 - All of the above
63. Training your cadets as a team includes
- Encouraging them to work together
 - Helping them get along
 - Giving them jobs they must accomplish as a group
 - All of the above
64. Setting the example includes
- Wearing a sharp uniform
 - Following the cadet code
 - Not doing anything you tell your cadets not to do
 - All of the above
65. The highest person in the Army Federal Chain of Command is
- The President
 - The Chairman of the Joint Chiefs of Staff
 - The Secretary of Defense
 - The Secretary of the Army

66. The Secretary of Defense is just below the _____ in the Federal Chain of Command
- Vice President
 - President
 - Secretary of the Army
 - Chairman of the Joint Chiefs of Staff
67. A major difference between child CPR and adult CPR is for an adult, you _____ first, while for a child, you _____ first.
- Care, call
 - Call, care
68. Which of these is NOT a citizen responsibility?
- Voting
 - Participating in the Selective Service (Draft Registration) program
 - Paying attention to political election information
 - All of the above
69. Tobacco is only harmful if you become addicted to it.
- True
 - False
70. Rescue breathing for an infant includes
- Putting your mouth over the child's nose and mouth
 - Pinching the child's nose shut
 - Tilting the child's head back until you hear a snap
 - Giving full breaths
71. A broken bone is often just as painful as a sprain or strain.
- True
 - False
72. The Declaration of Independence was written toward
- France
 - Spain
 - England
 - The United States
73. In badminton, a player serves from the right side of the court at all times.
- True
 - False

74. ____ is the process of influencing and directing others in such a manner as to accomplish the mission
- a. management
 - b. guidance
 - c. leadership
 - d. excellence
75. When applying direct pressure to a bleeding wound, when the cloth you are using is blood-soaked, you should remove it and replace it with a clean one
- a. True
 - b. False
76. When taking a multiple choice test
- a. Try to eliminate one or more answers you know make no sense
 - b. Read the stem of the question with each answer choice first
 - c. Be on the lookout for words such as NOT, ALWAYS, etc
 - d. All of the above