

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.
- a. 4:00 p.m.
 - b. **6:00 p.m.**
 - c. 6:00 a.m.
 - d. 4:00 a.m.

24. 0500 hrs in military time reads as _____ in civilian time.
- a. 5:00 p.m.
 - b. 5:00 a.m.
 - c. 7:00 a.m.
 - d. 7:00 p.m.
25. In the military (phonetic) alphabet, the letter “D” converts to _____.
- a. Drive
 - b. Dog
 - c. Danger
 - d. Delta
26. In the military (phonetic) alphabet, the letter “J” converts to _____.
- a. James
 - b. Jack
 - c. Juliet
 - d. Julie
27. In the military (phonetic) alphabet, the letter “T” converts to _____.
- a. Tango
 - b. Taste
 - c. Tough
 - d. Train
28. In the military (phonetic) alphabet, the letter “K” converts to _____.
- a. King
 - b. Keep
 - c. Kilo
 - d. Kim
29. In the military (phonetic) alphabet, the letter “F” converts to _____.
- a. Foxtrot
 - b. Fox
 - c. Float
 - d. Fat
30. In the military (phonetic) alphabet, the letter “P” converts to _____.
- a. Post
 - b. Papa
 - c. Play
 - d. Paste
31. What are the two rules used to determine “back azimuth”?
- a. If the azimuth is more than 180 degrees, then subtract 180 degrees
 - b. If the azimuth is 90 degrees or less, then add 90 degrees
 - c. If the azimuth is 180 degrees or less, then add 180 degrees
 - d. Both A and C

32. Metal has no effect on the Lensatic Compass.
a. True
b. False
33. You should stay at least 10 meters away from a telephone wire when using a compass.
a. True
b. False
34. Contour lines portray the shape and elevations of the land.
a. True
b. False
35. A map scale of 1:24000 means that 1 inch on the map represents about 200 feet on land.
a. True
b. False
36. Topographic maps usually portray both natural and manmade features.
a. True
b. False
37. This symbol  symbolizes _____.
a. Church
b. House
c. School
d. Hospital
38. One of the three minor terrain features on a topographical map is _____.
a. Draw
b. Spur
c. Cliff
d. All of the above
39. Chester A. Arthur was the _____ President of the United States?
a. 21st
b. 22nd
c. 23rd
d. 24th
40. Theodore Roosevelt was the _____ President of the United States?
a. 25th
b. 26th
c. 27th
d. 28th

41. Herbert C. Hoover was the _____ President of the United States?
a. 29th
b. 30th
c. 31st
d. 32nd
42. Harry S. Truman was with the _____ political party.
a. Democrat
b. Republican
43. Franklin D. Roosevelt's nickname was _____.
a. Rosie
b. Frankie
c. F.D.R.
d. None of the above
44. Dwight D. Eisenhower's nickname was _____.
a. DD
b. Spike
c. Ike
d. None of the above
45. John F. Kennedy (JFK) was the _____ President of the United States.
a. 34th
b. 35th
c. 36th
d. 37th
46. Lyndon B. Johnson was a _____ before he became the President of the United States.
a. Lawyer
b. Judge
c. Teacher
d. Director
47. Ronald Reagan was the _____ Governor of California and the _____ President of the United States.
a. 33rd, 40th
b. 36th, 39th
c. 37th, 40th
d. 33rd, 39th
48. Who was the 23rd Governor of California?
a. James Gillett
b. Hiram Johnson
c. George Pardee
d. William Stephens

49. Friend Richardson was the _____ Governor of California.
a. 25th
b. 26th
c. 27th
d. 28th
50. Earl Warren was the 30th Governor of California. His political party was _____.
a. Republican
b. Democrat
51. Governor Arnold Schwarzenegger was born in _____.
a. New York
b. Illinois
c. Austria
d. Sacramento
52. Which of the following is a word that describes “Patience”?
a. Self-Control
b. Submissiveness
c. Composure
d. All of the Above
53. Which of the following is a word that describes “Honesty”?
a. Truthfulness
b. Veracity
c. Virtue
d. All of the above
54. Which of the following is a word that describes “Caring”?
a. Amorous
b. Fond
c. Idolatrous
d. All of the above
55. The heart rate or pulse rate is _____.
a. The number of times the heart beats per hour
b. The number of times the heart beats per day
c. The number of times the heart beats per minute
d. None of the above
56. The average heart rate in a human is _____.
a. 72
b. 84
c. 96
d. 103

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

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

73. An effect of regular training and exercise is _____.
- a. The heart pumps more blood per beat
 - b. The recovery rate becomes quicker
 - c. The resting pulse rate becomes lower
 - d. All of the above
74. Exercise improves the cardiovascular system and helps to reduce blood pressure.
- a. True
 - b. False
75. Maximum pulse rate can be worked out by the formula _____.
- a. $220 + \text{Age}$
 - b. $200 - \text{Age}$
 - c. $220 - \text{Age}$
 - d. $200 + \text{Age}$
76. Stroke volume is the amount of blood pumped by the heart per beat.
- a. True
 - b. False
77. A frequently used test for maximum oxygen uptake or VO₂ MAX is _____.
- a. Stanford Ladder Test
 - b. Harvard Step Test
 - c. All of the Above
 - d. None of the Above
78. One of the rules for good sportsmanship is?
- a. Blame others for your mistakes
 - b. Find excuses for poor behavior
 - c. Take responsibility for your actions
 - d. Condone bad behavior
79. Wearing the correct safety equipment while playing sports will help prevent injuries.
- a. True
 - b. False
80. In hot weather, athletes need plenty of liquid to avoid dehydration.
- a. True
 - b. False