



Full Name : Group :

First Semester Exam in English: 1 Master Level

1- Complete the following table with the correct names of these sports definitions from the list: (03 pts)
Disabled Sports - Beach Sports - Adventure Sports - volleyball - athletics - swimming.

Sports Names	Sports Definitions
Adventure Sports	Inherently risky sports such as high diving, skydiving, sport climbing.
swimming	In recreation and sports, the propulsion of the body through water by combined arm and leg motions and the natural flotation of the body.
Beach Sports	Sports played on sand such as beach volleyball, surf lifesaving, and surfing.
athletics	A variety of competitions in running, walking, jumping, and throwing events. Although these contests are called track and field (or simply track) in the United States
volleyball	Game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned.
Disabled Sports	All of the Paralympic sports and wheelchair sports.

2- Translate these physical and motor skills definitions to Arabic language: (08 pts)

a) **Locomotor skills:** Body movements that enable students to travel through a variety of environments. Examples include: walking, running, jumping, hopping, crawling, marching, climbing, galloping, sliding, leaping, skipping.

المهارات الحركية: حركات الجسم التي تمكن الطلاب من الانتقال عبر مجموعة متنوعة من البيئات. تشمل الأمثلة: المشي، الجري، القفز، القفز المتناوب، الزحف، السير، التسلق، الركض، الانزلاق، الوثب، الترحلق.

b) **Health-related fitness plan:** A fitness plan or program designed to improve/maintain a person's overall physical health.

خطة اللياقة البدنية المتعلقة بالصحة: خطة أو برنامج للياقة بدنية مصمم لتحسين/الحفاظ على الصحة البدنية العامة للشخص

c) **Skill-related fitness:** The fundamental components to engage in a variety of motor skills and movement patterns (agility, speed, power, balance, coordination and reaction time).

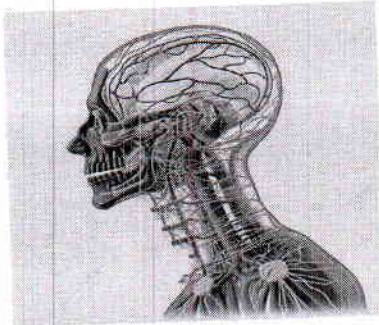
اللياقة البدنية المرتبطة بالمهارة: المكونات الأساسية للمشاركة في مجموعة متنوعة من المهارات الحركية وأنماط الحركة (الرشاقة والسرعة - القوة - الاتزان - والتنسيق وسرعة الاستجابة)

d) **Health-related fitness:** Utilizing and incorporating the five components of fitness essential to maintain and promote healthy living. The five components of health-related fitness are: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

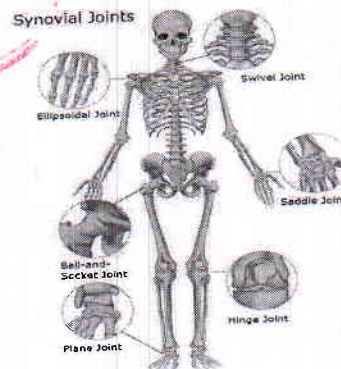
اللياقة البدنية المرتبطة بالصحة: الاستفادة من المكونات الخمسة للياقة البدنية ودمجها والتي تعد ضرورية للحفاظ على حياة صحية وتعزيزها. المكونات الخمسة للياقة البدنية المرتبطة بالصحة هي: القدرة على التحمل للجهاز الدوراني، القوة العضلية، القدرة على التحمل العضلي، المرونة، وتكوين الجسم.



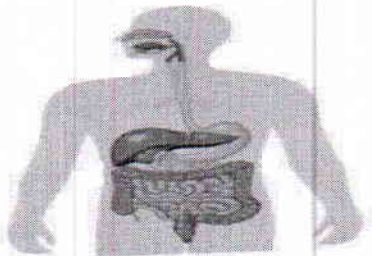
3- what are the names of these body systems? (05 points)



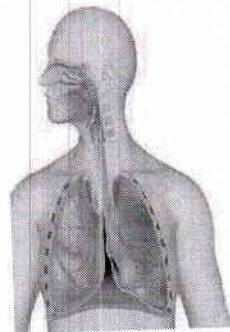
Nervous system



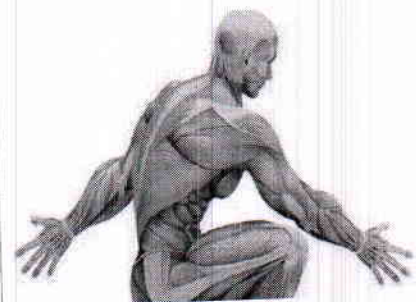
Skeletal system



Digestive system

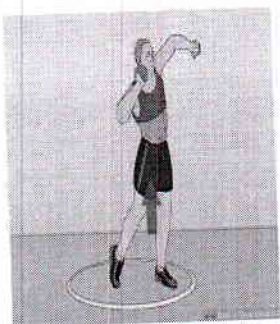


Respiratory system



Muscular system

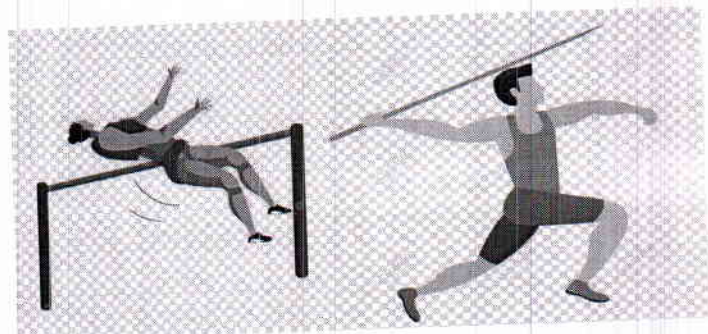
4- What are these athletic discipline sports names? (04 pts)



Shot put



Long jump



High jump

Javelin throw

Good Luck