

## Assessment

### Strands 49 - 53

Name \_\_\_\_\_


Directions: Select the best answer from among the choices provided.

1. Clara Barton started what agency in the United States?
  - a. American Heart Association
  - b. American Red Cross
  - c. Office of Emergency Management
  - d. Federal Emergency Management Agency
  
2. Clara Barton was known as \_\_\_\_\_.
  - a. Good Samaritan of Nations
  - b. President of the United States
  - c. Angel of the Battlefield
  - d. None of the Above
  
3. In 1862, Clara Barton established an agency to obtain and distribute supplies to the wounded soldiers.
  - a. True
  - b. False
  
4. Clara Barton expanded the original concept of \_\_\_\_\_ to include assisting in any great natural disaster.
  - a. Girl Scouts
  - b. American Heart Association
  - c. Red Cross
  - d. California Cadet Corps
  
5. Amelia Earhart nicknamed her first plane \_\_\_\_\_.
  - a. The Blue Bell
  - b. The Pigeon
  - c. The Albatross
  - d. The Canary
  
6. Amelia Earhart became the first woman to fly solo across which body of water?
  - a. The Pacific Ocean
  - b. The Atlantic Ocean
  - c. The Indian Ocean
  - d. The Arctic Ocean

7. As a result of Amelia Earhart becoming the first woman to fly solo non-stop across the Atlantic Ocean, she received the \_\_\_\_\_.
  - a. Distinguished Flying Cross
  - b. Cross of Knight of the Legion of Honor
  - c. Gold Medal of the National Geographic Society
  - d. All of the above
  
8. Between 1930-1935, Amelia Earhart set \_\_\_\_\_ women's speed and distance aviation records.
  - a. Five
  - b. Six
  - c. Seven
  - d. Eight
  
9. Joan of Arc is the youngest person in history to command the armies of a Nation.
  - a. True
  - b. False
  
10. Joan of Arc was \_\_\_\_\_ years old when she took command of the armies of France.
  - a. 17
  - b. 25
  - c. 31
  - d. 56
  
11. Joan of Arc lived during the period of \_\_\_\_\_.
  - a. World War 1
  - b. The Hundred Years War
  - c. World War 2
  - d. None of the above
  
12. George W. Carver developed which agricultural method?
  - a. Gardening
  - b. Crop rotation
  - c. Cultivation
  - d. Plant breeding
  
13. George W. Carver was the Tuskegee Institute for Negroes Director of Agriculture.
  - a. True
  - b. False
  
14. George W. Carver patented the discoveries that he made.
  - a. True
  - b. False

15. Florence Nightingale illustrated the need for sanitary reform in all military hospitals.
  - a. True
  - b. False
  
16. Florence Nightingale published the first book specifically used for teaching nursing. It was called \_\_\_\_\_.
  - a. Nurses are great
  - b. Notes of Nursing
  - c. Nurses During War
  - d. None of the above
  
17. Florence Nightingale's school transformed nursing from a disreputable past into a responsible and respectable career.
  - a. True
  - b. False
  
18. Florence Nightingale discovered that soldiers were 7 times more likely to die from \_\_\_\_\_ in the hospitals than on the battlefield.
  - a. Disease
  - b. Wounds
  - c. Enemy
  - d. Food Poisoning
  
19. 3:00 p.m. reads as \_\_\_\_\_ in military time.
  - a. 1700 hrs
  - b. 1900 hrs
  - c. 1500 hrs
  - d. 0300 hrs
  
20. 3:00 a.m. reads as \_\_\_\_\_ in military time.
  - a. 1700 hrs
  - b. 1900 hrs
  - c. 1500 hrs
  - d. 0300 hrs
  
21. 10:00 p.m. reads as \_\_\_\_\_ in military time.
  - a. 1000 hrs
  - b. 2000 hrs
  - c. 2200 hrs
  - d. 0100 hrs
  
22. 9:00 a.m. reads as \_\_\_\_\_ in military time.
  - a. 9000 hrs
  - b. 0900 hrs
  - c. 1800 hrs
  - d. 2100 hrs

23. 1800 hrs in military time reads as \_\_\_\_\_ in civilian time.
- 4:00 p.m.
  - 6:00 p.m.
  - 6:00 a.m.
  - 4:00 a.m.
24. 0500 hrs in military time reads as \_\_\_\_\_ in civilian time.
- 5:00 p.m.
  - 5:00 a.m.
  - 7:00 a.m.
  - 7:00 p.m.
25. In the military (phonetic) alphabet, the letter “D” converts to \_\_\_\_\_.
- Drive
  - Dog
  - Danger
  - Delta
26. In the military (phonetic) alphabet, the letter “J” converts to \_\_\_\_\_.
- James
  - Jack
  - Juliet
  - Julie
27. In the military (phonetic) alphabet, the letter “T” converts to \_\_\_\_\_.
- Tango
  - Taste
  - Tough
  - Train
28. In the military (phonetic) alphabet, the letter “K” converts to \_\_\_\_\_.
- King
  - Keep
  - Kilo
  - Kim
29. In the military (phonetic) alphabet, the letter “F” converts to \_\_\_\_\_.
- Foxtrot
  - Fox
  - Float
  - Fat
30. In the military (phonetic) alphabet, the letter “P” converts to \_\_\_\_\_.
- Post
  - Papa
  - Play
  - Paste

31. What are the two rules used to determine “back azimuth”?
- If the azimuth is more than 180 degrees, then subtract 180 degrees
  - If the azimuth is 90 degrees or less, then add 90 degrees
  - If the azimuth is 180 degrees or less, then add 180 degrees
  - Both A and C
32. Metal has no effect on the Lensatic Compass.
- True
  - False
33. You should stay at least 10 meters away from a telephone wire when using a compass.
- True
  - False
34. Contour lines portray the shape and elevations of the land.
- True
  - False
35. A map scale of 1:24000 means that 1 inch on the map represents about 200 feet on land.
- True
  - False
36. Topographic maps usually portray both natural and manmade features.
- True
  - False
37. This symbol  symbolizes\_\_\_\_\_.
- Church
  - House
  - School
  - Hospital
38. One of the three minor terrain features on a topographical map is\_\_\_\_\_.
- Draw
  - Spur
  - Cliff
  - All of the above
39. Chester A. Arthur was the\_\_\_\_\_ President of the United States?
- 21<sup>st</sup>
  - 22<sup>nd</sup>
  - 23<sup>rd</sup>
  - 24<sup>th</sup>

40. Theodore Roosevelt was the \_\_\_\_\_ President of the United States?
- 25<sup>th</sup>
  - 26<sup>th</sup>
  - 27<sup>th</sup>
  - 28<sup>th</sup>
41. Herbert C. Hoover was the \_\_\_\_\_ President of the United States?
- 29<sup>th</sup>
  - 30<sup>th</sup>
  - 31<sup>st</sup>
  - 32<sup>nd</sup>
42. Harry S. Truman was with the \_\_\_\_\_ political party.
- Democrat
  - Republican
43. Franklin D. Roosevelt's nickname was \_\_\_\_\_.
- Rosie
  - Frankie
  - F.D.R.
  - None of the above
44. Dwight D. Eisenhower's nickname was \_\_\_\_\_.
- DD
  - Spike
  - Ike
  - None of the above
45. John F. Kennedy (JFK) was the \_\_\_\_\_ President of the United States.
- 34<sup>th</sup>
  - 35<sup>th</sup>
  - 36<sup>th</sup>
  - 37<sup>th</sup>
46. Lyndon B. Johnson was a \_\_\_\_\_ before he became the President of the United States.
- Lawyer
  - Judge
  - Teacher
  - Director
47. Ronald Reagan was the \_\_\_\_\_ Governor of California and the \_\_\_\_\_ President of the United States.
- 33<sup>rd</sup>, 40<sup>th</sup>
  - 36<sup>th</sup>, 39<sup>th</sup>
  - 37<sup>th</sup>, 40<sup>th</sup>
  - 33<sup>rd</sup>, 39<sup>th</sup>

48. Who was the 23<sup>rd</sup> Governor of California?
- James Gillett
  - Hiram Johnson
  - George Pardee
  - William Stephens
49. Friend Richardson was the \_\_\_\_\_ Governor of California.
- 25<sup>th</sup>
  - 26<sup>th</sup>
  - 27<sup>th</sup>
  - 28<sup>th</sup>
50. Earl Warren was the 30<sup>th</sup> Governor of California. His political party was \_\_\_\_\_.
- Republican
  - Democrat
51. Governor Arnold Schwarzenegger was born in \_\_\_\_\_.
- New York
  - Illinois
  - Austria
  - Sacramento
52. Which of the following is a word that describes “Patience”?
- Self-Control
  - Submissiveness
  - Composure
  - All of the Above
53. Which of the following is a word that describes “Honesty”?
- Truthfulness
  - Veracity
  - Virtue
  - All of the above
54. Which of the following is a word that describes “Caring”?
- Amorous
  - Fond
  - Idolatrous
  - All of the above
55. The heart rate or pulse rate is \_\_\_\_\_.
- The number of times the heart beats per hour
  - The number of times the heart beats per day
  - The number of times the heart beats per minute
  - None of the above

56. The average heart rate in a human is \_\_\_\_\_.
- 72
  - 84
  - 96
  - 103
57. The cardiac output is \_\_\_\_\_.
- The amount of blood pumped by the heart in 1 minute
  - The amount of blood pumped by the heart in 5 minutes
  - The amount of blood pumped by the heart in 1 hour
  - The amount of blood pumped by the heart in 1 day
58. Water is a source of energy for the human body.
- True
  - False
59. Food is broken down into a soluble chemical called glucose.
- True
  - False
60. To rid the body of Lactic Acid, you need to drink lots of water.
- True
  - False
61. A marathon runner would use \_\_\_\_\_ respiration.
- Aerobic
  - Anaerobic
62. A sprinter would use \_\_\_\_\_ respiration.
- Aerobic
  - Anaerobic
63. During exercise, what is the name of the hormone which causes the heart rate to quicken?
- Metabolism
  - Estrogen
  - Adrenaline
  - Hydrophilic
64. When the human body gets hot, it cools itself off by \_\_\_\_\_.
- Shivering
  - Sweating
  - Shaking
  - None of the above



65. A \_\_\_\_\_ occurs when a ligament at a joint gets stretched and torn.
- Strain
  - Sprain
  - Break
  - Burn
66. A sign or symptom of a Torn Knee Cartilage is \_\_\_\_\_.
- There is pain on one side of the knee
  - The joint may “lock” and not straighten fully
  - It may swell later that day or next morning
  - All of the above
67. If your body type, or somatotype, is Endomorph, you will have \_\_\_\_\_.
- Wide hips and narrow shoulders
  - Wide shoulders and narrow hips
  - Narrow shoulders and hips
  - None of the above
68. In order to find your Somatotype, it is necessary to measure your body fat, or skin folds, at 4 sites on your body.
- True
  - False
69. Lactic Acid in the body will make the muscles ache.
- True
  - False
70. When we exercise, our muscles are working and they generate heat, so our body temperature rises.
- True
  - False
71. Human muscles need which of the following in order to work efficiently?
- Oxygen
  - Glucose
  - All of the above
  - None of the above
72. During exercise, cell respiration in your muscles \_\_\_\_\_.
- Decrease
  - Flow
  - Disappear
  - Increase

73. An effect of regular training and exercise is \_\_\_\_\_.
- The heart pumps more blood per beat
  - The recovery rate becomes quicker
  - The resting pulse rate becomes lower
  - All of the above
74. Exercise improves the Cardiovascular system and helps to reduce blood pressure.
- True
  - False
75. Maximum pulse rate can be worked out by the formula \_\_\_\_\_.
- $220 + \text{Age}$
  - $200 - \text{Age}$
  - $220 - \text{Age}$
  - $200 + \text{Age}$
76. Stroke volume is the amount of blood pumped by the heart per beat.
- True
  - False
77. A frequently used test for maximum oxygen uptake or VO<sub>2</sub> MAX is \_\_\_\_\_.
- Stanford Ladder Test
  - Harvard Step Test
  - All of the Above
  - None of the Above
78. One of the rules for good sportsmanship is?
- Blame others for your mistakes
  - Find excuses for poor behavior
  - Take responsibility for your actions
  - Condone bad behavior
79. Wearing the correct safety equipment while playing sports will help prevent injuries.
- True
  - False
80. In hot weather, athletes need plenty of liquid to avoid dehydration.
- True
  - False