

PEDH 121

Week 1-20 Grade 12

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The Ifugao typically celebrate weddings with this dance.

Select one:

- a. Say-ang
- b. Intaneg
- c. Dinnuyya
- d. Sangsang-it

Feedback

The correct answer is: Dinnuyya

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:19	Started	Not yet answered	
2	17/08/17, 22:20	Saved: Dinnuyya	Answer saved	
3	17/08/17, 22:22	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

This ethnic group performs the amti, a mix of miming and dancing that portray fishing.

Select one:

- a. Bilaan
- b. Yakan
- c. Cuyunon
- d. Matigsalug

Feedback

The correct answer is: Bilaan

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:19	Started	Not yet answered	
2	17/08/17, 22:20	Saved: Bilaan	Answer saved	
3	17/08/17, 22:22	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

Most ethnic dances are performed using _____.

Select one:

- a. All of the choices
- b. Traditional musical instruments
- c. Ornaments
- d. None of the choices
- e. Ornate clothes

Feedback

The correct answer is: All of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:19	Started	Not yet answered	
2	17/08/17, 22:21	Saved: All of the choices	Answer saved	
3	17/08/17, 22:22	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

The Bagobo of Davao believe in _____ who created both heaven and Earth.

Select one:

- a. Kabunian
- b. Pamulak Manobo
- c. Toglibon
- d. Mandaya

Feedback

The correct answer is: Pamulak Manobo

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:19	Started	Not yet answered	
2	17/08/17, 22:21	Saved: Pamulak Manobo	Answer saved	
3	17/08/17, 22:22	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This dance is often associated with thanksgiving and the season for harvest.

Select one:

- a. Buklog
- b. Sundayo
- c. Dugso
- d. Pagdiwata

Feedback

The correct answer is: Pagdiwata

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:19	Started	Not yet answered	
2	17/08/17, 22:22	Saved: Pagdiwata	Answer saved	
3	17/08/17, 22:22	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

This is a dance by the citizens of Bukidnon that portrays the ritual of the three datos.

Select one:

- a. Alpogan
- b. Hinaklaran
- c. Alindugan

d. Dugso

Feedback

The correct answer is: Hinaklaran

This dance uses castanets made of bamboo.

Select one:

- a. None of the choices
- b. Jota Manileña
- c. Jota Isabela
- d. Both of the choices

Feedback

The correct answer is: Jota Manileña

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:26	Started	Not yet answered	
2	17/08/17, 22:27	Saved: Jota Manileña	Answer saved	
3	17/08/17, 22:27	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

The Ifugaos perform the Uyaoy with the use of gongs, regardless of their social standing.

Select one:

- a. False
- b. Partly true/false
- c. True

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:26	Started	Not yet answered	
2	17/08/17, 22:27	Saved: False	Answer saved	
3	17/08/17, 22:27	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

This dance is mainly performed by the ladies of the royalty of Mindanao and depicts a royal manner of “walking.”

Select one:

- a. Pagapir

b. Pangalay ha Pattong

c. Sagayan

d. Pangalay sa Agong

Feedback

The correct answer is: Pagapir

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:26	Started	Not yet answered	
2	17/08/17, 22:27	Saved: Pagapir	Answer saved	
3	17/08/17, 22:27	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

This is a courtship dance performed by a couple where the man depicts movements of a rooster while the female imitates those of a hen.

Select one:

a. Salip

b. Manmanok

c. Ragsaksakan

d. Salisid

Feedback

The correct answer is: Salisid

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:26	Started	Not yet answered	
2	17/08/17, 22:27	Saved: Salisid	Answer saved	
3	17/08/17, 22:27	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

The Ifugaos are also known as _____.

Select one:

- a. Born from the Earth
- b. Born from the Land
- c. Children of the Earth
- d. Children of the Land

Feedback

The correct answer is: Children of the Earth

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:26	Started	Not yet answered	
2	17/08/17, 22:27	Saved: Children of the Earth	Answer saved	
3	17/08/17, 22:27	Attempt finished	Correct	

These two started the incorporation of modern ideas to ballet vocabulary and elaborating an own style.

Select one:

- a. None of the choices
- b. Rudolph Nureyev and Hans van Manen
- c. William Forsythe and Jiri Kylian
- d. Jiri Kylian and Hans van Manen

Feedback

The correct answer is: Jiri Kylian and Hans van Manen

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:30	Started	Not yet answere d	
2	17/08/17, 22:32	Saved: Jiri Kylian and Hans van Manen	Answer saved	
3	17/08/17, 22:32	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

Who among the following established the Dance Theater Philippines?

Select one:

- a. All of the choices
- b. Felicitas Layag Radaic
- c. Julie Borromeo
- d. Eddie Elejar
- e. None of the choices

Feedback

The correct answer is: All of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:30	Started	Not yet answered	
2	17/08/17, 22:32	Saved: All of the choices	Answer saved	
3	17/08/17, 22:32	Attempt finished	Correct	1.00

Question **3**

Correct

Mark 1.00 out of 1.00



Question text

The year when CCP accommodated the Philippine Ballet Theater.

Select one:

- a. 1980
- b. 1988
- c. 1987
- d. 1985

Feedback

The correct answer is: 1987

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:30	Started	Not yet answered	
2	17/08/17, 22:32	Saved: 1987	Answer saved	
3	17/08/17, 22:32	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

This type of dance creates more fluid movements that stresses the connection between a person's body and mind.

Select one:

- a. Contemporary Dance
- b. Ballet
- c. Modern Dance
- d. None of the choices

Feedback

The correct answer is: Contemporary Dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:30	Started	Not yet answered	

2	17/08/17, 22:32	Saved: Contemporar y Dance	Answer saved	
3	17/08/17, 22:32	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This dancer is the very first modern dancer in chronological order.

Select one:

- a. Loie Fuller
- b. Emile Jacques-Dalcroze
- c. Mary Wigman
- d. Rudolph Laban

Feedback

The correct answer is: Loie Fuller

Imitation of other outstanding dancers is the standard for this form of ballroom dancing.

Select one:

- a. Competitive ballroom dancing
- b. Both competitive and exhibition
- c. Both social and exhibition
- d. All of the choices
- e. Exhibition ballroom dancing
- f. Both social and competitive
- g. Social ballroom dancing

Feedback

The correct answer is: Competitive ballroom dancing

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:38	Started	Not yet answered	
2	17/08/17, 22:39	Saved: Competitive ballroom dancing	Answer saved	
3	17/08/17, 22:39	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

Participants of this form of ballroom dancing rehearse a dance to perfection.

Select one:

- a. All of the choices
- b. Competitive ballroom dancing
- c. Both social and competitive
- d. Both competitive and exhibition
- e. Social ballroom dancing
- f. Both social and exhibition

g. Exhibition ballroom dancing

Feedback

The correct answer is: Both competitive and exhibition

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:38	Started	Not yet answered	
2	17/08/17, 22:39	Saved: Both competitive and exhibition	Answer saved	
3	17/08/17, 22:39	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

Waltz is known for its _____ action.

Select one:

- a. Rise and fall
- b. Flowing
- c. Floating
- d. Up and down

Feedback

The correct answer is: Rise and fall

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:38	Started	Not yet answered	
2	17/08/17, 22:39	Saved: Rise and fall	Answer saved	
3	17/08/17, 22:39	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

The count of music for tango is ___ beats.

Select one:

- a. 42
- b. 34
- c. 8
- d. 16
- e. None of the choices

Feedback

The correct answer is: 16

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:38	Started	Not yet answered	
2	17/08/17, 22:39	Saved: 16	Answer saved	
3	17/08/17, 22:39	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This term means being on the same track as your partner's feet.

Select one:

- a. On heel
- b. On line
- c. In heel
- d. In line

Feedback

The correct answer is: In line

How many basic steps does jive have?

Select one:

- a. 5
- b. 3
- c. 6
- d. 4

Feedback

The correct answer is: 6

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 18:33	Started	Not yet answered	
2	13/08/17, 18:36	Saved: 6	Answer saved	
3	13/08/17, 18:37	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

Mambo is said to be named after ____.

Select one:

- a. None of the choices
- b. Voodoo priests who could hypnotize dancers
- c. Groups of high-strung dancers in New York
- d. Pop singer Ricky Martin and Lou Bega's "Mambo No. 5"

e. A word meaning “dance party”

Feedback

The correct answer is: Voodoo priests who could hypnotize dancers

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 18:33	Started	Not yet answered	
2	13/08/17, 18:36	Saved: Voodoo priests who could hypnotize dancers	Answer saved	
3	13/08/17, 18:37	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

The salsa belongs to what event?

Select one:

- a. Latin American
- b. International Style Standard
- c. American Style Smooth

d. Miscellaneous Theater Arts

e. American Rhythm

Feedback

The correct answer is: Miscellaneous Theater Arts

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 18:33	Started	Not yet answered	
2	13/08/17, 18:36	Saved: Miscellaneous Theater Arts	Answer saved	
3	13/08/17, 18:37	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

This is the term for the move in Paso Doble where the man stomps his foot on the ground, as if a matador trying to capture the attention of the bull.

Select one:

- a. Huit
- b. Apel
- c. Spanish line
- d. Sur place

Feedback

The correct answer is: Apel

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 18:33	Started	Not yet answered	
2	13/08/17, 18:36	Saved: Apel	Answer saved	
3	13/08/17, 18:37	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

The basic rhythm of rumba.

Select one:

- a. Slow-quick-quick
- b. Slow-quick-slow
- c. Slide-step-step
- d. Step-slide-step
- e. Quick-quick-slow

Feedback

The correct answer is: Quick-quick-slow

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 18:33	Started	Not yet answered	
2	13/08/17, 18:36	Saved: Quick-quick-slow	Answer saved	
3	13/08/17, 18:37	Attempt finished	Correct	1.00

The official approval for cheerleading as a sport in the United States was given in ____.

Select one:

- a. 1999
- b. 1998
- c. none of the choices
- d. 1989

Feedback

The correct answer is: 1999

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	13/08/17, 19:05	Started	Not yet answered	
2	13/08/17, 19:14	Saved: 1999	Answer saved	
3	13/08/17, 19:15	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

What sets college/university teams apart from standard school-sponsored teams?

Select one:

- a. They are specially selected by a committee in their respective universities
- b. They are required to win one competition over the duration of their stay in college.
- c. They are required to compete in every collegiate competition for cheerdance.
- d. They must attend events and functions organized by the school.

Feedback

The correct answer is: They must attend events and functions organized by the school.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	13/08/17, 19:05	Started	Not yet answered	

2	13/08/17, 19:14	Saved: They must attend events and functions organize d by the school.	Answer saved	
3	13/08/17, 19:15	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

He was the one who initiated an organized cheer for the University of Minnesota game.

Select one:

- a. Lawrence Herkimer
- b. Johnny Campbell
- c. Jeff Webb
- d. None of the choices

Feedback

The correct answer is: Johnny Campbell

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	13/08/17, 19:05	Started	Not yet answered	
2	13/08/17, 19:14	Saved: Johnny Campbell	Answer saved	
3	13/08/17, 19:15	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

For cheering competitions, the teams must create their routine with an ____-count system.

Select one:

- a. 2
- b. 6
- c. 8
- d. 4

Feedback

The correct answer is: 8

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	13/08/17, 19:05	Started	Not yet answere d	
2	13/08/17, 19:14	Saved: 8	Answer saved	
3	13/08/17, 19:15	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This is the most common problem encountered by school-sponsored cheerleading teams.

Select one:

- a. Rooms for practice
- b. Funding
- c. Time management
- d. Not qualified for legitimate competitions

Feedback

The correct answer is: Funding

According to the timeline of dance, which is the dance style for the early 16th century?

Select one:

- a. Ballet
- b. Baroque Dance
- c. Masque
- d. Capoeira
- e. Vintage Dance

Feedback

The correct answer is: Capoeira

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Capoeira	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

What does dance mean for Saint-Denis?

Select one:

- a. Expression of her personal life
- b. Reunification with the divine
- c. Feelings and their intensity are the cause of movement and its quality
- d. The fluidity of movements

Feedback

The correct answer is: Reunification with the divine

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Reunification with the divine	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

This group has become world renowned after the Brussels Exposition on '58.

Select one:

- a. Leyte Kalipayan Dance Company
- b. Barangay Folk Dance Troupe
- c. Bayanihan Philippine Dance Company
- d. Filipinescas Dance Company

Feedback

The correct answer is: Bayanihan Philippine Dance Company

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Bayanihan Philippine Dance Company	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question **4**

Correct

Mark 1.00 out of 1.00



Question text

This animal is considered sacred by the Bagobo tribe as it has the power over the well-being of the tribe.

Select one:

- a. Rooster
- b. Hen
- c. Eagle
- d. None of the choices
- e. Hawk

Feedback

The correct answer is: Hawk

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Hawk	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

Ballet, Jazz and Contemporary dance belong under:

Select one:

- a. Social and Ballroom dance
- b. Creative dance
- c. Recreational dance
- d. Creative Rhythms

Feedback

The correct answer is: Creative dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Creative dance	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not a marriage dance?

Select one:

- a. Talip
- b. Pagasawa-uy
- c. Pagkawin
- d. Kasal sa Banig

Feedback

The correct answer is: Talip

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:34	Saved: Talip	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

The dance of Itnegs where men hold their babies up while singing and dancing.

Select one:

- a. Pagasawa-uy
- b. Udol
- c. Pangalay
- d. Idudo

Feedback

The correct answer is: Idudo

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Idudo	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

The courtship dance wherein a man lures a woman with an attractive blanket to place on her shoulders.

Select one:

- a. Talip
- b. Mumbaki
- c. Dinnuyya
- d. Intaneg

Feedback

The correct answer is: Talip

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Talip	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

The spirit which the babaylan communes with in the Pagdiwata ritual.

Select one:

- a. Anito Baylan
- b. Maguindusa
- c. Kabunian
- d. None of the choices

Feedback

The correct answer is: Maguindusa

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Maguindusa	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not one of the features of postmodern dance?

Select one:

- a. Everything proposed is invalid
- b. Questioning of the value of the notion of “author” of an art piece.
- c. Searching for a dancer’s lack of expression
- d. Questioning modern dance principles

Feedback

The correct answer is: Everything proposed is invalid

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:34	Saved: Everything proposed is invalid	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 11

Correct

Mark 1.00 out of 1.00



Question text

In a karasaguyon, the people dance to gongs and belt-bells.

Select one:

- a. False
- b. Sometimes true/false
- c. True

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: False	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 12

Correct

Mark 1.00 out of 1.00



Question text

In this dance, the dancers move gracefully whilst moving glasses half-filled with rice or wine.

Select one:

- a. Binasuan
- b. Maglalatik
- c. Pandanggo sa Ilaw
- d. Sakuting

Feedback

The correct answer is: Binasuan

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Binasuan	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 13

Correct

Mark 1.00 out of 1.00



Question text

Limón claims that he has been strongly affected by the dance piece performed by _____.

Select one:

- a. Ivonne Georgia and Harald Kreutzberg
- b. Jirí Kylián and Hans van Manen
- c. Ivonne Kylián and Harald Kreutzberg
- d. William Forsythe and Jirí Kylián

Feedback

The correct answer is: Ivonne Georgia and Harald Kreutzberg

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Ivonne Georgia and Harald Kreutzberg	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 14

Correct

Mark 1.00 out of 1.00



Question text

This dancer's most notable focus is on black people's feelings.

Select one:

- a. Alvin Ailey
- b. Alwin Nikolais
- c. Martha Graham
- d. Merce Cunningham

Feedback

The correct answer is: Alvin Ailey

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Alvin Ailey	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 15

Correct

Mark 1.00 out of 1.00



Question text

Complete this famous quote: "Dancing is the world's favorite _____."

Select one:

- a. Past time
- b. Expression
- c. Metaphor
- d. Hobby

Feedback

The correct answer is: Metaphor

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
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1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Metaphor	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 16

Correct

Mark 1.00 out of 1.00



Question text

The girls in Maguindanao calls the act of dancing as ____.

Select one:

- a. Kadal
- b. Mag-asik
- c. Pangalay
- d. Igal

Feedback

The correct answer is: Mag-asik

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:36	Saved: Mag- asik	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question **17**

Correct

Mark 1.00 out of 1.00



Question text

This is the festival in Bukidnon wherein the women dance the dugso while the babaylan chants the invocation.

Select one:

- a. Pinauban
- b. Anituan
- c. None of the choices
- d. Hinaklaran

Feedback

The correct answer is: Hinaklaran

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:36	Saved: Hinaklara n	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 18

Correct

Mark 1.00 out of 1.00



Question text

The festival dance of an Ifugao marriage.

Select one:

- a. Mumbaki
- b. Intaneg
- c. Talip
- d. Dinnuyya

Feedback

The correct answer is: Dinnuyya

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Dinnuyya	Answer saved	

3	17/08/17, 22:38	Attempt finished	Correct	1.00
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Question 19

Correct

Mark 1.00 out of 1.00



Question text

In the 1920s and 30s, dance styles were known for their simplicity and groovy moves. In the 1980s to the 90s, the dance styles were mostly derived from:

Select one:

- a. None of the choices
- b. Exotic culture
- c. Improvisation
- d. Pop culture

Feedback

The correct answer is: Pop culture

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Pop culture	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 20

Correct

Mark 1.00 out of 1.00



Question text

Ballet Manila, a splinter group formed from Philippine Ballet Theater, incorporated a ____ style.

Select one:

- a. Italian
- b. Greek
- c. German
- d. Russian

Feedback

The correct answer is: Russian

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:36	Saved: Russian	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 21

Correct

Mark 1.00 out of 1.00



Question text

A wedding dance from the province of Albay.

Select one:

- a. Talip
- b. Pagkawin
- c. Kasal sa Banig
- d. Pantomina

Feedback

The correct answer is: Pantomina

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: Pantomina	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 22

Correct

Mark 1.00 out of 1.00



Question text

What are tarekteks?

Select one:

- a. Woodpeckers
- b. Clothes
- c. A tribe in Benguet
- d. A pair of gongs

Feedback

The correct answer is: Woodpeckers

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: Woodpeckers	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 23

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not the dominating dance style in the 1960s?

Select one:

- a. Locking
- b. Hand Jive

- c. Popping
- d. Swing Dance
- e. Turfing

Feedback

The correct answer is: Hand Jive

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: Hand Jive	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 24

Correct

Mark 1.00 out of 1.00



Question text

The shamans in ethnic rituals in the Philippines are commonly called _____ in the north.

Select one:

- a. Neither of the choices are correct
- b. Both of the choices are correct
- c. Katalonan
- d. Babaylan

Feedback

The correct answer is: Katalonan

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: Katalonan	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 25

Correct

Mark 1.00 out of 1.00



Question text

The balse is danced after this religious procession.

Select one:

- a. Escotis
- b. Lutrina
- c. Mazurka
- d. Fandango

Feedback

The correct answer is: Lutrina

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: Lutrina	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question **26**

Correct

Mark 1.00 out of 1.00



Question text

The Tagbanuas cannot dance except in the palaspas ceremonies.

Select one:

- a. False
- b. True
- c. Sometimes true/false

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:32	Started	Not yet answered	
2	17/08/17, 22:38	Saved: False	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 27

Correct

Mark 1.00 out of 1.00



Question text

The Aetas dance the planting of gabi in _____.

Select one:

- a. None of the choices
- b. Panulo
- c. Mabangutot
- d. Kalatong

Feedback

The correct answer is: None of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:38	Saved: None of the choices	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 28

Correct

Mark 1.00 out of 1.00



Question text

The tribe dancing this imitates birds drawn to tobacco trees.

Select one:

- a. Salidsid
- b. None of the choices
- c. Tarektek
- d. Turayen
- e. Salip

Feedback

The correct answer is: Turayen

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:38	Saved: Turayen	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 29

Correct

Mark 1.00 out of 1.00



Question text

This dance by the Tausugs displays grace as much as affection and is considered a courtship dance.

Select one:

- a. Dalling-dalling
- b. Bumbuak
- c. Salok
- d. All of the choices
- e. None of the choices

Feedback

The correct answer is: Dalling-dalling

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:32	Started	Not yet answered	

2	17/08/17, 22:38	Saved: Dalling- dalling	Answer saved	
3	17/08/17, 22:38	Attempt finished	Correct	1.00

Question 30

Correct

Mark 1.00 out of 1.00



Question text

This dance distinctively imitates birds flying in the air, performed to celebrate the birth of a first-born or a wedding.

Select one:

- a. Banga
- b. Manmanok
- c. Bendayan
- d. Lumagen

Feedback

The correct answer is: Lumagen

This form of ballroom dancing is mostly reliant on personal style of the dancers.

Select one:

- a. Social and Competitive ballroom dancing
- b. Social ballroom dancing
- c. Competitive ballroom dancing
- d. Competitive and exhibition ballroom dancing
- e. Social and exhibition ballroom dancing
- f. Exhibition ballroom dancing

g. Any of the choices

Feedback

The correct answer is: Social ballroom dancing

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:49	Saved: Social ballroom dancing	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

There are no restrictions on what a couple might wear for a ballroom dancing competition as long as it is appropriate for ballroom.

Select one:

- a. False
- b. Sometimes True/False
- c. True

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:49	Saved: False	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

This is the term for the distinctive hip movement and also the very important element of rumba.

Select one:

- a. Cuban Move
- b. Cuban Motion
- c. Cuban Hip Rolls
- d. Cuban Hip Twist

Feedback

The correct answer is: Cuban Motion

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:49	Saved: Cuban Motion	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not a professional league in cheerleading?

Select one:

- a. MLB Cheerleading League
- b. NHL Ice Dancers
- c. CPF Cheerleading League
- d. None of the choices
- e. NBA Cheerleading League
- f. NFL Cheerleading League

Feedback

The correct answer is: CPF Cheerleading League

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:49	Saved: CPF Cheerleading League	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not a distinctive step of waltz?

Select one:

- a. Hairpin
- b. Swing
- c. Natural Spin Turn
- d. Hip rolls
- e. Whisk

Feedback

The correct answer is: Hip rolls

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
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1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:50	Saved: Hip rolls	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

The Quickstep belongs to what dance event?

Select one:

- a. Latin American
- b. Miscellaneous Theater Arts
- c. American Style Smooth
- d. American Rhythm
- e. International Style Standard

Feedback

The correct answer is: International Style Standard

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	

2	17/08/17, 22:50	Saved: Internation al Style Standard	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

The name of the first cheerleading fraternity in 1903.

Select one:

- a. Beta Theta
- b. None of the choices
- c. Alpha Sigma
- d. Gamma Sigma

Feedback

The correct answer is: Gamma Sigma

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:50	Saved: Gamma Sigma	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
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Question 8

Correct

Mark 1.00 out of 1.00



Question text

The cha-cha can be danced to any of the following music genres except:

Select one:

- a. Country
- b. Funk
- c. Hip-hop
- d. None of the choices
- e. Cuban music

Feedback

The correct answer is: None of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
<u>1</u>	17/08/17, 22:48	Started	Not yet answered	
<u>2</u>	17/08/17, 22:50	Saved: None of the choices	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
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Question 9

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not a mambo step?

Select one:

- a. The Liquidizer
- b. New York Bus Stop
- c. La Cucaracha
- d. Sur Place

Feedback

The correct answer is: Sur Place

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:50	Saved: Sur Place	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

The reward for this type of dancing is mostly the pleased and entertained applause of the audience.

Select one:

- a. Social and Competitive ballroom dancing
- b. Social and exhibition ballroom dancing
- c. Competitive and exhibition ballroom dancing
- d. Exhibition ballroom dancing
- e. Competitive ballroom dancing
- f. Any of the choices
- g. Social ballroom dancing

Feedback

The correct answer is: Exhibition ballroom dancing

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:51	Saved: Exhibition ballroom dancing	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
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Question 11

Correct

Mark 1.00 out of 1.00



Question text

The count of music for the tango is ____ beats.

Select one:

- a. 16 or 32
- b. none of the choices
- c. 110 or 130
- d. 40 or 60

Feedback

The correct answer is: 16 or 32

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:51	Saved: 16 or 32	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 12

Correct

Mark 1.00 out of 1.00



Question text

This is the movement in the 5th and 6th count of the basic jive step.

Select one:

- a. While doing the chasse, the man goes left and the woman goes right
- b. While doing the chasse, the man goes right and the woman goes left.
- c. The rock step where the man steps back with his right foot while the woman steps backward with her left foot.
- d. The rock step where the man steps back with his left foot while the woman steps backward with her right foot.

Feedback

The correct answer is: While doing the chasse, the man goes right and the woman goes left.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:51	Saved: While doing the chasse, the man goes right and the woman goes left.	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
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Question 13

Correct

Mark 1.00 out of 1.00



Question text

This level mostly focuses on competition where training starts months before competition season.

Select one:

- a. All-Star
- b. Youth
- c. School-sponsored
- d. Street Cheer
- e. Professional
- f. College/University

Feedback

The correct answer is: All-Star

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:52	Saved: All-Star	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
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Question 14

Correct

Mark 1.00 out of 1.00



Question text

In the US, not all colleges and universities have cheer teams.

Select one:

- a. False
- b. True

Feedback

The correct answer is: True

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:52	Saved: True	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 15

Correct

Mark 1.00 out of 1.00



Question text

He was the one who gave the idea of an organized cheering in the crowds at football games in the University of Minnesota.

Select one:

- a. Lawrence Herkimer
- b. Johnny Campbell
- c. Thomas Peebles
- d. All of the choices

Feedback

The correct answer is: Thomas Peebles

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:52	Saved: Thomas Peebles	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 16

Correct

Mark 1.00 out of 1.00



Question text

Viennese Waltz originated from this Austrian folkdance.

Select one:

- a. Landler
- b. Flamenco
- c. Waltz
- d. Latin dance

Feedback

The correct answer is: Landler

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:53	Saved: Landler	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Her work and thought has been considered to be a part of the artistic trend called German expressionism.

Ans: Mary Wigman

Almost all (about 95%) catastrophic injuries in girls' high school athletics are cheerleading-related.

Select one:

- a. False
- b. True

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:53	Saved: False	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 18

Correct

Mark 1.00 out of 1.00



Question text

He was known as the very first cheerleader.

Select one:

- a. Fred Gastoff
- b. Lawrence Herkimer
- c. Johnny Campbell
- d. Thomas Peebles

Feedback

The correct answer is: Johnny Campbell

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:53	Saved: Johnny Campbell	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

The timing of the steps for waltz.

Ans: Quick, Quick, Quick

He was the one who invented the vinyl pom-pom used in competitions.

Select one:

- a. Johnny Campbell
- b. Lawrence Herkimer
- c. Fred Gastoff
- d. Thomas Peebles

Feedback

The correct answer is: Fred Gastoff

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:53	Saved: Fred Gastoff	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 20

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not true about social ballroom dancing?

Select one:

- a. Its reward is the attainment of self-confidence in dancing ballroom
- b. There can be different steps for different dancers
- c. A spectacular and showy dance for an audience.
- d. Split-second decision making is often practiced

Feedback

The correct answer is: A spectacular and showy dance for an audience.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	

2	17/08/17, 22:53	Saved: A spectacula r and showy dance for an audience.	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 21

Correct

Mark 1.00 out of 1.00



Question text

Which of the following teams is not included in the NCAA?

Select one:

- a. Eulogio “Amang” Rodriguez Institute of Science and Technology
- b. San Beda College
- c. Emilio Aguinaldo College
- d. Jose Rizal University
- e. University of Perpetual Help System Dalta

Feedback

The correct answer is: Eulogio “Amang” Rodriguez Institute of Science and Technology

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:48	Started	Not yet answer ed	
2	17/08/17, 22:54	Saved: Eulogio "Amang" Rodriguez Institute of Science and Technology	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 22

Correct

Mark 1.00 out of 1.00



Question text

The first major league baseball team to have a cheerleading team.

Select one:

- a. None of the choices
- b. The Florida Marlins
- c. San Francisco Giants
- d. The Miami Marlins

Feedback

The correct answer is: The Florida Marlins

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:54	Saved: The Florida Marlins	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 23

Correct

Mark 1.00 out of 1.00



Question text

The music used in Viennese Waltz is in ____ time.

Select one:

- a. $\frac{1}{2}$
- b. $\frac{3}{4}$
- c. $\frac{6}{8}$
- d. $\frac{4}{4}$

Feedback

The correct answer is: $\frac{6}{8}$

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:54	Saved: 6/8	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 24

Correct

Mark 1.00 out of 1.00



Question text

For the foxtrot, the lady always moves generally in _____.

Select one:

- a. Forwards
- b. The left direction
- c. The right direction
- d. Diagonally
- e. Backwards

Feedback

The correct answer is: The right direction

Waltz is where dancers move their shoulders smoothly, _____ to the floor.

Ans: Parallel

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	

2	17/08/17, 22:54	Saved: The right directio n	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 25

Correct

Mark 1.00 out of 1.00



Question text

The year when cheerleading was recognized as an independent sport.

Select one:

- a. 1996
- b. 1986
- c. 1997
- d. 1987

Feedback

The correct answer is: 1997

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answere d	
2	17/08/17, 22:55	Saved: 1997	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
---	--------------------	---------------------	---------	------

Question **26**

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not true about cheerleading?

Select one:

- a. There are about 100,000 participants of the sport around the globe.
- b. Cheerleading was popularized by the Great Britain.
- c. The movie, Bring It On, further brought cheerleading to fame around the world.
- d. The cheerleading was opened to the world as a sport was in the year 1997 through broadcasts of cheerleading competitions.

Feedback

The correct answer is: Cheerleading was popularized by the Great Britain.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:55	Saved: Cheerleading was popularized by the Great Britain.	Answer saved	

3	17/08/17, 22:56	Attempt finished	Correct	1.00
---	--------------------	---------------------	---------	------

Question **27**

Correct

Mark 1.00 out of 1.00



Question text

This category of ballroom competitions include Argentine tango, Lindy hop, Salsa, West Coast Swing and the like.

Select one:

- a. Strictly
- b. Mixed Proficiency
- c. Jack and Jill
- d. Team Matches

Feedback

The correct answer is: Strictly

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:55	Saved: Strictly	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question **28**

Correct

Mark 1.00 out of 1.00



Question text

Cheerleading groups in the Philippines typically competes in the following competitions except:

Select one:

- a. Asia Cup
- b. Cheerleading World Championships
- c. All of the choices
- d. None of the choices
- e. IFC World Cup

Feedback

The correct answer is: None of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:55	Saved: None of the choices	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question **29**

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is the highest level in Competitive Ballroom dancing?

Select one:

- a. Advanced Silver
- b. Silver
- c. None of the choices
- d. Gold
- e. Advanced Bronze
- f. Advanced Gold

Feedback

The correct answer is: Gold

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:55	Saved: Gold	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

Question 30

Correct

Mark 1.00 out of 1.00



Question text

The Bolero belongs to what dance event?

Select one:

- a. Latin American
- b. Miscellaneous Theater Arts
- c. International Style Standard
- d. American Style Smooth
- e. American Rhythm

Feedback

The correct answer is: American Rhythm

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:48	Started	Not yet answered	
2	17/08/17, 22:55	Saved: American Rhythm	Answer saved	
3	17/08/17, 22:56	Attempt finished	Correct	1.00

What is the dance style that was popularized in the year 2012?

Select one:

- a. Krumping
- b. Single Ladies Dance

c. Gangnam Style

d. Twerking

Feedback

The correct answer is: Gangnam Style

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: Gangnam Style	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

Dance is regarded as the best stress reliever and also helps in keeping one's health and fitness in check.

Select one:

a. False

b. True

Feedback

The correct answer is: True

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: True	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

The word dancing came from an old German word damson which means

Select one:

- a. to move
- b. to stretch
- c. to relax
- d. to dance

Feedback

The correct answer is: to stretch

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: to stretch	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 4

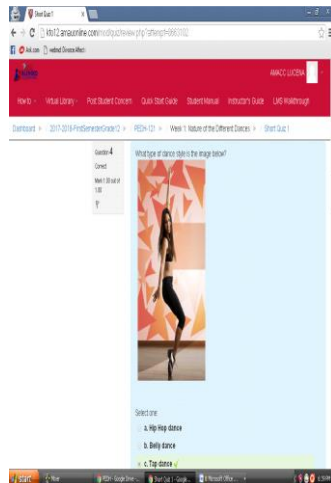
Correct

Mark 1.00 out of 1.00



Question text

What type of dance style is the image below?



Select one:

- a. Hip Hop dance
- b. Belly dance
- c. Tap dance
- d. Ballet

Feedback

The correct answer is: Tap dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: Tap dance	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

These are sometimes called fundamental rhythms or natural dances.

Select one:

- a. Creative dance
- b. Ballroom dance
- c. Creative rhythms
- d. Recreational dance

Feedback

The correct answer is: Creative rhythms

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: Creative rhythms	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

It is the highest form of dance.

Select one:

- a. Recreational dance
- b. Creative dance
- c. Ethnic dance
- d. Ballroom dance

Feedback

The correct answer is: Creative dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: Creative dance	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

It is a cultural art form handed down from generation to generations.

Select one:

- a. Ballroom dance
- b. Ethnic dance
- c. Creative dance
- d. Ballroom dance

Feedback

The correct answer is: Ethnic dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	23/06/17, 21:10	Started	Not yet answere d	
2	23/06/17, 21:14	Saved: Ethnic dance	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

It is a means of expressing one's emotions through movement.

Select one:

- a. Rhythm
- b. Dancing
- c. Dance
- d. Rhythmic

Feedback

The correct answer is: Dancing

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answere d	

2	23/06/17, 21:14	Saved: Dancing	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

All dancing is made up of stretching only.

Select one:

- a. True
- b. False

Feedback

The correct answer is: False

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: False	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

What type of dance style is the image below?

Short Quiz 1

kto12.amauonline.com/mod/quiz/review.php?attempt=8663102

Ask.com webmd: Divorce Affects


DESIREE

How to Virtual Library Post Student Concern Quick Start Guide Student Manual Instructor's Guide LMS Walkthrough

Dashboard / 2017-2018-FirstSemesterGrade12 / PEDH-121 / Week 1: Nature of the Different Dances / Short Quiz 1

Question 10
Correct
Mark 1.00 out of 1.00

What type of dance style is the image below?



Select one:

- ☒ a. Hip Hop dance ✓
- ☐ b. Tap dance
- ☐ c. Breakdance

start Mixer PEDH - Google Drive ... Short Quiz 1 - Google... Microsoft Office ... 6:40 PM

Select one:

- a. Hip Hop dance
- b. Tap dance
- c. Breakdance
- d. Ballet

Feedback

The correct answer is: Hip Hop dance

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	23/06/17, 21:10	Started	Not yet answered	
2	23/06/17, 21:14	Saved: Hip Hop dance	Answer saved	
3	23/06/17, 21:15	Attempt finished	Correct	1.00

Subanons celebrate the symbol of their unity as people and their union with the diwata or spirits through a circular dance. What is this ritual called?

Select one:

- a. Mandaya
- b. Sandayo
- c. Buklog
- d. Gin-um

Feedback

The correct answer is: Buklog

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Buklog	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

The Tausugs and Samas refer to rhythmic steps or dance as Answer.

Feedback

The correct answer is: igal

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: igal	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

A courtship dance of the Ifugaos, that shows imitation of fowls.

Select one:

- a. Lunsay
- b. Pagkawin
- c. Pangalay
- d. Talip

Feedback

The correct answer is: Talip

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Talip	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

This dance reflects grace and affection of courtship, often done in pairs by the Tausugs.

Select one:

- a. Bumbuak
- b. Pagsangbay
- c. Muatangan
- d. Salok

Feedback

The correct answer is: Pagsangbay

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Pagsangbay	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This ritual is performed by female baylans by shuffling around in circles, moving forwards and backwards, spinning and shaking as if in a trance.

Select one:

- a. Anito Baylan

- b. Anituan
- c. Pinauban
- d. Tikala-an

Feedback

The correct answer is: Anito Baylan

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Anito Baylan	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

The term Answer refers to a simulated house which is the center around which a mandadawak and his/her assistant make a pig cry, again for the spirits to hear.

Feedback

The correct answer is: bawi-bawi

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: bawi-bawi	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

The young Maranaoans perform the _____ dance in their transition to a man.

Select one:

- a. Marinaw
- b. Langka
- c. Sagayan
- d. Manmanok

Feedback

The correct answer is: Sagayan

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Sagayan	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

A group from Cordillera that is known for their colorful clothes as well as their fierce headhunting skills.

Select one:

- a. Umayamnon
- b. Subanon
- c. Bagobo
- d. Isneg

Feedback

The correct answer is: Isneg

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	

2	17/08/17, 22:25	Saved: Isneg	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

A dance depicting the deathly combat between suitors.

Select one:

- a. Pagkawin
- b. Pandamgo
- c. Pangalay
- d. Lunsay

Feedback

The correct answer is: Pandamgo

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Pandamgo	Answer saved	

3	17/08/17, 22:25	Attempt finished	Correct	1.00
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Question 10

Correct

Mark 1.00 out of 1.00



Question text

This song is sung by the women of Tinguian to worship their anito and their great god, Kabunian.

Select one:

- a. Diam or Dimdimi
- b. Bawi
- c. Salidumay
- d. Anituan

Feedback

The correct answer is: Salidumay

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:23	Started	Not yet answered	
2	17/08/17, 22:25	Saved: Salidumay	Answer saved	
3	17/08/17, 22:25	Attempt finished	Correct	1.00

What is the meaning of “dang” from which the Gaddang dance originated?

Select one:

- a. Heat
- b. Warmth
- c. Burned
- d. Pain

Feedback

The correct answer is: Burned

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: Burned	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

The Sagayan dancers carry _____.

Select one:

- a. Malong

- b. Gongs
- c. Paypay
- d. Balisong
- e. None of the choices

Feedback

The correct answer is: None of the choices

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: None of the choices	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

This dance imitates the flights and hops of the tahaw bird.

Select one:

- a. None of the choices
- b. Kadal Tahaw

- c. Kadal Blelah
- d. Bagobo Rice Cycle
- e. Binaylan

Feedback

The correct answer is: Kadal Tahaw

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: Kadal Tahaw	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

The word “Ruray” in Abaruray dance came from _____.

Select one:

- a. The name Aurora
- b. None of the choices
- c. The rural hometown
- d. Both of the choices

Feedback

The correct answer is: The name Aurora

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: The name Aurora	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

These are carried by women in a dance that depicts their flirting with men.

Select one:

- a. Paypay
- b. None of the choices
- c. Ruray
- d. Castanets

Feedback

The correct answer is: Paypay

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: Paypay	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

She started the itik-itik dance in Surigao del Norte when she was asked to dance the Sibay.

Select one:

- a. Kanang
- b. Manang
- c. Karina
- d. Kana

Feedback

The correct answer is: Kanang

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: Kanang	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

This dance is done as offering for the patron saint of the farmers, San Isidro de Labrador.

Select one:

- a. Sakuting
- b. Maglalatik
- c. Pandanggo sa Ilaw
- d. Pasigin

Feedback

The correct answer is: Maglalatik

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:28	Started	Not yet answer ed	
2	17/08/17, 22:30	Saved: Maglalati k	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

What does the Yakan couple look like while dancing Pangsak?

Select one:

- a. Faces are dotted with white paint
- b. They are wearing shields with elaborate designs
- c. Long and yellow tassels surrounding their headgear hide their faces.
- d. They are doing a royal manner of walking

Feedback

The correct answer is: Faces are dotted with white paint

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:28	Started	Not yet answere d	

2	17/08/17, 22:30	Saved: Faces are dotted with white paint	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

The Jotabal is a dance in ____ time.

Select one:

- a. duple
- b. quadruple
- c. none of the choices
- d. $\frac{3}{4}$
- e. triple

Feedback

The correct answer is: $\frac{3}{4}$

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:28	Started	Not yet answered	
2	17/08/17, 22:30	Saved: ¾	Answer saved	
3	17/08/17, 22:30	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

Which of the following best describes the dancer of Asik?

Select one:

- a. A solo slave dancer who dances to oppose her master
- b. She is wearing long metal fingernails, moving and posing using doll-like motions.
- c. She plays a loyal slave who dances to be allowed to wed a man.
- d. She wears a tight and colorful dress made of local fabric and dances fluidly.

Feedback

The correct answer is: She is wearing long metal fingernails, moving and posing using doll-like motions

.Which is not true about slow dancing?

Select one:

- a. The easiest way is to achieve a floating feeling while dancing
- b. The tempo is slow but fast enough for large steps
- c. It is the slow end of the normal spectrum of tempos
- d. It is slower than the normal spectrum of tempos

Feedback

The correct answer is: It is the slow end of the normal spectrum of tempos

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: It is the slow end of the normal spectrum of tempos	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

Waltz is danced with a step, slide and step in ____ time.

Select one:

- a. $\frac{1}{4}$
- b. $\frac{1}{2}$
- c. $\frac{3}{4}$

d. none of the choices

Feedback

The correct answer is: ¾

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: ¾	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

How many basic steps does the waltz have?

Select one:

- a. 1
- b. 2
- c. 4
- d. 3

Feedback

The correct answer is: 3

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: 3	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

The foxtrot can be performed to any music with ____ beats.

Select one:

- a. 2
- b. 1
- c. 3
- d. 4

Feedback

The correct answer is: 4

[Comments](#)

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: 4	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

This form of ballroom dancing's performance relies on the preference of the audience.

Select one:

- a. All of the choices
- b. Competitive ballroom dancing
- c. Both competitive and exhibition
- d. Exhibition ballroom dancing
- e. Social ballroom dancing
- f. Both social and exhibition
- g. Both social and competitive

Question 6

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not true about social ballroom dancing?

Select one:

- a. It is an act of selfless generosity
- b. Less showy and spectacular than other dances
- c. A focused mindset for the dancers
- d. An act of close-coupled dancing

Feedback

The correct answer is: A focused mindset for the dancers

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: A focused mindset for the dancers	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

Social ballroom dancing must match the mood of an occasion.

Select one:

- a. Always False
- b. Always True
- c. Sometimes True/False

Feedback

The correct answer is: Always True

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: Always True	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

In this form of ballroom dance, the dancer is not allowed to make up his/her steps on the spot.

Select one:

- a. Social ballroom dancing
- b. Both social and exhibition
- c. Both competitive and exhibition
- d. Exhibition ballroom dancing

- e. All of the choices
- f. Both social and competitive
- g. Competitive ballroom dancing

Feedback

The correct answer is: Both competitive and exhibition

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: Both competitive and exhibition	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

The focus of this form of ballroom dancing is on improving the style.

Select one:

- a. Both social and competitive
- b. Competitive ballroom dancing

- c. Exhibition ballroom dancing
- d. Both social and exhibition
- e. All of the choices
- f. Both competitive and exhibition
- g. Social ballroom dancing

Feedback

The correct answer is: Both competitive and exhibition

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:40	Started	Not yet answered	
2	17/08/17, 22:42	Saved: Both competitive and exhibition	Answer saved	
3	17/08/17, 22:42	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

The audience for this form of ballroom dancing is typically the partner himself/herself.

Select one:

- a. All of the choices
- b. Both social and competitive
- c. Competitive ballroom dancing
- d. Social ballroom dancing
- e. Both competitive and exhibition
- f. Both social and exhibition
- g. Exhibition ballroom dancing

Feedback

The correct answer is: Social ballroom dancing

Where did Paso Doble originate?

Select one:

- a. France
- b. Latin America
- c. Spain
- d. Cuba

Feedback

The correct answer is: France

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: France	Answer saved	

3	17/08/17, 22:45	Attempt finished	Correct	1.00
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Question 2

Correct

Mark 1.00 out of 1.00



Question text

If the man in a Paso Doble acts as the matador in the dance, the lady is ____.

Select one:

- a. The competing matador
- b. The cape
- c. The bull
- d. The audience

Feedback

The correct answer is: The cape

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: The cape	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

This is the specific term used to describe a couple's expertise performance.

Select one:

- a. Skill level
- b. Syllabus level
- c. Proficiency level
- d. Open level

Feedback

The correct answer is: Proficiency level

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Proficiency level	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

The standard range of rhythm for mambo is ___ beats per minute.

Select one:

- a. 16
- b. 56
- c. 32
- d. 8

Feedback

The correct answer is: 32

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: 32	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

A random pairing done in competitions is called:

Select one:

- a. Team Matches
- b. Mixed Proficiency
- c. Strictly
- d. Jack and Jill

Feedback

The correct answer is: Jack and Jill

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Jack and Jill	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

Mambo originated in what country?

Select one:

- a. Cuba
- b. Spain
- c. Latin America

d. Africa

Feedback

The correct answer is: Cuba

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Cuba	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

Jive belongs in this event in a dance competition:

Select one:

- a. Latin American
- b. Miscellaneous Theater Arts
- c. American Style Smooth
- d. International Style Standard
- e. American Rhythm

Feedback

The correct answer is: Latin American

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Latin American	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

Which of the following is not a basic step of cha-cha?

Select one:

- a. El Mojito
- b. Underarm spot turns
- c. Comb
- d. The zigzag
- e. The New York

Feedback

The correct answer is: Comb

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Comb	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

In a competition, judges look at the following points except:

Select one:

- a. Interpretation of dance
- b. Technical skill
- c. Showmanship
- d. Personal preferences

Feedback

The correct answer is: Personal preferences

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:42	Started	Not yet answered	
2	17/08/17, 22:45	Saved: Personal preferences	Answer saved	
3	17/08/17, 22:45	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

Paso Doble is mostly influenced by another dance. This is ____.

Select one:

- a. Gypsy dance
- b. Tango
- c. None of the choices
- d. Flamenco

Which of the following statements is true?

Select one:

- a. The locomotive cheer started in Xavier University in 1884.
- b. Organized cheerleading activities used to be done by all-male groups.
- c. The organized crowds in soccer games started the cheerleading history.
- d. Cheerleading originated in Canada.

Feedback

The correct answer is: Organized cheerleading activities used to be done by all-male groups.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Organized cheerleading activities used to be done by all-male groups.	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 2

Correct

Mark 1.00 out of 1.00



Question text

A sports team competing has this type of cheerleading team to support them.

Select one:

- a. Youth
- b. Professional
- c. Street Cheer
- d. All-Star

Feedback

The correct answer is: Professional

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Professional	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 3

Correct

Mark 1.00 out of 1.00



Question text

A cheer practice is said to _____.

Select one:

- a. Burn at least 600 calories.
- b. None of the choices is correct.
- c. Take around 48 minutes.
- d. Requires more active movements.

Feedback

The correct answer is: Burn at least 600 calories.

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Burn at least 600 calories.	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 4

Correct

Mark 1.00 out of 1.00



Question text

A cheerleading staple that was patented in 1971 by Herkimer.

Select one:

- a. All of the choices are correct
- b. Poms
- c. Pom-pon
- d. Pom-pom

Feedback

The correct answer is: Pom-pon

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Pom-pon	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 5

Correct

Mark 1.00 out of 1.00



Question text

Which of the following schools is not a participant in the UAAP cheerdance competition?

Select one:

- a. Far Eastern University
- b. National University
- c. Colegio de San Juan de Letran
- d. University of the East

Feedback

The correct answer is: Colegio de San Juan de Letran

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Colegio de San Juan de Letran	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 6

Correct

Mark 1.00 out of 1.00



Question text

According to the AACCA rules, the following stunts must be performed only during halftime or post-game except:

Select one:

- a. High pyramids
- b. Basket tosses
- c. One-arm stunts
- d. Liberty

Feedback

The correct answer is: Liberty

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
------	------	--------	-------	-------

1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: Liberty	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 7

Correct

Mark 1.00 out of 1.00



Question text

When did women start leading cheers and routines in cheerleading groups?

Select one:

- a. 1930s
- b. 1960s
- c. 1940s
- d. They have been leading groups in the very beginning

Feedback

The correct answer is: 1940s

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	

2	17/08/17, 22:48	Saved: 1940s	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 8

Correct

Mark 1.00 out of 1.00



Question text

An all-encompassing cheerleading type that focuses merely on competitions.

Select one:

- a. Street Cheer
- b. All-star
- c. Professional
- d. Youth

Feedback

The correct answer is: All-star

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: All-star	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 9

Correct

Mark 1.00 out of 1.00



Question text

Cheerleading in the Philippines emerged in the year ____.

Select one:

- a. 1995
- b. 1993
- c. 1994
- d. 1990

Feedback

The correct answer is: 1993

Comments

[Make comment or override mark](#)

Response history

Step	Time	Action	State	Marks
1	17/08/17, 22:46	Started	Not yet answered	
2	17/08/17, 22:48	Saved: 1993	Answer saved	
3	17/08/17, 22:48	Attempt finished	Correct	1.00

Question 10

Correct

Mark 1.00 out of 1.00



Question text

It was in this year that the first recorded broadcast of a cheerleading competition was aired.

Select one:

- a. 1977
- b. none of the choices
- c. 1978
- d. 1979

Feedback

The correct answer is: 1978

This dance originated from Mindoro and requires good balancing skills while using lamps as props. Its name came from a famous Spanish dance.

Ans: Jotabal

This dance is where Itneg men raise their babies while singing and dancing while the women prepare and cultivate the land.

Ans: Idudo

A dance that depicts two warriors fighting for the attention of a lady using gongs.

Ans: Pangalay sa Agong

The Aetas perform this to drive away evil spirits.

Ans: Anituan

This is also called the "dance of the monkey.

Ans: Tayaw ni Tadaw

This dance is a restrained and highly articulated form, most commonly associated with the classical dances of Thais.

Ans: Pangalay

Cha-cha's typical tempo is around ____ beats per minute.

Ans: 32-56

The dance depicting the walk of Kalinga women with pots atop their heads.

Ans: Ragsaksakan

In a rite for everyone's well being of the Isnags, the whole community dances in _____.

Ans: Pairs

____ as invented by Cunningham is a sequence of dances whose dramatic structure or content is never stable, with no sense of logical syntax or construction.

Ans: EVENT

He fought the prejudice of the effeminate performer, thus educating boys that look like muscular athletes. The correct answer is: Ted Shawn

Ballet Manila espouses what kind of style? The correct answer is: Russian

It is a ceremonial worship dance performed in homage to the Holy Cross referred to in the vernacular as Mahal na Poong Santa Cruz. The correct answer is: Sublian

A four-day ritual where the Bagobos cleanse their brave warriors for initiation. The correct answer is: Gin-um

This is referred to as the grandfather of the Latin dances. The correct answer is: Rumba

The most famous Broadway dance hall. The correct answer is: Palladium Ballroom

In this form of ballroom dancing, the audiences expect perfection so it is rehearsed by the dancers to avoid mistakes. The correct answer is: Both competitive and exhibition ballroom dancing

In this dance, a Matigsalud mother imitates caring for a small baby, from bathing to combing hair. The baby grows up as a child, teenager and into a young lady. The mother dotes on her child by making her pretty and teaching her when to use the slung malong. Two men vie for her hand by offering her necklaces. The mother and daughter fight as they realize that their person they prefer are different. The correct answer is: Pandamgo

One of Laban's contributions to modern dance which is the complete and effective system for analyzing and writing movement. The correct answer is: Labanotation

In the burial of a murdered member of a tribe, Ifugao men bounce up and down in rhythm with one or two feet as they are conducting the mass for the deceased. The correct

answer is: Monghimong

In Singkil, the bamboo poles symbolize _____. The correct answer is: Falling trees

She is one of the most prominent figures in Philippine contemporary dance history, who was declared as a National Artist for her contributions. The correct answer is: Francisca Reyes Aquino

She was known to break dance traditions and social codes with her aesthetical propositions. The correct answer is: Isadora Duncan

This type of dance allows dancers and choreographers to create steps using their moods and emotions for a relaxed style of dancing. The correct answer is: Modern dance

In the Maguindusa, the ____ dances or sways to go on a trance to commune with the spirit. The correct answer is: Babaylan

For this competition, the dancers can dance with people of different levels. The correct answer is: Mixed proficiency

Which of the following is not one of the features of postmodern dance? The correct answer is: Search of a display of expression by the dancer

This dance depicts a form of self-defense and a fight between a hawk and a cat. The correct answer is: Burung-Talo

In foxtrot, both dancers always change feet. The correct answer is: True

In the anituan, if the Aetas could not drive evil spirits away with bows and arrows and other similar weapons, they _____. The correct answer is: Talk with the spirits and appease with offerings

The Mambo is performed in what event? The correct answer is: American Rhythm

The _____ babaylan dance where a man dresses up as a woman. The correct answer is: Umayamnon

This is the dance of the Ilokano Christians and non-Christians from the province of Abra originally performed only by boys. The correct answer is: Sakuting

The dancers imitate the movement of a hen, her baby chicks and a hawk wherein the hawk tries to get one of the chicks before being killed by the hunters. The correct answer is: Binaylan

This incorporates various techniques such as improvisation, floor work, yoga and martial arts with the techniques introduced by Graham, Hawkins, Horton and Cunningham. The correct answer is: Contemporary dance

This dance shows a man untying a wrap from his bride's waist to wrap around her body and dance with. The correct answer is: Pangsak

Merce Cunningham has ideas from different perspectives regarding his artistic work.

These are the following except: The correct answer is: Hierarchy between dancers

Modern dance is older than contemporary dance. The correct answer is: True

The shawl that the woman engaged in Jota de Paragua waves during the dance. The correct answer is: Manton

This group's ritual is where the couple and their child are kept under a blanket as a shaman chants over them while wiping the couple and their baby. Someone then steals the blanket away so the mandadawak may run after it, shake it and retrieve it for the family. The correct answer is: Kalinga

Folk dances are part of contemporary dance. The correct answer is: True

These are the two barrios in Laguna depicted in the Maglalatik, a war dance depicting the fight between the Moros and the Christians. The correct answer is: Loma and Zapote

A mourning dance of the Abiyans wherein they dance around the grave of the dead. The correct answer is: Lidong

This type of dance allows dancers and choreographers to have more room for self-expression and break away from traditional dance. The correct answer is: Both choices are correct

The circle dance of Benguet to celebrate the arrival of successful headhunters. The correct answer is: Bendayan

This Subanon dance is officiated by the babaylan to address spirits. The correct answer is: Buklog

Team matches for ballroom dancing most commonly consist of ___ pairs. The correct answer is: 3

The pangalay dance emphasizes the agility of the _____. The correct answer is: Upper body

Saint-Denis calls the spectacular formats of elaborated sceneries and development of choreographic pieces as _____. The correct answer is: Musical visualizations

The Ifugao's wedding with the festival dance is called _____. answer: Dinnuyya

This is the major form of classical Japanese musical drama. The correct answer is: Noh

The tempo range of jive is ___ beats per minute. The correct answer is: 200

Paso Doble means ___ in Spanish. The correct answer is: Two-step

The forward steps in Paso Doble should be _____. The correct answer is: Strong and proud

This dance portrays the climb up the famous Rice Terraces. The correct answer is:

Ragsaksakan

This company is known in modern dance history for combining the passionate charisma of Saint-Denis with the technical rigor of Shawn. The correct answer is: DENISHAWN school and company

This is a ritual wherein the Subanons bounce up and down and around in a communal call to the gods and ancestors. The correct answer is: Sundayo

This couple dance requires the use of malong and commonly described as flirtatious and bold. The couple strikes symmetrical poses with the malong. The correct answer is: Salok

Her work and thought has been considered to be a part of the artistic trend called German

expressionism. The correct answer is: Mary Wigman

This wedding dance is where the bridegroom offers the bride the protection and comfort of his blanket. The correct answer is: Salip

The timing of the steps for waltz. The correct answer is: Quick, Quick, Quick

Question 1

Write P if the movement belongs to popping or L if the movement belongs to locking.

Funky Guitar

Answer:

Question 2

Who created the locking style of funk dance?

Select one:

- a. James Brown
- b. Don Campbell
- c. Alpha Anderson
- d. Jimmy Foster

Question 3

Also known as a “backslide”

Select one:

- a. pop
- b. botting
- c. moonwalk
- d. strobing

Question 4

Write P if the movement belongs to popping or L if the movement belongs to locking.

Pimp Walk

Answer:

Question 5

Complete

Mark 1.00 out of 1.00

The time signature suited for “popping” music.

Select one:

- a. $\frac{3}{4}$
- b. $\frac{2}{2}$
- c. $\frac{2}{4}$
- d. $\frac{4}{4}$

WEEK 12

Short Quiz #9

Grade 10.00 out of 10.00 (100%)

A leg-orientation style focusing on fast moving legs, knee rolls and twisting feet.

Select one:

- a. breaking
- b. puppet
- c. lowrider
- d. crazy legs

Question 2

A shuffle hop move, either at the sides or front and back.

Select one:

- a. wrist twirl
- b. scoobot
- c. skeeter rabbit
- d. floor sweep

Question 3

Write P if the movement belongs to popping or L if the movement belongs to locking.

Puppet

Answer:

Question 4

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strobing

Answer:

Question 5

It means 'freezing from a fast movement'.

Select one:

- a. crazy legs
- b. breaking
- c. popping
- d. locking

Question 6

Write P if the movement belongs to popping or L if the movement belongs to locking.

Whichaway

Answer:

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strutting

Answer:

Question 9

Who made the dance 'Electric Boogaloo'?

Select one:

- a. Sam Solomon
- b. Ray Harry Hausen
- c. Bill Williams
- d. James Brown

Question 10

Write P if the movement belongs to popping or L if the movement belongs to locking.

Lowrider

Answer:

WEEK 13

Learning Activity #10

Grade 5.00 out of 5.00 (100%)

Question 1

Religion brought by Spaniards to the Philippines

Answer:

Question 2

If Iloilo City has Dinagyang, what festival does Aklan have?

Select one:

- a. Baladhay
- b. Ati-atihan
- c. Sinulog
- d. Kibitizas

Question 3

A Spanish Voyager who arrived in Cebu to continue the purpose of Spain.

Answer:

Question 4

Chief of Mactan, who Magellan had a fight with.

Answer:

Question 5

What is the meaning of “Sulog”?

Select one:

- a. lie in the corner
- b. defender of truth
- c. a fire of love
- d. water current moving

WEEK 13

Short Quiz #10

Grade 10.00 out of 10.00 (100%)

Question 1

What are the two purposes that the emblem of Hapsburg Dynasty represent?

Select one:

- a. Liberty and Justice, Peace and Faith
- b. Love Motherland and Further Beyond
- c. Defender of Catholicism and Champion of Faith
- d. Champion of Catholicism and Defender of Faith

Question 2

When did Ferdinand Magellan landed in Cebu?

Select one:

- a. December 14, 2005
- b. April 7, 1521

c. April 27, 1521

d. December 18, 1521

Question 3

Which country did Magellan came from?

Select one:

a. Portugal

b. Dominican Republic

c. Colombia

d. Spain

Question 4

What is the meaning of “Dinagyang”?

Answer: Merrymaking

Question 5

The name of Rajah Humabon’s wife, when she became a queen.

Select one:

a. Juana

b. Camusa

c. Amihan

d. Minore

Question 6

In what month is Dinagyang Festival usually held?

Answer:

Question 7

A dance ritual in honor of the miraculous image of the Sto. Niño.

Select one:

- a. Baladhay
- b. Ati-atihan
- c. Sinulog
- d. Kibitizas

Question 8

What do you call the mascot in Dinagyang?

Select one:

- a. Ati
- b. Higantes
- c. Dagoy
- d. Niño

Question 9

What is the significance of the cross that Magellan wants to plant on the Island of Mactan?

Select one:

- a. To start a fight
- b. To set-up an anchor
- c. To mark a territory
- d. To create a shield

Question 10

Who organized the first Sinulog Festival?

Select one:

- a. Robert Grimalt
- b. David S. Odilao Jr.

c. Jesus B. Garcia

d. Juan B. Aquino

WEEK 14

Learning Activity #10

Grade 5.00 out of 5.00 (100%)

Question 1

The initial run of Panagbenga went on for 10 days, including two weekends.

Select one:

True

False

Question 2

The dance for planting and harvest season to drive away pests and bad spirits.

Select one:

- a. Tsinakhon
- b. Abuyog
- c. Adiyay
- d. Hulin

Question 3

The street dance competition in Masskara Festival has three categories: the school division, the corporate division and the barangay division.

Select one:

- True
- False

Question 4

Ike Picpican, an archivist and curator, proposed the idea of organizing a flower festival in February.

Select one:

- True
- False

Question 5

Which of the following describes the official logo of Panagbenga Festival?

Select one:

- a. It is composed of a variety of flowers found in Baguio arranged in a spray
- b. It is composed of a spray of wild sunflowers
- c. It is the smiling image of a flower
- d. It shows a park filled with flowers of different kind

WEEK 14

Short Quiz #10

Grade 10.00 out of 10.00 (100%)

Question 1

On average, for how many weeks does Panagbenga Festival run?

Select one:

- a. 2
- b. 5
- c. 4
- d. 3

Question 2

Contemporary masks used in Masskara festival are adorned with plastic beads and sequins.

Select one:

- True
- False

Question 3

This dance depicts the spirit of bayanihan in the community.

Select one:

- a. Adiyay
- b. Say-ang
- c. Abuyog
- d. Tsinakhon

Question 4

Masskara Festival was established in the year 1990.

Select one:

True

False

Question 5

The Panagbenga Festival was made as a way for the people to rise up from the devastation of the 1990 Luzon earthquake.

Select one:

True

False

Question 6

The festival dancers' flower-inspired costume was a custom unique to Panagbenga Festival.

Select one:

True

False

Question 7

The symbol of the festival is a mask depicting different expressions depending on the theme.

Select one:

True

False

Question 8

Which of the following is not a part of the festivities during Masskara Festival?

Select one:

a. mask-making

- b. pig catching
- c. boodle fight
- d. pole climbing

Question 9

Which of the following is the meaning of the word, Panagbenga?

Select one:

- a. season of flowering
- b. season of falling
- c. season of harvest
- d. season of planting

Question 10

When is Bacolod City's Charter Day anniversary?

Select one:

- a. October 18
- b. October 19
- c. October 11
- d. October 10

A movement to end a routine that draws attention to the motion of losing control.
The correct answer is 'True'.

Breakdancing has standard moves or steps.
The correct answer is 'False'.

Battles refer to an open-forum, mock exhibition
The correct answer is 'False'.

Breakdancing has provided youth a substitute for violent urban street gangs.
The correct answer is 'True'.

Clive Campbell is also known as DJ Hendrix
The correct answer is 'False'.

PEDH 121 LA 8 😊:) 5/5

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Answer: True

Breakdancing has standard moves or steps.

Answer: False

Battles refer to an open-forum, mock exhibition

Answer: False

Breakdancing has provided youth a substitute for violent urban street gangs.

Answer: True

Clive Campbell is also known as DJ Hendrix

Answer: False

PEDH-121 / ► Week 11: Hiphop and Street Dance / ► Short Quiz 8

Movement that requires momentum and physical power to perform.

Answer: power moves

Movements like head spinning, swipes and flare belong to _____.

Answer: power moves

Series of steps performed from a standing position.

Answer: toprock

Which is not a form of street jazz dance?

Answer: tap dance

Where did breakdance originated?

Answer: New York, USA

Which of the following is a characteristic of Robotic dance?

Answer: pops and locks

Also known as "floorwork".

Answer: downrock

Who is Clive Campbell?

Answer: a deejay

Which of the following is the least significant advantage of dancing?

Answer: Aids in self-confidence

Breakdancing emphasizes on movement, creativity, elements of danger and _____.

Answer: energy

PEDH-121 / ► Week 12: Popping and Locking / ► Learning Activity 9

Who created the locking style of funk dance?

Answer: Don Campbell

A dance technique where muscles are contracted or relaxed, causing a jerk in the dancer's body.

Answer: Popping

Write P if the movement belongs to popping or L if the movement belongs to locking.

Pimp Walk

Answer: L

Also known as a "backslide"

Answer: Moonwalk

The time signature suited for "popping" music.

Answer: 4/4

Write P if the movement belongs to popping or L if the movement belongs to locking.

Funky Guitar

Answer: L

Write P if the movement belongs to popping or L if the movement belongs to locking.

Robot

Answer: P

A quick, extended pointing gesture coming from opposite shoulder.

Answer: Locking

Write P if the movement belongs to popping or L if the movement belongs to locking.

Scarecrow

Answer: P

A quick, extended pointing gesture coming from opposite shoulder.

Answer: Point

Write P if the movement belongs to popping or L if the movement belongs to locking.

Knee Drop

Answer: L

PEDH-121 / ► Week 12: Popping and Locking / ► Short quiz 9

Write P if the movement belongs to popping or L if the movement belongs to locking.

Lowrider

Answer: P

A shuffle hop move, either at the sides or front and back.

Answer: skeeter rabbit

Write P if the movement belongs to popping or L if the movement belongs to locking.

Whichaway

Answer: L

A leg-orientation style focusing on fast moving legs, knee rolls and twisting feet.

Answer: crazy legs

Who made the dance 'Electric Boogaloo'?

Answer: Sam Solomon

Tutting is inspired from the art of _____.

Answer: Ancient Egypt

Write P if the movement belongs to popping or L if the movement belongs to locking.

Puppet

Answer: P

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strobing

Answer: P

It means 'freezing from a fast movement'.

Answer: locking

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strutting

Answer: P

PEDH-121 / ► Week 13: Festival Dances Part 1 / ► Learning Activity 10

If Iloilo City has Dinagyang, what festival does Aklan have?

Answer: Ati-atihan

Religion brought by Spaniards to the Philippines

Answer: Christianity

What is the meaning of "Sulog"?

Answer: water current moving

Chief of Mactan, who Magellan had a fight with.

Answer: Lapu-lapu

A Spanish Voyager who arrived in Cebu to continue the purpose of Spain.

Answer: Miguel Lopez de Legazpi

PEDH-121 / ► Week 13: Festival Dances Part 1 / ► Short Quiz 10

When did Ferdinand Magellan landed in Cebu?

Answer: April 7, 1521

A dance ritual in honor of the miraculous image of the Sto. Niño.

Answer: Sinulog

What is the significance of the cross that Magellan wants to plant on the Island of Mactan?

Answer: To mark a territory

The name of Rajah Humabon's wife, when she became a queen.

Answer: Juana

What is the meaning of "Dinagyang"?

Answer: Merrymaking

What do you call the mascot in Dinagyang?

Answer: Dagoy

Who organized the first Sinulog Festival?

Answer: David S. Odilao Jr.

What are the two purposes that the emblem of Hapsburg Dynasty represent?

Answer: Champion of Catholicism and Defender of Faith

In what month is Dinagyang Festival usually held?

Answer: January

Which country did Magellan came from?

Answer: Portugal

PEDH-121 / ► Week 14: Festival Dances Part 2 / ► Learning Activity 11

The street dance competition in Masskara Festival has three categories: the school division, the corporate division and the barangay division.

Answer: False

What type of rhythm is used in the dances of Masskara Festival?

Answer: Latin

Panagbenga is celebrated every February.

Answer: True

The initial run of Panagbenga went on for 10 days, including two weekends.

Answer: True

Which of the following is not part of the core events of Panagbenga?

Answer: Pole Climbing

A story about the Benguet hero who conquered adversity to bring home a gift for his chosen bride.

Answer: Iway

Atty. Damaso Bangaoet Jr.'s idea related to the celebration of Panagbenga festival is for the city to have as many pocket gardens and mini parks as the number of barangays.

Answer: True

The dance for planting and harvest season to drive away pests and bad spirits.

Answer: Hulin

Ike Picpican, an archivist and curator, proposed the idea of organizing a flower festival in February.

Answer: False

PEDH-121 / ► Week 14: Festival Dances Part 2 / ► Short Quiz 11

The Panagbenga Festival was made as a way for the people to rise up from the devastation of the 1990 Luzon earthquake.

Answer: True

On average, for how many weeks does Panagbenga Festival run?

Answer: 5

Which of the following is the meaning of the word, Panagbenga?

Answer: season of flowering

The symbol of the festival is a mask depicting different expressions depending on the theme.

Answer: false

When is Bacolod City's Charter Day anniversary?

Answer: October 19

The festival dancers' flower-inspired costume was a custom unique to Panagbenga Festival.

Answer: false

Which of the following is not a part of the festivities during Masskara Festival?

Answer: boodle fight

Contemporary masks used in Masskara festival are adorned with plastic beads and sequins.

Answer: True

Masskara Festival was established in the year 1990.

Answer: false

This dance depicts the spirit of bayanihan in the community.

Answer: Abuyog

PEDH-121 / ► Week 15: Long Quiz / ► Long Quiz 3

Which of the following is not a movement under toprock breakdance element?

Answer: Flare

The songs used in popping must have the following characteristics except for:

Answer: A ¾ time signature

A breakdancing step that requires the dancer to suspend himself or herself off the ground using upper body strength in poses such as the handstand or pike.

Answer: Freeze

This is a two-step movement wherein the first step is overplayed towards a certain direction. The other foot slides across the floor to meet the other foot.

Answer: Leo walk

This inspired the Masskara Festival in Bacolod City.

Answer: Carnival of Venice

This term refers to the movements on the floor with the hands supporting the dancer as much as the feet.

Answer: Downrock

A style of popping wherein the dancer drops to the ground with his or her knees turned inward and feet outward. From this position, he or she moves up and down, similar to

hydraulic movements.

Answer: Lowrider

The term “break” in breakdancing originated from ____.

Answer: The mixing sounds from records to produce a continuous dancing beat

In the origin of the word, MassKara, cara means ____.

Answer: Both choices are correct

What did the mask symbolize for the people in Bacolod?

Answer: The happy spirit of the people despite the economic downturns in the sugar industry

A dance in the Cordillera region that depicts the story about birds that transformed into a beautiful lady who would marry the farmer they are helping to harvest rice.

Answer: Say-ang

This is a kick and shuffle hop move in both left and right or front and back.

Answer: The Skeeter rabbit

Which of the following is not true about the celebration of Dinagyang Festival?

Answer: Carousel performances have added depth and improved choreography of the dance movements of Dinagyang dancers

The name Sinulog came from the word “sulog” meaning ____.

Answer: Like water current movement

Which of the following personalities created the locking move?

Answer: Don Campbell

The name Dinagyang is an Ilonggo term which means ____.

Answer: Merrymaking

The first ever Sinulog parade was done in the year ____.

Answer: 1980

The Funky Guitar move is done with hands positioned as if they're holding/playing a guitar and walking ____.

Answer: Backwards

Which of the following dances did Bill Williams made famous in the 1960s?

Answer: The Robot

Which of the following is not a genre of music used for breakdancing?

Answer: None of the choices

A locking move which is characterized by a quick jab movement to the side.

Answer: Pacing

Street jazz is considered what type of workout?

Answer: Cardiovascular

Which of the following is not a power move?

Answer: Freeze

Which of the following is not in the logo of the Sinulog Festival?

Answer: Sto. Niño's image

The Sinulog dance step is composed of ____.

Answer: Two steps forward and one step backward

Which of the following is not true about the participants of MassKara Festival?

Answer: The festival started from an idea that the city needs a fiesta to celebrate.

This is danced by the Ifugao tribe during the planting and harvest seasons to drive away pests and spirits

Answer: None of the choices

A move to end a breakdancing performance that appears as if they have lost control of their bodies and eventually fall onto their backs or stomachs.

Answer: Suicide

This is a breakdancing competition which is a mere mock exhibitions of breakdancing skills of the performers.

Answer: Cyphers

This lock move alternates twirling kicks on both sides, using one leg and using the momentum to kick the other out like a pendulum.

Answer: Whichaway

This move starts with arms outstretched on both sides of the body to form rigid poses with loose hands and legs.

Answer: Scarecrow

A breakdancing style focused on the beat and rhythm of the song than the moves.

Answer: Flavor

The breakdancing style comprising of full body spins and rotations that give the illusion of defying gravity.

Answer: Power

This move is done by having an arm and a leg out and then switching with the other leg.

The leg is once again stretched out with arms crossed before wrist twirling and clapping.

Answer: Scoobot

Which of the following is not a characteristic of locking?

Answer: Upbeat, fast, and spontaneous

PEDH-121 / ► Week 16: Health-Related Fitness and Energy Systems / ► Learning Activity 12

It is the movement available at our joints controlled by the length of our muscles.

Answer: flexibility

Basketball is an aerobic activity.

Answer: False

The aerobic system produces ____ molecules of ATP from each molecule of glucose.

Answer: 38

This is said to be caused by the build-up of lactic acid in our body.

Answer: burn

Which of the following is not an effect of a good cardiovascular system?

Answer: Avoiding injuries

Without muscular endurance, our movement decreases and our joints become stiff.

Answer: False

The healthy amount of fat for a woman is around 20-25%.

Answer: True

The Anaerobic energy system does not require oxygen to produce ATP.

Answer: False

What is pyruvate converted into in the ATP-PC system?

Answer: lactate

Hydrogen is the main source of cellular energy.

Answer: False

PEDH-121 / ► Week 16: Health-Related Fitness and Energy Systems / ► Short Quiz 12

The healthy amount of fat for a man should be between 15 to 18%.

Answer: True

In the Anaerobic Energy System, when ATP is hydrolyzed, a hydrogen ion is released.

Answer: True

This term refers to the amount of muscle, fat, bone, cartilage making up our bodies.

Answer: body composition

Developing physical fitness requires you to address all three energy systems.

Answer: True

The human body must have this in order to do daily tasks. It is the ability of the muscle to exert a force to overcome a resistance.

Answer: strength

It refers to the ability of muscle to make repeated contractions over a period of time.

Answer: muscular endurance

If ATP in the ATP-PC Energy System Pathway stands for Adenosine triphosphate, what does PC stand for?

Answer: Phosphocreatine

Which of the following is not a stage in aerobic system?

Answer: Lactic Acid Conversion

Two energy system pathways usually have the tendency to predominate the body in one activity.

Answer: False

Aerobic occurs only in the presence of oxygen.

Answer: True

PEDH-121 / ► Week 17: Personal Safety Protocol and Etiquette and Safety Use of Equipments and Facilities / ► Learning Activity 13

The lady may be the one to decrease the distance between her and the dancers according to how comfortable she is.

Answer: True

Which of the following is incorrect about safety protocols in dance schools or studios?

Answer: Overlook waivers on safety education

Important valuables must be placed on the dashboard so you can easily see them while driving

Answer: False

Which of the following must be checked before attempting a dance?

Answer: All of the choices

Complete the Personal Safety Awareness tip: Above all else, always trust your _____.

Answer: instinct

Important valuables must be placed on the dashboard so you can easily see them while driving.

Answer: False

Which of the following statements is incorrect?

Answer: Always opt to go through shortcuts.

The level of personal safety awareness where the person involved analyzes the task first by taking in consideration the risks and then proceeding to remedy and decrease the possibility of an accident or injury.

Answer: Proactive

PEDH-121 / ► Week 17: Personal Safety Protocol and Etiquette and Safety Use of Equipments and Facilities / ► Short Quiz 13

Which of the following must not be done while a song is playing?

Answer: Offer advice, instruction or a critical comment to your partner so it may be fixed while dancing.

In preparing for emergencies inside dance studios, touch sprinkle heads and check if they're working by trying to turn them on.

Answer: False

A substandard environment would be tolerable to live in as long as they do not reach extremes.

Answer: False

Touching your partner's hair during the dance is permissible.

Answer: False

The level of personal safety awareness wherein caution is taken after an incident to keep themselves safe.

Answer: Realization with action

The gentleman must escort the lady back to her place when the dance is over.

Answer: True

Which of the following statements is incorrect?

Answer: The leader's timing in the dance may or may not be followed.

The key to smooth social interaction.

Answer: Politeness

Everyone has a right of access to education, academic excellence and achievement without being compromised by physical and psychological safety issues and concerns.

Answer: True

Which of the following is incorrect etiquette in a dance?

Answer: Put on a nice and strong cologne to leave an impression.

PEDH-121 / ► Week 18: Role of Dance in Managing Stress / ► Learning Activity 14

More than half of the citizens in the United States do not experience stress.

Answer: False

The language for describing, visualizing, interpreting and documenting all varieties of human movement.

Answer: Laban Movement Analysis

Which of the following statements is not true?

Answer: An hour of any type of exercise is needed to obtain anti-anxiety effects

This type of exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep and improve self-esteem.

Answer: aerobic exercise

Endorphins are chemicals acting as _____.

Answer: natural painkillers

According to a poll done by the American Psychological Association, the highest percentage of the respondents _____ as a way to cope with stress.

Answer: Talk with friends and family

Dance therapy special creates a combination of art and logic.

Answer: False

A workout of moderate to high intensity would be enough to make you feel healthy and energized.

Answer: False

The inconsistency of physical movement and mental activity causes mental and physical problems only.

Answer: False

Wang Yuchi's technique in improving the group's relationship is by shutting down newcomers and suspend the class if a member is not present

Answer: True

PEDH-121 / ► Week 18: Role of Dance in Managing Stress / ► Short Quiz 14

Which of the following statements is not true about dancing as a way of reducing stress?

Answer: None of the choices

The term that refers to "old wounds that the person ignores."

Answer: rotted roots

The first dance therapist in Guangzhou, China.

Answer: Wang Yuchi

Professional or semi-professional dancers with experience in different kinds of dance are allowed to participate in dance therapy sessions.

Answer: False

Dance is referred to as an alien language because some cultures do not allow for them to do so.

Answer: True

Which of the following techniques has been used by the Chinese to reduce their stress?

Answer: dance therapy sessions

Wuqinxi is the physical exercise that imitates the movements of five animals.

Answer: True

Dance therapy studios are strategically placed near central business districts in the city, not far from the offices.

Answer: True

Dancing with a group provides _____ for an individual dancer?

Answer: a sense of security

Walking is the most preferred exercise for people, according to the poll done by American Psychological Association.

Answer: True

PEDH-121 / ► Week 19: Long Quiz / ► Long Quiz 4

This dance is characterized by fast and intricate footwork, spins, acrobatic flips and moves.

Answer: Street jazz

What does the symbol of the Masskara Festival mean?

Answer: happy spirit, despite periodic economic downturns in the sugar industry.

This term refers to any level of competition in which breakdancers in an open space participate in quick-paced, turn-based routines, whether improvised or planned.

Answer: Battles

Which of the following statements is not true?

Answer: Dance is the only physical activity that can produce endorphins

The style of breakdancing that aims to perform a sequence of power moves in rapid transition.

Answer: Blow-up

This is the term used when the follower in the dance tries to maneuver the leader to do the pattern he/she wants the way he/she wants it.

Answer: Back-leading

This refers to the synchronous performances of competing tribes in different judging areas.

Answer: Carousel performance

Which of the following is incorrect?

Answer: Beginners are given mild instructions on how to look good on the dance floor

When did Dagoy make his first appearance as the official logo of the Dinagyang festival?

Answer: December 14, 2004

The lost ATP-PC must be remedied by the ____.

Answer: Anaerobic energy system

A story about a bird that transformed into a beautiful lady who gets married to the farmer they are helping.

Answer: Say-ang

The lock move was created because Campbell can't do this move.

Answer: Funky Chicken

This refers to the efficiency of the human body to supply energy to all of its cells.

Answer: Energy system

In what church was the Santo Niño enshrined before it was renamed to Sto. Niño church?

Answer: San Agustin Church

The year when Operation Balikbayan program was launched wherein tribes provide cultural entertainment for tourists.

Answer: 1974

Jackhammers, backspins, hand glides and turtles belong under what style?

Answer: Power

What does the word panagbenga mean?

Answer: season of blossoming

The freezes emphasize ____.

Answer: Both choices are correct

Complete the sentence: Close your _____ after dark.

Answer: All of the choices

This emblem had been carried through the Legaspi expedition.

Answer: Hapsburg emblem

One of the following choices does not belong with the group of the benefits of cardiovascular fitness. Which is it?

Answer: Improve posture

Which of the following is not a characteristic of anaerobic sports?

Answer: None of the choices

Which of the following is not an advantage of flexibility?

Answer: Decreased level of stress

Masskara Festival takes place in ____.

Answer: Bacolod

These moves require momentum and physical power to execute.

Answer: Power moves

Which of the following does not describe Dagoy?

Answer: He is fair-skinned with a gold crown atop his head

Which of the following is not true about street jazz?

Answer: Street jazz is an anaerobic exercise

He is the one who ruled Spain for 42 years starting on the year 1556.

Answer: Philip II

Which of the following is true about the Sinulog dance?

Answer: It was from the dance that the little child did to wake Baladhay up from his slumber.

This dance style originated from California that is executed by angular arms, legs and body movements stepping to the beat in any direction.

Answer: Strutting

This style includes freestyle movement and circus styles.

Answer: Abstract

In this year, the Dinagyang festival events allowed ordinary people to dance in the streets and forget the pressures of everyday life.

Answer: 1976

This term refers to the particular rhythms and sounds produced by DJs from records to produce a continuous beat.

Answer: Break

This occurs only in the presence of oxygen.

Answer: Aerobic

Which of the following is incorrect?

Answer: Keep your keys in your pocket at all times.

What would be the most probable reaction to unwelcome monopolization of partners in a dance?

Answer: The monopolized partner will avoid the monopolizer and find another partner

These are moves that convey the impression of a boneless body.

Answer: Boogaloo

Which of the following is a sub-maximal exercise?

Answer: Long distance running

Which of the following is the best description for Stop and Go move?

Answer: Starts with a muscle man lock then steps back with one foot and punch before doing a quarter turn in the direction of the backfoot breakdown once.

Most people prefer this exercise as coping technique.

Answer: Walking

Which of the following is true about ATP-PC System?

Answer: Both the ATP and PC work together to provide very rapid, very pure but ultimately short lived energy to the brain and muscles

Why was the Panagbenga Festival created?

Answer: to rise up from the devastation of earthquake

Which of the following is unacceptable in a dance event?

Answer: Wave a partner over to join you on a dance

When does Baguio City celebrate Panagbenga Festival?

Answer: February

The following are what breakdancing emphasizes except:

Answer: None of the choices

Santo Niño was given as a gift to whom?

Answer: Hara Amihan

Moonwalk by Michael Jackson is a variation of a popping dance. Which among the following does moonwalk belong under?

Answer: Gliding

Which of the following statements is not true?

Answer: Three molecules of ATP are produced for every one molecule of glucose

Danced during planting and harvesting seasons to drive away pest and bad spirit.

Answer: Hulin

Which of the following statements is true about aerobic system?

Answer: It produces a stable and long-lasting source of energy.

The _____ produces the pyruvate which would be converted into lactate.

Answer: Glucose

This style starts with a squatting position and then the dancer shifts their pelvis to the side then back to the center.

Answer: Break down

This element of breakdancing allows the incorporation of dance styles as long as it is done while maintaining cleanliness, form, and attitude.

Answer: Toprock

He was the one who popularized the breakdancing style.

Answer: Charlie Robot

Which of the following is not true about power moves?

Answer: This requires the dancer to suspend himself or herself off the ground in a stylish pose

This refers to the efficiency of the human body to supply energy.

Answer: Energy system fitness

The person who interpreted the logo for Sinulog Festival.

Answer: Olive Templa

The water current being referred to in Sinulog was that of _____.

Answer: Pahina River

Baguio City is also known as _____.

Answer: City of Pines

This consists of a semi-split done with one leg bent to get back up again in one swift movement.

Answer: Jazz split

This energy system is used for high intensity activities in short duration of 5 to 10 seconds.

Answer: Aerobic Energy System

This move focuses on moving legs rapidly with knee rolls and twisted feet.

Answer: Crazy legs

The tribe who first used the Dinagyang pipes.

Answer: Tribu Ilonganon

The level of personal safety awareness wherein an individual prevents the accident from happening by analyzing the task at hand before attempting it.

Answer: Proactive

The person who suggested that the flower festival be held on February.

Answer: Damaso Bangaoet Jr.

This was a famous move from gymnastics adapted into breakdancing.

Answer: Flare

A folktale about the defeat of a snake that threatened the farmer's beautiful harvest.

Answer: Adivay

Which of the following is not an anaerobic sport?

Answer: Zumba

Dry season rice production of Bontoc.

Answer: Tsinakhon

This ability allows us to perform certain skills more efficiently as our movement decreases and joints become stiff.

Answer: Flexibility

This is the main point of interest in terms of health.

Answer: Fat

Which of the following tips should not be followed?

Answer: You may dance any dance you do not know because spontaneity still works.

Who among the following coined the term Dinagyang in 1977?

Answer: Pacifico Sudario

It is the ability of the body to continuously provide enough energy to sustain submaximal levels of exercise.

Answer: Stamina

This dance style creates geometric positions and movements by using the arms and hands.

Answer: Tutting

Which of the following is not a major event during Dinagyang?

Answer: Festival Queen

The following are the primary factors for causing at risk or unsafe behaviors except:

Answer: Loss of control

Which of the following statements is incorrect?

Answer: Hua Tuo founded the Sun Flower Counseling Center to carry out dance therapy.

The healthy amount of fat for women ranges from ____.

Answer: 20 to 25%

This refers to a breakdancing style that is more intent on the beat and musicality of the song than the moves executed.

Answer: Flavor

This refers to a breakdancing style that is more intent on the beat and musicality of the song than the moves executed.

Select one:

a. Power

b. Abstract

c. Blow-up

d. Flavor ✓✓✓✓✓

Question 2

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The person who suggested that the flower festival be held on February.

Select one:

- a. None of the choices are correct
- b. Both of the choices are correct
- c. Ike Picpican
- d. Damaso Bangaoet Jr. ✓✓✓✓✓

Question 3

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The person who interpreted the logo for Sinulog Festival.

Select one:

- a. Olive Templa ✓✓✓✓✓
- b. Dolores Suzara
- c. Rogelio Lim
- d. None of the choices

Question 4

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Why was the Panagbenga Festival created?

Select one:

- a. to rise up from the devastation of earthquake ✓✓✓✓✓
- b. to pay tribute to the Ifugao heritage
- c. to honor the Gods
- d. to promote the tourism of Baguio

Question 5

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Moonwalk by Michael Jackson is a variation of a popping dance. Which among the following does moonwalk belong under?

Select one:

- a. Gliding ✓✓✓✓✓
- b. Miming
- c. Lowrider

d. Dime stopping

Question 6

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

When does Baguio City celebrate Panagbenga Festival?

Select one:

a. October

b. March

c. February ✓✓✓✓✓

d. September

Question 7

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Baguio City is also known as _____.

Select one:

a. City of Dreams

b. City of Pines ✓✓✓✓✓

c. Queen City of South

d. City of Smiles

Question 8

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This dance style creates geometric positions and movements by using the arms and hands.

Select one:

a. Strutting

b. Ticking

c. Tutting ✓✓✓✓✓

d. Waving

Question 9

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This term refers to the particular rhythms and sounds produced by DJs from records to

produce a continuous beat.

Select one:

- a. Breakdancing
- b. Break ✓✓✓✓✓

c. Pop

d. Lock

Question 10

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following statements is incorrect?

Select one:

- a. Hua Tuo founded the Sun Flower Counseling Center to carry out dance therapy. ✓✓✓✓✓

b. Dance therapy cures people's emotional problems by bridging physical movement and mental activity

c. None of the choices

d. Dance therapy participants do not need to perform a dancing performance

Question 11

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The following are what breakdancing emphasizes except:

Select one:

a. Creativity

b. Element of danger

c. Energy

d. Movement

e. None of the choices ✓✓✓✓✓

Question 12

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Most people prefer this exercise as coping technique.

Select one:

a. Other strategies

b. Yoga

c. Running

d. Walking ✓✓✓✓✓

Question 13

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following tips should not be followed?

Select one:

a. Do not decline an invitation to dance for a song and dance with another person to the same song.

b. You may dance any dance you do not know because spontaneity still works. ✓✓✓✓✓

c. It is best for a person to ask another person to dance nicely and politely

d. None of the choices.

Question 14

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This was a famous move from gymnastics adapted into breakdancing.

Select one:

a. Stacking

b. Flair

c. Threading

d. Flare ✓✓✓✓✓

Question 15

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Danced during planting and harvesting seasons to drive away pest and bad spirit.

Select one:

a. Say-ang

b. Abuyog

c. Iway

d. Hulin ✓✓✓✓✓

Question 16

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The water current being referred to in Sinulog was that of _____.

Select one:

- a. Silmugi River
- b. Pahina River ✓✓✓✓✓
- c. Butuanon River
- d. Bojo River

Question 17

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This style starts with a squatting position and then the dancer shifts their pelvis to the side then back to the center.

Select one:

- a. Alpha
- b. Jazz split
- c. Up Lock
- d. Break down ✓✓✓✓✓

Question 18

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The following are the primary factors for causing at risk or unsafe behaviors except:

Select one:

- a. Exhaustion
- b. Hurrying
- c. Loss of control ✓✓✓✓✓
- d. Annoyance

Question 19

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This move focuses on moving legs rapidly with knee rolls and twisted feet.

Select one:

- a. Lowrider
- b. Crazy legs ✓✓✓✓✓
- c. Dime stopping
- d. Gliding

Question 20

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The level of personal safety awareness wherein an individual prevents the accident from happening by analyzing the task at hand before attempting it.

Select one:

- a. Realization with action
- b. Realization without action
- c. Proactive ✓✓✓✓✓
- d. Clueless

Question 21

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is not true about power moves?

Select one:

- a. This requires the dancer to suspend himself or herself off the ground in a stylish pose ✓✓✓✓✓
- b. Some moves are borrowed from martial arts and gymnastics
- c. These moves require momentum, speed, endurance, strength, flexibility and control to execute.
- d. This mainly uses upper body strength while the rest create circular momentum

Question 22

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The _____ produces the pyruvate which would be converted into lactate.

Select one:

- a. ATP
- b. PC
- c. Glucose ✓✓✓✓✓
- d. Sugar
- e. Hydrogen ion

Question 23

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is the best description for Stop and Go move?

Select one:

- a. Starts with a muscle man lock then steps back with one foot and punch before doing a quarter turn in the direction of the backfoot breakdown once. ✓✓✓✓✓
- b. None of the choices
- c. Execute a breakdown whilst rolling your arms in front of you then lifting a hand up over the eyes.
- d. This is done by a small kick of one leg before bringing the other foot beside it. When the other foot reaches the first one, you do a knee split into a v shape without stepping again.

Question 24

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Who among the following coined the term Dinagyang in 1977?

Select one:

- a. Pacifico Sudario ✓✓✓✓✓
- b. Rogelio Q. Lim
- c. Dolores Suzara
- d. None of the choices

Question 25

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

He was the one who popularized the breakdancing style.

Select one:

- a. None of the choices
- b. Thomas Flair
- c. Clive Campbell or DJ Kool Herc
- d. Charlie Robot ✓✓✓✓✓

Question 26

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is true about ATP-PC System?

Select one:

- a. Both the ATP and PC work separately to produce short-lived energy to the brain and muscles
- b. Both the ATP and PC work together to provide very rapid, very pure but ultimately short

lived energy to the brain and muscles ✓✓✓✓✓

c. The ATP and PC work together to provide rapid and pure but ultimately permanent energy to the brain and muscles

d. The ATP and PC work separately to produce permanent energy to the brain and muscles.

Question 27

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is incorrect?

Select one:

a. Be cognizant of your surroundings at all times.

b. Keep your keys in your pocket at all times. ✓✓✓✓✓

c. If you feel that you are being followed, it is best to proceed to the nearest well-lit place or authority you find.

d. Glance underneath and around your vehicle even from a distance away.

Question 28

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The tribe who first used the Dinagyang pipes.

Select one:

a. None of the choices is correct

b. Tribu Ilonganon ✓✓✓✓✓

c. Tribo Bola-bola

d. Either of the choices are correct

Question 29

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is a sub-maximal exercise?

Select one:

a. Hockey

b. Basketball

c. Long distance running ✓✓✓✓✓

d. Football

Question 30

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This energy system is used for high intensity activities in short duration of 5 to 10 seconds.

Select one:

- a. Any of the choices
- b. Anaerobic Energy System
- c. ATP-PC Energy System
- d. Aerobic Energy System ✓✓✓✓✓✓

Question 31

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

It is the ability of the body to continuously provide enough energy to sustain submaximal levels of exercise.

Select one:

- a. Strength
- b. Flexibility
- c. Stamina ✓✓✓✓✓✓
- d. Muscular endurance

Question 32

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Santo Niño was given as a gift to whom?

Select one:

- a. Hara Amihan ✓✓✓✓✓✓
- b. Magellan
- c. Rajah Lapulapu
- d. Rajah Humabon

Question 33

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

What would be the most probable reaction to unwelcome monopolization of partners in a dance?

Select one:

- a. None of the choices.

- b. The monopolized partner may choose to not dance anymore.
- c. The monopolized partner will refuse constantly for another request to dance
- d. The monopolized partner will avoid the monopolizer and find another partner ✓✓✓✓✓

✓

Question 34

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is not an anaerobic sport?

Select one:

- a. Zumba ✓✓✓✓✓
- b. Soccer
- c. Football
- d. Hockey

Question 35

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This consists of a semi-split done with one leg bent to get back up again in one swift movement.

Select one:

- a. Jazz split ✓✓✓✓✓
- b. Leo Walk
- c. Kick
- d. Knee Drop

Question 36

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

In this year, the Dinagyang festival events allowed ordinary people to dance in the streets and forget the pressures of everyday life.

Select one:

- a. 1977
- b. 1976 ✓✓✓✓✓
- c. 1969
- d. 1974

Question 37

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This element of breakdancing allows the incorporation of dance styles as long as it is done while maintaining cleanliness, form, and attitude.

Select one:

- a. Downrock
- b. Power moves
- c. Freezes
- d. Toprock ✓✓✓✓✓

Question 38

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This occurs only in the presence of oxygen.

Select one:

- a. Anaerobic
- b. None of the choices
- c. Aerobic ✓✓✓✓✓
- d. ATP-PC

Question 39

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

The healthy amount of fat for women ranges from ____.

Select one:

- a. 15 to 18%
- b. 20 to 25% ✓✓✓✓✓
- c. 18 to 25%
- d. 15 to 28%

Question 40

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This style includes freestyle movement and circus styles.

Select one:

- a. Power
- b. Blow-up

c. Flavor

d. Abstract ✓✓✓✓✓

Question 41

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This refers to the efficiency of the human body to supply energy.

Select one:

a. Muscular Endurance

b. Strength

c. Cardiovascular fitness

d. Energy system fitness ✓✓✓✓✓

e. Flexibility

Question 42

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is not a major event during Dinagyang?

Select one:

a. Kasadyahan Cultural Competition

b. Ati Tribe Competition

c. Festival Queen ✓✓✓✓✓

d. Miss Iloilo Dinagyang

Question 43

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This is the main point of interest in terms of health.

Select one:

a. Lean body tissue

b. Carbohydrates

c. Fat ✓✓✓✓✓

d. Calories

Question 44

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Dry season rice production of Bontoc.

Select one:

- a. Adivay
- b. Abuyog
- c. Say-ang
- d. Tsinakhon ✓✓✓✓✓

Question 45

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following is unacceptable in a dance event?

Select one:

- a. Be relatively blind to skill levels and looks in accepting and inviting people to dance.
- b. Wave a partner over to join you on a dance ✓✓✓✓✓
- c. Do not mention that you do not know the dance
- d. Wear multiple layers of clothing or prepare a change of clothes to reduce the impact of sweat.

Question 46

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

This ability allows us to perform certain skills more efficiently as our movement decreases and joints become stiff.

Select one:

- a. Muscular endurance
- b. Flexibility ✓✓✓✓✓
- c. Cardiovascular Fitness
- d. Strength

Question 47

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following statements is true about aerobic system?

Select one:

- a. It does not require oxygen to produce ATP for energy.
- b. It provides a very rapid and pure but ultimately short lived energy to the brain and muscles.
- c. It produces a stable and long-lasting source of energy. ✓✓✓✓✓

d. None of the choices

Question 48

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

These are moves that convey the impression of a boneless body.

Select one:

- a. Bopping
- b. Animatronics
- c. Boogaloo ✓✓✓✓✓
- d. Crazy legs

Question 49

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

A folktale about the defeat of a snake that threatened the farmer's beautiful harvest.

Select one:

- a. Hulin
- b. Abuyog
- c. Tingurian
- d. Adivay ✓✓✓✓✓

Question 50

Complete

Mark 1.00 out of 1.00

Not flaggedFlag question

Question text

Which of the following statements is not true?

Select one:

- a. In an intense physical activity, large amounts of ATP are being produced and hydrolyzed in a very short period of time
- b. The aerobic system produces 39 molecules of ATP from each molecule of glucose used.
- c. Three molecules of ATP are produced for every one molecule of glucose ✓✓✓✓✓
- d. Aerobic system is dominant in sub-maximal activities.

Learning Activity 9

PEDH-121 Learning Activity 9

5/5 😊:) Nag-dagdag lang ako ng questions nag babago po kasi.

Who created the locking style of funk dance?

Answer: Don Campbell

A dance technique where muscles are contracted or relaxed, causing a jerk in the dancer's body.

Answer: Popping

Write P if the movement belongs to popping or L if the movement belongs to locking.

Pimp Walk

Answer: P

Also known as a "backslide"

Answer: Moonewalk

The time signature suited for "popping" music.

Answer: 4/4

Write P if the movement belongs to popping or L if the movement belongs to locking.

Funky Guitar

Answer: L

Write P if the movement belongs to popping or L if the movement belongs to locking.

Robot

Answer: P

A quick, extended pointing gesture coming from opposite shoulder.

Answer: Locking

Write P if the movement belongs to popping or L if the movement belongs to locking.

Scarecrow

Answer: P

Dashboard Learning Activity 9 Week012-Module

https://blended.amauonline.com/ NHIR AIRA NOMBRE

How to Virtual Library Post Student Concern

Dashboard / SHS-GR12-1S / PEDH-121 / Week 12: Popping and Locking / Learning Activity 9

State	Finished
Completed on	Monday, 2 October 2017, 1:53 PM
Time taken	2 mins 1 sec
Grade	5.00 out of 5.00 (100%)

Question 1

Complete

Mark 1.00 out of 1.00

Flag question

Write P if the movement belongs to popping or L if the movement belongs to locking.

Pimp Walk

Answer: L

Question 2

Complete

Mark 1.00 out of 1.00

Flag question

The time signature suited for "popping" music.

Select one:

☐ a. 2/2

☒ b. 4/4

☐ c. 2/4

☐ d. ¾

Question 3

Complete

Mark 1.00 out of 1.00

Flag question

Also known as a "backslide"

Select one:

☐ a. botting

☐ b. strobing

☒ c. moonwalk

☐ d. pop

Dashboard / SHS-GR12-1S / PEDH-121 / Week 12: Popping and Locking / Learning Activity 9

Question 4

Complete

Mark 1.00 out of 1.00

Flag question

Write P if the movement belongs to popping or L if the movement belongs to locking.

Robot

Answer: P

Question 5

Complete

Mark 1.00 out of 1.00

Flag question

Write P if the movement belongs to popping or L if the movement belongs to locking.

Funky Guitar

Answer: L

Finish review

QUIZ NAVIGATION

NHIR AIRA NOMBRE

1 2 3 4 5

Finish review

learning activity 11

PEDH-121 Learning Activity 11 5/5

The street dance competition in Masskara Festival has three categories: the school

division, the corporate division and the barangay division.

False

What type of rhythm is used in the dances of Masskara Festival?

Latin

Panagbenga is celebrated every February.

True

The initial run of Panagbenga went on for 10 days, including two weekends.

True

Which of the following is not part of the core events of Panagbenga?

Pole Climbing

PEDH-121 WEEK 14 LA11

The initial run of Panagbenga went on for 10 days, including two weekends.

Answer: True

Ike Picpican, an archivist and curator, proposed the idea of organizing a flower festival in February.

Answer: False

Panagbenga is celebrated every February.

Answer: True

Which of the following is not part of the core events of Panagbenga?

Answer: Pole Climbing

The street dance competition in Masskara Festival has three categories: the school division, the corporate division and the barangay division.

Answer: False

Which of the following describes the official logo of Panagbenga Festival?

Answer: It is composed of a spray of wild sunflowers

What type of rhythm is used in the dances of Masskara Festival?

Answer: Latin

Atty. Damaso Bangaoet Jr.'s idea related to the celebration of Panagbenga festival is for the city to have as many pocket gardens and mini parks as the number of barangays.

Answer: True

A story about the Benguet hero who conquered adversity to bring home a gift for his chosen bride.

Answer: loway

The dance for planting and harvest season to drive away pests and bad spirits.

Answer: Hulin

learning activity 12

PEDH-121 Learning Activity 12 5/5 2nd attemp

It is the movement available at our joints controlled by the length of our muscles.

flexibility

Basketball is an aerobic activity.

False

The aerobic system produces ____ molecules of ATP from each molecule of glucose.

38

This is said to be caused by the build-up of lactic acid in our body.

burn

Which of the following is not an effect of a good cardiovascular system?

Avoiding injuries

LEARNING ACTIVITY 13

PEDH-121 Learning Activity 13 5/5

The lady may be the one to decrease the distance between her and the dancers according to how comfortable she is.

True

Which of the following is incorrect about safety protocols in dance schools or studios?

Overlook waivers on safety education

Important valuables must be placed on the dashboard so you can easily see them while driving

False

Which of the following must be checked before attempting a dance?

All of the choices

Complete the Personal Safety Awareness tip: Above all else, always trust your _____.

instinct

QUIZ NAVIGATION

JESSA CRISTELLE
HANNAH OLARTE AVISO



Finish review

Started on Wednesday, 4 October 2017, 5:13 PM

State Finished

Completed on Wednesday, 4 October 2017, 5:14 PM

Time taken 51 secs

Grade 5.00 out of 5.00 (100%)

Question 1

Complete

Mark 1.00 out of 1.00



Complete the Personal Safety Awareness tip: Above all else, always trust your ____.

Select one:

- ☒ a. instinct
- ☐ b. none of the choices
- ☐ c. belief
- ☐ d. intuition

Question 2

Complete

Mark 1.00 out of 1.00



Which of the following is incorrect about safety protocols in dance schools or studios?

Select one:

- ☒ a. Overlook waivers on safety education.
- ☐ b. Keep floor clean of debris, food and other hazards that may disturb dancers.
- ☐ c. Warnings and disciplinary action must be made against rule-breakers.
- ☐ d. Inspect floors for wet spots

Question 3

Complete

Mark 1.00 out of 1.00



Personal safety does not encompass psychological safety wherein individuals have the freedom from worries about physical safety.

Select one:

- ☐ True
- ☒ False

Question 4

Complete

Mark 1.00 out of 1.00



The level of personal safety awareness where the person involved analyzes the task first by taking in consideration the risks and then proceeding to remedy and decrease the possibility of an accident or injury.

Select one:

- ☐ a. Clueless
- ☐ b. Realization with action
- ☐ c. Realization without action
- ☒ d. Proactive

Question 5

Complete

Mark 1.00 out of 1.00



Important valuables must be placed on the dashboard so you can easily see them while driving.

Select one:

- ☐ True
- ☒ False

Finish review

Short quiz 8

PEDH121 Short quiz 8

Which is not a form of street jazz dance?

The correct answer is: tap dance

Also known as "floorwork".

The correct answer is: downrock

Which of the following is the least significant advantage of dancing?

Select one:

The correct answer is: Aids in self-confidence

Movements like head spinning, swipes and flare belong to _____.

The correct answer is: power moves

Which of the following is a characteristic of Robotic dance?

The correct answer is: pops and locks

Series of steps performed from a standing position.

The correct answer is: toprock

Where did breakdance originated?

The correct answer is: New York, USA

Who is Clive Campbell?

The correct answer is: a deejay

Movement that requires momentum and physical power to perform.

The correct answer is: power moves

Breakdancing emphasizes on movement, creativity, elements of danger and _____.

The correct answer is: energy

PEDH-121/ SQ 8

(9/10 PASENSYA NA PO HND KO ALAM KUNG ALIN MALI KO 🙄😬)

Which of the following is the least significant advantage of dancing?

ANS: Improved blood circulation

Who is Clive Campbell?

ANS: a deejay

Series of steps performed from a standing position.

ANS: TOPROCK

Movement that requires momentum and physical power to perform.

ANS: POWER MOVES

Also known as "floorwork".

ANS: DOWNROCK

Which of the following is a characteristic of Robotic dance?

ANS: pops and locks

Which is not a form of street jazz dance?

ANS: TAP DANCE

Breakdancing emphasizes on movement, creativity, elements of danger and _____.

ANS: ENERGY

Movements like head spinning, swipes and flare belong to _____.

ANS: POWER MOVES

Where did breakdance originated?

ANS: New York, USA

PEDH 121 SQ 8 😊:) 10/10

Movement that requires momentum and physical power to perform.

The correct answer is: power moves

Movements like head spinning, swipes and flare belong to _____.

The correct answer is: power moves

Series of steps performed from a standing position.

The correct answer is: toprock

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The correct answer is: Aids in self-confidence

Breakdancing emphasizes on movement, creativity, elements of danger and _____.

The correct answer is: energy

SHORT QUIZ 9

PEDH-121/Short Quiz 9 10/10

Whichaway

ans.L

Strutting

ans,P

Puppet

ans.P

A leg-orientation style focusing on fast moving legs, knee rolls and twisting feet.

ans,crazy legs

A shuffle hop move, either at the sides or front and back.

ans. skeeter rabbit

Strobing

ans.P

Lowrider

ans.P

Tutting is inspired from the art of _____.

ans.Ancient Egypt

It means 'freezing from a fast movement'.

ans.locking

Who made the dance 'Electric Boogaloo'?

ans.Sam Solomon

PEDH Shortquiz9 10/10

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strutting

Answer: P

Write P if the movement belongs to popping or L if the movement belongs to locking.

Lowrider

Answer:P

Who made the dance 'Electric Boogaloo'?

Answer: Sam Solomon

A shuffle hop move, either at the sides or front and back.

Answer:skeeter rabbit

Tutting is inspired from the art of _____.

Answer:Ancient Egypt

A leg-orientation style focusing on fast moving legs, knee rolls and twisting feet.

Answer: crazy legs

Write P if the movement belongs to popping or L if the movement belongs to locking.

Puppet

Answer: P

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strobing

Answer: P

Write P if the movement belongs to popping or L if the movement belongs to locking.

Whichaway

Answer:L

It means 'freezing from a fast movement

Answer:locking

PEDH SHORT QUIZ 9

Question 1

Question text

Write P if the movement belongs to popping or L if the movement belongs to locking.

Lowrider

Answer:

P

Question 2

Question text

A shuffle hop move, either at the sides or front and back.

Select one:

skeeter rabbit

Question 3

Question text

Write P if the movement belongs to popping or L if the movement belongs to locking.

Whichaway

Answer:

L

Question 4

Question text

A leg-orientation style focusing on fast moving legs, knee rolls and twisting feet.

Select one:

crazy legs

Question 5

Question text

Who made the dance 'Electric Boogaloo'?

Select one:

Sam Solomon

Question 6

Complete

Question text

Tutting is inspired from the art of _____.

Answer: Ancient Egypt

Question 7

Complete

Question text

Write P if the movement belongs to popping or L if the movement belongs to locking.

Puppet

Answer:

P

Question 8

Question text

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strobing

Answer:

P

Question 9

Question text

It means 'freezing from a fast movement'.

Select one:

locking

Question 10

Question text

Write P if the movement belongs to popping or L if the movement belongs to locking.

Strutting

Answer:

P

Short Quiz 11

PEDH-121 Short Quiz 11 10/10

The Panagbenga Festival was made as a way for the people to rise up from the devastation of the 1990 Luzon earthquake.

True

On average, for how many weeks does Panagbenga Festival run?

5

Which of the following is the meaning of the word, Panagbenga?

season of flowering

The symbol of the festival is a mask depicting different expressions depending on the theme.

false

When is Bacolod City's Charter Day anniversary?

October 19

The festival dancers' flower-inspired costume was a custom unique to Panagbenga Festival.

false

Which of the following is not a part of the festivities during Masskara Festival?

boodle fight

Contemporary masks used in Masskara festival are adorned with plastic beads and sequins.

True

Masskara Festival was established in the year 1990.

false

This dance depicts the spirit of bayanihan in the community.

Abuyog

PEDH-121 Week 14 SQ11

Masskara Festival was established in the year 1990.

Answer: False

This dance depicts the spirit of bayanihan in the community.

Answer: Abuyog

Which of the following is the meaning of the word, Panagbenga?

Answer: season of flowering

Contemporary masks used in Masskara festival are adorned with plastic beads and sequins.

Answer: True

The Panagbenga Festival was made as a way for the people to rise up from the devastation of the 1990 Luzon earthquake

Answer: True

On average, for how many weeks does Panagbenga Festival run?

Answer: 5

Which of the following is not a part of the festivities during Masskara Festival?

Answer: boodle fight

The symbol of the festival is a mask depicting different expressions depending on the theme.

Answer: False

When is Bacolod City's Charter Day anniversary?

Answer: October 19

The festival dancers' flower-inspired costume was a custom unique to Panagbenga Festival.

Answer: False

Short Quiz 12

PEDH-121 Short Quiz 12 10/10

The healthy amount of fat for a man should be between 15 to 18%.

True

In the Anaerobic Energy System, when ATP is hydrolyzed, a hydrogen ion is released.

True

This term refers to the amount of muscle, fat, bone, cartilage making up our bodies.
body composition

Developing physical fitness requires you to address all three energy systems.

True

The human body must have this in order to do daily tasks. It is the ability of the muscle to exert a force to overcome a resistance.

strength

It refers to the ability of muscle to make repeated contractions over a period of time.

muscular endurance

If ATP in the ATP-PC Energy System Pathway stands for Adenosine triphosphate, what does PC stand for?

Phosphocreatine

Which of the following is not a stage in aerobic system?

Lactic Acid Conversion

Two energy system pathways usually have the tendency to predominate the body in one activity.

False

Aerobic occurs only in the presence of oxygen.

True

PEDH 2122

PHYSICAL EDUCATION 4

WEEK 11-20

AMALEAKS.BLOGSPOT.COM

* A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

PEDH-2122-LEC-1922S

Physical Education 4 WEEK 11 – 19

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Learning Activity 3

Started on	Monday, 16 December 2019, 3 PM
State	Finished
Completed on	Monday, 16 December 2019, 3 PM
Time taken	
Grade	10.00 out of 10.00 (100%)

Question 1

Correct

Mark 1.00 out of 1.00

Question text

A sport in attaining or attempting to attain high points in mountainous regions, mainly for the pleasure of the climb.

Select one:

- ☐ a. hiking
- ☐ b. trekking
- ☒ c. mountaineering
- ☐ d. climbing

Feedback

Your answer is correct.

Question 2

Correct

Mark 1.00 out of 1.00

Question text

A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Select one:

- ☐ a. trekking
- ☐ b. hiking
- ☒ c. mountain climbing
- ☐ d. climbing

Feedback

Your answer is correct.

Question **3**

Correct

Mark 1.00 out of 1.00

Question text

Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Select one:

- ☐ a. major climb
- ☐ b. climb
- ☐ c. extreme climb
- ☒ d. minor climb

Feedback

Your answer is correct.

Question **4**

Correct

Mark 1.00 out of 1.00

Question text

Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Select one:

- ☐ a. Extreme climb
- ☒ b. Major Climb
- ☐ c. minor climb
- ☐ d. climb

Feedback

Your answer is correct.

Question **5**

Correct

Mark 1.00 out of 1.00

Question text

The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Select one:

- ☐ a. Remy Garduce
- ☐ b. Anthony Garduce
- ☐ c. Romy Garduce
- ☒ d. Romeo "Romi" Garduce

Feedback

Your answer is correct.

Question **6**

Correct

Mark 1.00 out of 1.00

Question text

An outdoor activity which consists of walking in natural environments, often on hiking trails.

Select one:

- ☐ a. Climbing
- ☐ b. Mountaineering
- ☐ c. Trekking
- ☒ d. Hiking

Feedback

Your answer is correct.

Question 7

Correct

Mark 1.00 out of 1.00

Question text

Are probably the single most important piece of equipment you will need to purchase before a trip.

Select one:

- ☐ a. trekking poles
- ☒ b. shoes/boots
- ☐ c. clothes
- ☐ d. backpack

Feedback

Your answer is correct.

Question 8

Correct

Mark 1.00 out of 1.00

Question text

One of the hiking essentials.

Select one:

- ☐ a. clothes
- ☒ b. Navigation
- ☐ c. backpack
- ☐ d. food

Feedback

Your answer is correct.

Question 9

Correct

Mark 1.00 out of 1.00

Question text

Another key element in keeping feet dry and free of blisters.

Select one:

- ☒ a. socks
- ☐ b. backpack
- ☐ c. trekking pack
- ☐ d. clothing

Feedback

Your answer is correct.

Question **10**

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Often, their tips are hardened carbide steel, with the ability to “set” into rock and soil to provide traction.

Select one:

- ☐ a. trekking pack
- ☐ b. backpack
- ☐ c. laces
- ☒ d. Trekking Poles

Feedback

Your answer is correct.

Long Quiz 2

Question 1

Correct

Mark 1.00 out of 1.00

Question text

the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb.

Answer:

mountain climbing

Question 2

Correct

Mark 1.00 out of 1.00

Question text

Any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point before reaching the summit.

Select one:

- ☐ a. none of these
- ☐ b. minor climb
- ☒ c. major climb

Feedback

Your answer is correct.

Question 3

Correct

Mark 1.00 out of 1.00

Question text

normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Select one:

- ☐ a. minor climb
- ☐ b. none of these
- ☒ c. major climb

Feedback

Your answer is correct.

Question 4

Correct

Mark 1.00 out of 1.00

Question text

it is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule an outdoor climb.

Select one:

- ☒ a. jogging
- ☐ b. swimming
- ☐ c. walking

Feedback

Your answer is correct.

Question 5

Correct

Mark 1.00 out of 1.00

Question text

While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb

Select one:

- ☒ True
- ☐ False

Question 6

Correct

Mark 1.00 out of 1.00

Question text

For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Select one:

- ☒ True
☐ False

Question **7**

Correct

Mark 1.00 out of 1.00

Question text

venture into the woods without properly informing other people.

Select one:

- ☐ True
☒ False

Question **8**

Correct

Mark 1.00 out of 1.00

Question text

an outdoor activity which consists of walking in natural environments.

Select one:

- ☐ a. mountain climbing
☐ b. jogging.
☒ c. hiking

Feedback

Your answer is correct.

Question **9**

Correct

Mark 1.00 out of 1.00

Question text

the flaps that cover the inlet of the upper

Answer:

Question **10**

Correct

Mark 1.00 out of 1.00

Question text

This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Select one:

- ☐ a. Trekking Pack
- ☐ b. Mountaineering Backpacks
- ☒ c. travel pack

Feedback

Your answer is correct.

Question **11**

Correct

Mark 1.00 out of 1.00

Question text

To carry enough clothing, food, and camping equipment for multi-day walks or Trekking trips, you will need this.

Select one:

- ☐ a. Mountaineering Backpacks
- ☒ b. Trekking Pack
- ☐ c. Travelpack

Feedback

Your answer is correct.

Question **12**

Correct

Mark 1.00 out of 1.00

Question text

Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Select one:

- ☐ a. Travelpack
- ☐ b. Trekking Pack
- ☒ c. Mountaineering Backpacks

Feedback

Your answer is correct.

Question **13**

Correct

Mark 1.00 out of 1.00

Question text

it also another key element in keeping feet dry and free of blisters.

Answer:

Socks

Question **14**

Correct

Mark 1.00 out of 1.00

Question text

Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Select one:

- ☐ a. Increased Heart & Lung Capacity
- ☒ b. Musculo-Skeletal Health
- ☐ c. Control Body Sugar and Lose Those Extra Pounds

Feedback

Your answer is correct.

Question **15**

Correct

Mark 1.00 out of 1.00

Question text

A practical way to gain management skills is a trekking expedition.

Select one:

- ☒ a. Grow on your softer skills
- ☐ b. Anti-Depressant and Mood Swing Counter
- ☐ c. Fight Diseases like Cancer

Feedback

Your answer is correct.

Question **16**

Correct

Mark 1.00 out of 1.00

Question text

In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Select one:

- ☒ True
☐ False

Question **17**

Correct

Mark 1.00 out of 1.00

Question text

is a lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers and exploring the great outdoors while having fun in the process.

Answer:

Question **18**

Correct

Mark 1.00 out of 1.00

Question text

There are different ways of lacing and they are often combined to make use of the advantages of each mechanism.

Answer:

Question **19**

Correct

Mark 1.00 out of 1.00

Question text

sometimes also called “car camping” is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

Select one:

- ☐ a. Backcountry camping
☐ b. none of the above
☒ c. Frontcountry camping

Feedback

Your answer is correct.

Question **20**

Correct

Mark 1.00 out of 1.00

Question text

considered as the father of modern camping.

Answer:

Thomas Hiram Holding

Learning Activity 4

Question 1

Correct

Mark 1.00 out of 1.00

Question text

A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Select one:



a. mountain climbing



b. orienteering



c. mountaineering



d. hiking

Feedback

Your answer is correct.

Question 2

Correct

Mark 1.00 out of 1.00

Question text

Event is done on a lake or tidal water area within a canoe.

Select one:

- ☐ a. night orienteering
- ☐ b. trail orienteering
- ☐ c. string orienteering
- ☒ d. canoe orienteering

Feedback

Your answer is correct.

Question 3

Correct

Mark 1.00 out of 1.00

Question text

Variation of point-to-point or score orienteering conducted at night.

Select one:

- ☒ a. night orienteering
- ☐ b. canoe orienteering
- ☐ c. string orienteering
- ☐ d. trail orienteering

Feedback

Your answer is correct.

Question 4

Correct

Mark 1.00 out of 1.00

Question text

Two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Select one:

- ☐ a. legend
- ☒ b. map
- ☐ c. compass
- ☐ d. magnetic north lines

Feedback

Your answer is correct.

Question 5

Correct

Mark 1.00 out of 1.00

Question text

Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Select one:

- ☐ a. map
- ☐ b. magnetic north lines
- ☒ c. legends
- ☐ d. compass

Feedback

Your answer is correct.

Question 6

Correct

Mark 1.00 out of 1.00

Question text

A horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world).

Select one:

- ☐ a. compass
- ☐ b. legend
- ☒ c. bearing
- ☐ d. triangulation

Feedback

Your answer is correct.

Question 7

Correct

Mark 1.00 out of 1.00

Question text

Used to locate your position when two or more prominent landmarks are visible.

Select one:

- ☐ a. legend
- ☒ b. triangulation

- ☒ c. map
- ☐ d. compass

Feedback

Your answer is correct.

Question 8

Correct

Mark 1.00 out of 1.00

Question text

Event is done on cross country skis.

Select one:

- ☒ a. ski orienteering
- ☐ b. string orienteering
- ☐ c. score orienteering
- ☐ d. star event

Feedback

Your answer is correct.

Question 9

Correct

Mark 1.00 out of 1.00

Question text

It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Select one:

- ☒ a. Trail Orienteering
- ☐ b. score orienteering
- ☐ c. ski orienteering
- ☐ d. string orienteering

Feedback

Your answer is correct.

Question 10

Correct

Mark 1.00 out of 1.00

Question text

The word _____ is associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'.

Select one:

- ☒ a. orienteering
- ☐ b. orientee
- ☐ c. orient
- ☐ d. orienteer

Feedback

Your answer is correct.

LONG QUIZ 4

Question 1

Correct

Mark 1.00 out of 1.00

Question text

True north and south are of course the local directions to the respective geographic poles

Select one:



True



False

Question 2

Correct

Mark 1.00 out of 1.00

Question text

Each team member does a short course and tags the next team member. A mass start is usually used

Select one:

- ☒ a. relay orienteering
- ☐ b. night orienteering
- ☐ c. project orienterring

Feedback

Your answer is correct.

Question 3

Correct

Mark 1.00 out of 1.00

Question text

Participants travel to each control on this.

Select one:

- ☐ a. canoe orienteering
- ☒ b. bike orienteering
- ☐ c. line orienteering

Feedback

Your answer is correct.

Question 4

Correct

Mark 1.00 out of 1.00

Question text

a 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer:

Question 5

Correct

Mark 1.00 out of 1.00

Question text

Excellent for use by school and scout groups. At each control, the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Select one:

- ☐ a.
Canoe Orienteering
- ☐ b. night orienterring
- ☒ c. project orienteering

Feedback

Your answer is correct.

Question 6

Correct

Mark 1.00 out of 1.00

Question text

Route orienteering that requires participants to mark their map correctly with the controls.

Select one:

- ☒ True
- ☐ False

Question 7

Correct

Mark 1.00 out of 1.00

Question text

Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Select one:

- ☐ a. trivia orienteering
- ☐ b. trail orienteering



c. string orienteering

Feedback

Your answer is correct.

Question 8

Correct

Mark 1.00 out of 1.00

Question text

Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer:

Gyrocompasses

Question 9

Correct

Mark 1.00 out of 1.00

Question text

Proof-of-arrival at each control site is confirmed by answering a question about the site.

Select one:



a. String Orienteering



b. trivia orienteering



c. trail orienteering

Feedback

Your answer is correct.

Question 10

Correct

Mark 1.00 out of 1.00

Question text

Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Select one:



True



False

Question 11

Correct

Mark 1.00 out of 1.00

Question text

Triangulation is used to locate your position when two or more prominent landmarks are visible.

Select one:



True



False

Question 12

Correct

Mark 1.00 out of 1.00

Question text

Line orienteering of a set course with undisclosed control points. Success depends on accuracy

Select one:



True



False

Question 13

Correct

Mark 1.00 out of 1.00

Question text

. a great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer:

Hannibal

Question 14

Correct

Mark 1.00 out of 1.00

Question text

Variation of point-to-point or score orienteering conducted at night

Select one:

- ☒ a. night orienteering
- ☐ b. line orienteering
- ☐ c. motala

Feedback

Your answer is correct.

Question **15**

Correct

Mark 1.00 out of 1.00

Question text

Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Select one:

- ☒ a. rogaine
- ☐ b. Cross Country / Foot
- ☐ c. Motala

Feedback

Your answer is correct.

Question **16**

Correct

Mark 1.00 out of 1.00

Question text

a horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world)

Select one:

- ☐ a. compas
- ☒ b. bearing



c. none of these

Feedback

Your answer is correct.

Question 17

Correct

Mark 1.00 out of 1.00

Question text

Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Select one:



a. score orienteering



b. ski orienteering



c. string orienteering

Feedback

Your answer is correct.

Question 18

Correct

Mark 1.00 out of 1.00

Question text

On March 28th 1918 he organized the first official event over a 12km course with 3 controls.

Select one:



True



False

Question 19

Correct

Mark 1.00 out of 1.00

Question text

Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Select one:



True



False

Question **20**

Correct

Mark 1.00 out of 1.00

Question text

associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'

Answer:

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

* The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* An outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* One of the hiking essentials.

Answer: Navigation

* Often, their tips are hardened carbide steel, with the ability to “set” into rock and soil to provide traction.

Answer: Trekking Poles

* Any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point before reaching the summit.

Answer: major climb

* normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: major climb

* it is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule an outdoor climb.

Answer: walking

* While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb

Answer: True

* For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Answer: True

* venture into the woods without properly informing other people.

Answer: False

* This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: travel pack

* To carry enough clothing, food, and camping equipment for multi-day walks or Trekking trips, you will need this.

Answer: Trekking Pack

* Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: Mountaineering Backpacks

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* There are different ways of lacing and they are often combined to make use of the advantages of each mechanism.

Answer: Laces

* sometimes also called "car camping" is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

Answer: Frontcountry camping

* considered as the father of modern camping.

Answer: Thomas Hiram Holding

* A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

Answer: night orienteering

* Two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Answer: map

* Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Answer: legends

* A horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world).

Answer: bearing

* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Answer: Trail Orienteering

* The word _____ is associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'.

Answer: orienteering

* Excellent for use by school and scout groups. At each control, the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'

Answer: orienteering

* Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Answer: string orienteering

* Proof-of-arrival at each control site is confirmed by answering a question about the site.

Answer: trivia orienteering

* True north and south are of course the local directions to the respective geographic poles

Answer: True

* Variation of point-to-point or score orienteering conducted at night

Answer: night orienteering

* a 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: Orienteering

* Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Answer: rogaine

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

* Line orienteering of a set course with undisclosed control points. Success depends on accuracy

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* . a great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

* Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Answer: True

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Answer: score orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: relay orienteering

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompasses

* a horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world)

Answer: bearing

*This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: Travelpack

*A practical way to gain management skills is a trekking expedition.

Answer: Grow on your softer skills

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* Excellent for use by school and scout groups. At each control the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: Relay orienteering

* Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Answer: rogaine

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Answer: score orienteering

* Proof-of-arrival at each control site is confirmed by answering a question about the site.

Answer: trivia orienteering

* Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Answer: string orienteering

* A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

* The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* Is an outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* Are probably the single most important piece of equipment you will need to purchase before a trip.

Answer: shoes/boots

* One of the hiking essentials.

Answer: Navigation

* Another key element in keeping feet dry and free of blisters.

Answer: socks

* A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

Answer: night orienteering

* two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Answer: map

* Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols.

Answer: legends

* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Answer: Trail Orienteering

* Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: mountaineering backpacks

* Considered as the father of modern camping.

Answer: Thomas Hiram Holding

* A great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

* While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb.

Answer: True

* Venture into the woods without properly informing other people.

Answer: False

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* Line orienteering of a set course with undisclosed control points. Success depends on accuracy.

Answer: True

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

* True north and south are of course the local directions to the respective geographic poles.

Answer: True

* Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Answer: True

* For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Answer: True

* For most climbers, the pleasures of mountaineering lie not only in the “conquest” of a peak but also in the physical and spiritual satisfactions brought about through intense personal effort, ever-increasing proficiency, and contact with natural grandeur.

Answer: True

* Climbing mountains is truly rewarding: not only does it cultivate environmental awareness, it also develops a person's character by facing and conquering one's fears and ultimately conquering oneself, leaving the mountain climber with a great feeling of achievement.

Answer: True

* Socks are the first line of defense so that the body can maintain an appropriate core temperature.

Answer: False

* Tents are needed for day hikes.

Answer: False

* If you are located on a prominent feature marked on the map such as a ridge, stream, or road, only one calculation from a prominent landmark should be necessary. Your position will be approximately where the drawn line intersects this linear feature.

Answer: True

* On March 28th 1918 he organized the first official event over a 12km course with 3 controls.

Answer: False

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompass

* A sport in attaining or attempting to attain high points in mountainous regions, mainly for the pleasure of the climb.

Answer: Mountaineering

* Participants travel to each control on this.

Answer: Bike Orienteering

* It is the easiest and inexpensive way to get in shape 3-4 times a week before you schedules outdoor climb..

Answer: Jogging

* “Pack it in pack it out” means everything you brought should be brought back with you including left-over food or fruit peel. Nothing should be left.

Answer: True

* an outdoor activity which consists of walking in natural environments.

Answer: Hiking

* Walk, run, bike, or camp on durable surfaces like established tracks, rocks, gravel, and dry grasses

Answer: True

SOZ BY keenplify (WEEK 1-10)

https://www.youtube.com/channel/UCJFpwSSupQut6trEhoBy_SA

LEARNING ACTIVITY 1

It is derived from the Latin word recreare which means to be refreshed.

Recreation

Recreation is derived from the Latin word *recreate* which means to be refreshed.

true

The upward force of the water on an object. This is the reason why boats and people float on water. buoyancy

The pressure exerted by the water at equilibrium due to the force of gravity. In other words, it is the weight of the water pressed down on the object..

hydrostatic pressure

It is the upward force of the water on an object.

aquatics

Peeking through life underneath water by swimming with the aid of a snorkel and mask. snorkeling

A piece of equipment that makes it possible to breathe at the surface while the face is submerged in water.

snorkel

Small and inflatable, which provide more buoyancy while floating on water.

snorkel vests

Helps prevent the mask from fogging up.

mask defogger

A big help in keeping hair out of the snorkel and the face as well.

swimming cap

Have a single, full blade while the split fin is “semi-parted ” in the web, separating the blade into two long, stiff blades.

paddle-bladed fins

LONG QUIZ 2

when trekking, maps and compass must be used to avoid markings or leaving of marks on rocks and the like.

True

Walk, run, bike, or camp on durable surfaces like established tracks, rocks, gravel, and dry grasses

True

“Pack it in pack it out” means everything you brought should be brought back with you including left-over food or fruit peel. Nothing should be left.

True

feed wild animals or birds as it is not their natural food False

it is derived from the Latin word recreare which means to be refreshed.

recreation

it is means to be refreshed

RECREARE

Engaging in outdoor recreational activities helps people to rest, de-stress or unwind, and feel revitalized. Psycho-Emotional Benefits

Outdoor activities are ways for families to become closer.

Social Benefits

Positive outdoor experiences can stir up spiritual values.

none of these

recreation is derived from the latin word

recreate

The pressure exerted by the water at equilibrium due to the force of gravity It is the weight of the water pressed down on the object

HYDROSTATIC PRESSURE

The pressure exerted by the water at equilibrium due to the force of gravity It is the weight of the water pressed down on the object

HYDROSTATIC PRESSURE

Peeking through life underneath water by swimming with the aid of a snorkel and mask. What do you call this activity?

snorkeling

it is an acronym for Self – Contained Underwater Breathing Apparatus.

scuba

it is originated from the arab word “kenu” which means dugout.

canoe

it is the beam in the center of a canoe that allows the canoe to rest on a person’s shoulder when portaging

yoke

it is the beam in the center of a canoe that allows the canoe to rest on a person’s shoulder when portaging

yoke

canoe racing is a lengthy race down a river using the kayak or canoe

marathon

Whitewater kayaking is where the kayak is typically fitted with a fin, rather like a surfboard. False

flatwater recreation is relaxing canoeing or kayaking where you can take a gentle paddle down a calm river, ocean, or lake to do sightseeing.

True

Flatwater recreation is relaxing canoeing or kayaking where you can take a gentle paddle down a calm river, ocean, or lake to do sightseeing.

Select one:



ANSWER: True

LEARNING ACTIVITY 2

A diving method where a diver uses a regulator as the as the breathing apparatus and a tank with compressed air which enables the diver to breathe normally underwater. Scuba

He developed an improved diving bell.

Edmund Halley

Englishman who built the “diving engine,” which was an underwater oak cylinder supplied with compressed air from the surface.

John Lethbridge

Creates the air pocket to have a clearer view of the underwater life.

Dive Mask

Delivers the steady supply of air from the cylinder with the right pressure.

Regulator

Provides the needed light as it can be dark underwater.

Dive Lights

Monitors the diver's depth, time of being underwater, and the remaining time for one to be safely down in the water.

Dive Computer

Is a sport that is often considered as much an attitude or way of life as it is a sport.

Surfing

The study of water in motion.

Hydrodynamics

A geographic term that describes the amount of open water over which a wind has blown. Fetch

QUARTERLY EXAM 1

This is a difficult stroke and NOT recommended for beginners because it requires perfect timing and a good deal of strength.

Butterfly

It is an acronym for Self – Contained Underwater Breathing Apparatus.

Scuba

Is a big help in keeping hair out of the snorkel and the face as well.

swimming cap

This is a difficult stroke and NOT recommended for beginners because it requires perfect timing and a good deal of strength.

Butterfly

This is a small valve just lower than the mouth that empties the collected water that comes down the tube when one blows it out.

purge valve

Similar to the freestyle in that you use an alternate windmill arm stroke and flutter kick Backstroke

Have a single, full blade while the split fin is “semi-parted ” in the web, separating the blade into two long, stiff blades.

paddle-bladed fins

Is a geographic term that describes the amount of open water over which a wind has blown.

Fetch

Similar to the freestyle in that you use an alternate windmill arm stroke and flutter kick.

Backstroke

Is the study of water in motion.

Hydrodynamics

Helps prevent the mask from fogging up.

mask defogger

To jump into water with your arms and head going in first.

Dives

Is a movement through water using one's limbs and usually without artificial apparatus.

Swimming

It is originated from the arab word "kenu" which means dugout.

Canoe

An aspect of swimming that involves a swimmer staying in a vertical position a vertical position in the water while keeping his or her head above the surface of the water. **Water Treading**

Can predict both elements of swells—offshore storm systems and the length of a wind's fetch.

Weather forecasting

They are easy to use, more flexible, and more efficient while swimming on the surface.
full-foot fins

This is a difficult stroke and not one to choose if you're just learning how to swim.

Breastroke

"Pack it in pack it out" means everything you brought should be brought back with you including left-over food or fruit peel. Nothing should be left.

True

Peeking through life underneath water by swimming with the aid of a snorkel and mask. What do you call this activity?

Snorkeling

A special valve on top of the tube that completely stops water (and air) from entering the tube when a wave comes or when diving underwater.

dry valve

He developed an improved diving bell.

Edmund Halley

Racing is a lengthy race down a river using the kayak or canoe

Marathon

Is the upward force of the water on an object. This is the reason why boats and people float on water.

Buoyancy

when trekking, maps and compass must be used to avoid markings or leaving of marks on rocks and the like.

True

Can help predict how strong a storm is as it approaches land. Most storm systems that form far out to sea never reach land with much strength.

Swells

Provides the needed light as it can be dark underwater.

Dive Lights

Outdoor activities are ways for families to become closer.

Social Benefits

Contains the pressurized air which allows one to breathe and to stay longer underwater.

Scuba Tank

Flatwater recreation is a relaxing canoeing or kayaking where you can take a gentle paddle down a calm river, ocean, or lake to do sightseeing.

True

Monitors the diver's depth, time of being underwater, and the remaining time for one to be safely down in the water.

Dive Computer

Positive outdoor experiences can stir up spiritual values.

none of these

Recreation is derived from the latin word

recreate

Engaging in outdoor recreational activities helps people to rest, de-stress or unwind, and feel revitalize

Psycho-Emotional Benefits

Prevents splashed water and spray from easily entering the tube

splash guard

Has the most basic part, the solid tube and the mouthpiece. Sometimes, this can be bent to a specific shape.

classic snorkel

Feed wild animals or birds as it is not their natural food.

False

Whitewater kayaking is where the kayak is typically fitted with a fin, rather like a surfboard.

False

This resistance that provides much of the propulsion created by a moving fin.

snorkeling fins

Opening in the kayak's deck where the paddler sits.

none of these

Walk, run, bike, or camp on durable surfaces like established tracks, rocks, gravel, and dry grasses.

True

Creates the air pocket to have a clearer view of the underwater life.

Dive Mask

A piece of equipment that makes it possible to breathe at the surface while the face is the submerged in water.

Snorkel

Englishman who built the "diving engine," which was an underwater oak cylinder supplied with compressed air from the surface.

John Lethbridge

A diving method where a diver uses a regulator as the as the breathing apparatus and a tank with compressed air which enables the diver to breathe normally underwater.

Scuba

Delivers the steady supply of air from the cylinder with the right pressure.

Regulator

Are small and inflatable, which provide more buoyancy while floating on water.

snorkel vests

This is the most popular stroke and the easiest for beginners to learn.

Freestyle

Has a more rigid blade than the full-foot fin and it can provide a more forward thrust but requires more effort to use.

adjustable fins

Racing is a lengthy race down a river using the kayak or canoe

Marathon

It is the beam in the center of a canoe that allows the canoe to rest on a person's shoulder when portaging.

Yoke

A beam in the center of a canoe that allows the canoe to rest on a person's shoulder when portaging.

YOKE

Is a sport that is often considered as much an attitude or way of life as it is a sport.

Surfing

PEDH 2122

PHYSICAL EDUCATION 4

WEEK 11-20

GR 12 ONLY

By: Venus ♥ - modded&mirrored by keenplify

!!! Mga besh!!! Kahit andito kaming mga source niyo ah?! Wag kayo magbulakbol, wag niyo ko tularan! Hahaha, oo nga, seryoso. Pero kahit ganun kahit papano naayos pa buhay hahaha! Skl. MERRY CHRISTMAS ngayong 2019!!! Kahit di ako nagpapasko hahaha! I hope na lahat tayo papasa at wala sanang maiwan. Sorry kung di man perfect pero okay na to at least may naibigay ahahha Love you mga besh!!!

LOVE BY VENUS ♥♥

It is means to be refreshed

Answer: Recreare

the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb.

Answer: Mountain Climbing

the flaps that cover the inlet of the upper

A: Tongues

it also another key element in keeping feet dry and free of blisters.

Answer: socks

* Is a lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

is a lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers and exploring the great outdoors while having fun in the process.

Answer: Mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

- * The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* An outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* One of the hiking essentials.

Answer: Navigation

* Often, their tips are hardened carbide steel, with the ability to "set" into rock and soil to provide traction.

Answer: Trekking Poles

*Any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point before reaching the summit.

Answer: major climb

* normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: major climb

* _____ it is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule an outdoor climb.

Answer: walking

* While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb

Answer: True

* For day hikes, 1 to 2 liters of water per person would suffice, although you may need to bring more if it is in your nature to consume a greater amount.

Answer: True

* venture into the woods without properly informing other people.

Answer: False

* This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: travel pack

* To carry enough clothing, food, and camping equipment for multi-day walks or Trekking trips, you will need this.

Answer: Trekking Pack

* Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: Mountaineering Backpacks

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* There are different ways of lacing and they are often combined to make use of the advantages of each mechanism.

Answer: Laces

* sometimes also called "car camping" is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

Answer: Frontcountry camping

* considered as the father of modern camping.

Answer: Thomas Hiram Holding

* A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

Answer: night orienteering

* Two-dimension representation of a three-dimension surface. It is a graphic representation of the ground and the terrain.

Answer: map

* Another important feature of the orienteering map as it will tell you valuable information. It will describe the terrain, roads, buildings, rivers, etc. using symbols. **Answer:** legends

* A horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world).

Answer: bearing

* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground. **Answer:** Trail Orienteering

* The word _____ is associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'.

Answer: orienteering

* Excellent for use by school and scout groups. At each control, the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* associated with the very early history of the sport, and was used by the Military Academy, Sweden in 1886 to mean 'crossing unknown territory with the aid of a map and compass'

Answer: orienteering

* Used with pre-schoolers and primary grade children. Controls are placed along a string which leads the child to each of the controls. Level of difficulty may be varied.

Answer: string orienteering

* Proof-of-arrival at each control site is confirmed by answering a question about the site.

Answer: trivia orienteering

* True north and south are of course the local directions to the respective geographic poles

Answer: True

* Variation of point-to-point or score orienteering conducted at night

Answer: night orienteering

* a 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: Orienteering

* Teams try to locate as many controls as possible in a 4, 12 or 24 hour period. Similar to a score event.

Answer: rogaine

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

* Line orienteering of a set course with undisclosed control points. Success depends on accuracy

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* . a great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

* Magnetic north and south are widely misunderstood. The statement is often made that magnetic north is the direction to the North Magnetic Pole.

Answer: True

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

Answer: score orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: relay orienteering

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompasses

* a horizontal angle measured clockwise from north (either magnetic north or true north) to some point (either a point on a map or a point in the real world)

Answer: bearing

*This Backpack is similar in volume as the Trekking pack, but the type of activity it is used for is very different.

Answer: Travelpack

* A practical way to gain management skills is a trekking expedition. **Answer: Grow on your softer skills**

* Trekking helps tone the muscles while enhancing their elasticity. This strengthens and powers up the muscles.

Answer: Musculo-Skeletal Health

* Excellent for use by school and scout groups. At each control the participant attempts to complete some type of activity. The activity may be used to teach a new concept or used to test a skill.

Answer: project orienteering

* Each team member does a short course and tags the next team member. A mass start is usually used

Answer: Relay orienteering

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Answer: rogaine

* Participants try to find as many controls as possible in a given amount of time. Controls usually have different point values depending upon distance from the start and the difficulty of navigation required to find them.

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Answer: string orienteering

* A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

Answer: mountain climbing

* Is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

Answer: minor climb

* Normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

Answer: Major Climb

* The first Filipino who was able to accomplish that. He scaled the nature's Goliaths, surviving the most extreme and challenging weather and environment conditions.

Answer: Romeo "Romi" Garduce

* Is an outdoor activity which consists of walking in natural environments, often on hiking trails.

Answer: Hiking

* Are probably the single most important piece of equipment you will need to purchase before a trip.

Answer: shoes/boots

* One of the hiking essentials.

Answer: Navigation

* Another key element in keeping feet dry and free of blisters.

Answer: socks

* A 'thinking' outdoor sport that combines a participant's mental ability with physical ability.

Answer: orienteering

* Event is done on a lake or tidal water area within a canoe.

Answer: canoe orienteering

* Variation of point-to-point or score orienteering conducted at night.

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Answer: map

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* Used to locate your position when two or more prominent landmarks are visible.

Answer: triangulation

* Event is done on cross country skis.

Answer: ski orienteering

* It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Answer: Trail Orienteering

- * Most Mountaineering Backpacks are very simple, robust, and streamlined, with a single compartment and single lid pocket.

Answer: mountaineering backpacks

- * Considered as the father of modern camping.

Answer: Thomas Hiram Holding

- * A great military general and leader who commanded the Carthaginian forces against Rome, was believed to have used a magnetic compass when he sailed from Italy in 203 B.C.

Answer: Hannibal

- * While hiking, wear quick dry clothes and stay away from cotton fabrics and denim pants since you will be sweating profusely during the climb.

Answer: True

- * Venture into the woods without properly informing other people.

Answer: False

* In the European context, mountaineering is often referred to as alpinism which means climbing with difficulty such as climbing the alps.

Answer: True

* Line orienteering of a set course with undisclosed control points.
Success depends on accuracy.

Answer: True

* Route orienteering that requires participants to mark their map correctly with the controls.

Answer: True

* Score orienteering that has numerous controls set up, each allocated points according to difficulty.

Answer: True

* Triangulation is used to locate your position when two or more prominent landmarks are visible.

Answer: True

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Answer: True

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Answer: True

* For most climbers, the pleasures of mountaineering lie not only in the "conquest" of a peak but also in the physical and spiritual satisfactions brought about through intense personal effort, ever-increasing proficiency, and contact with natural grandeur.

Answer: True

* Climbing mountains is truly rewarding: not only does it cultivate environmental awareness, it also develops a person's character by facing and conquering one's fears and ultimately conquering oneself, leaving the mountain climber with a great feeling of achievement.

Answer: True

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Answer: False

* Tents are needed for day hikes.

Answer: False

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necessary. Your position will be approximately where the drawn line intersects this linear feature.

Answer: True

* On March 28th 1918 he organized the first official event over a 12km course with 3 controls.

Answer: False

* Came into being in the first decade of the twentieth century and soon became standard equipment on large ships.

Answer: Gyrocompass

* A sport in attaining or attempting to attain high points in mountainous regions, mainly for the pleasure of the climb.

Answer: Mountaineering

* Participants travel to each control on this.

Answer: Bike Orienteering

- * It is the easiest and inexpensive way to get in shape 3-4 times a week before you schedule outdoor climb..

Answer: Jogging

- * "Pack it in pack it out" means everything you brought should be brought back with you including left-over food or fruit peel. Nothing should be left.

Answer: True

- * an outdoor activity which consists of walking in natural environments.

Answer: Hiking

- * Walk, run, bike, or camp on durable surfaces like established tracks, rocks, gravel, and dry grasses

Answer: True

By :uncle ervin

Kayaking and canoeing both require a paddle for propulsion and steering.

Feedback

The correct answer is 'True'.

Engaging in outdoor recreational activities helps people to rest, de-stress or unwind, and feel revitalized.

The correct answer is 'True'.

A kayak has a covered deck, while a canoe is wide open.

Select one:



True



False

Feedback

The correct answer is 'True'.

Sea canoeing is done in open waters such as the ocean or the lake. Kayaks may be sit-on-top or decked design.

The correct answer is 'False'.

Activities done indoors in the natural setting help in making people realize the great things that nature provides mankind.

The correct answer is 'False'.

The indoors may be in their most natural state or "semi-natural" state, which is a state where it had gone through some human modification but has retained its natural features

The correct answer is 'False'.

The “**Leave No Trace Seven Principles**” is a set of universal outdoor ethics that guides one in the activities to do with nature.

The correct answer is 'True'.

Surf kayaking is where the kayak is typically fitted with a fin, rather like a surfboard.

Select one:



True



False

The correct answer is 'True'.

Kayak were originally made from the large tree trunks.

The correct answer is 'False'.

Recreation is derived from the latin word

The correct answer is: recreation by ervin

This is the reason why boats and people float on water

The correct answer is: AQUATICS

Scuba diving will require certain certification or c-card for one to be allowed to dive or even rent the scuba equipment.

The correct answer is 'True'.

Scuba diving is a diving method where a diver uses a regulator as the as the breathing apparatus and a tank with compressed air which enables the diver to breathe normally underwater.

The correct answer is 'True'.

Diving is really a old adventure as one seem to enter an entirely new world, with species that can only be find in water.

The correct answer is 'False'.

A pre-dive safety check must be done before going to the water. This is performed once a diver is wearing his/her gear and is done with a dive buddy.

The correct answer is 'True'.

Descending to water should not be done in a slow and controlled way; this is what they call the controlled descent.

The correct answer is 'False'.

Surfing involves riding ocean waves with a surfboard.

The correct answer is 'True'.

Hydrodynamics is the study of water in motion.

The correct answer is 'True'.

Swells is a geographic term that describes the amount of open water over which a wind has blown.

The correct answer is 'False'.

Weather forecasting can predict both elements of swells—offshore storm systems and the length of a wind's fetch.

The correct answer is 'True'.

Surf breaks are permanent features that cause waves to break in a predictable way.

The correct answer is 'True'.

2ND QUARTER

Trekking is a lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

The correct answer is 'False'.

Minor Climb normally requires two or more days to accomplish, with the climber exerting a great deal of physical effort, and normally takes six hours or more to reach the summit.

The correct answer is 'False'.

Mountaineering, also called **mountain climbing**, the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb.

The correct answer is 'True'.

In the European context, mountaineering is often referred to as *alpinism* which means climbing with difficulty such as climbing the alps.

The correct answer is 'True'.

Major Climb is any climb that can be accomplished within a single day without extraordinary physical effort, taking five hours or less from the jump-off point (location at the foot of the mountain where the hike begins) before reaching the summit.

The correct answer is 'False'.

A lifestyle sport involving hiking and trekking through rugged terrain, camping, climbing over rocks, fallen trees and logs, passing by thick vegetation, crossing rivers, and exploring the great outdoors while having fun in the process.

The correct answer is: mountain climbing

Frontcountry camping- sometimes also called "car camping" is camping on planned campgrounds where it is close to a vehicle, with certain amenities (such as bathrooms and stores) and emergency aid.

The correct answer is 'True'.

Thomas Hiram Holding is considered as the father of modern camping (Ryalls, A. & Petrin, R. L., 2016). He was a British Traveling tailor whose passion for camping was developed as a child.

The correct answer is 'True'.

Clothes are the second line of defense so that the body can maintain an appropriate core temperature.

The correct answer is 'False'.

Hypothermia is a condition where the body temperature is below 35 degrees Celsius.

The correct answer is 'True'.

Tents should not be light and compact so it will be easier to carry.

The correct answer is 'False'.