

Denver Broncos Cheerleaders Finals Football Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Lloyd Cushenberry III plays which position?**
 - A. Guard**
 - B. Center**
 - C. Tackle**
 - D. Quarterback**

- 2. In safety for high-energy performances, what is the role of a proper warm-up?**
 - A. Warm-up is optional and decorative.**
 - B. Warm-up is essential to ensure safety during high-energy performances.**
 - C. Warm-up only helps with hair style.**
 - D. Warm-up delays performance.**

- 3. Which position is primarily tasked with covering receivers and supporting run defense?**
 - A. Defensive Ends**
 - B. Quarterbacks**
 - C. Cornerbacks**
 - D. Running Backs**

- 4. In the offense lineup, which position is placed outside the center?**
 - A. Guard**
 - B. Center**
 - C. Tackle**
 - D. Wide Receiver**

- 5. Which guard wears jersey number 52?**
 - A. Graham Glasgow 61**
 - B. Dalton Risner 66**
 - C. Netane Muti 52**
 - D. Noah Fant 87**

- 6. What is the primary purpose of a stunt sequence within a routine?**
- A. Set the tempo of the music**
 - B. Evaluate audience reaction**
 - C. Showcase strength, balance, teamwork, and create dynamic visuals.**
 - D. Decide uniform color**
- 7. Who created the Ring of Fame?**
- A. John Elway**
 - B. Pat Bowlen**
 - C. Mike Shanahan**
 - D. Red Miller**
- 8. What is a typical responsibility of a team captain during rehearsals?**
- A. Lead warm-ups.**
 - B. Coordinate counts.**
 - C. Communicate with the group and choreographer.**
 - D. Lead warm-ups, coordinate counts, and communicate with the group and choreographer.**
- 9. Which beverage is recommended during and after practice for hydration?**
- A. Water (and electrolytes as needed); limit caffeine.**
 - B. Sugary juice only.**
 - C. Alcohol.**
 - D. No fluids.**
- 10. What are two common sources for music cues during practice?**
- A. Pre-recorded music tracks and choreographer's counts or metronome-guided timing.**
 - B. Audience claps and weather.**
 - C. TV sound effects and street noise.**
 - D. Radio ads and podcasts.**

Answers

SAMPLE

1. B
2. B
3. C
4. A
5. C
6. C
7. B
8. D
9. A
10. A

SAMPLE

Explanations

SAMPLE

1. Lloyd Cushenberry III plays which position?

- A. Guard
- B. Center**
- C. Tackle
- D. Quarterback

Understanding which position this player occupies on the offense is the key idea. Lloyd Cushenberry III is the center. The center is the player on the interior of the offensive line who snaps the ball to the quarterback to start every play and then immediately blocks to protect the quarterback and create running lanes. This role is distinct from guards and tackles, who line up on either side of the center and handle blocking duties from different angles, and from the quarterback, who handles passing, reads defenses, and leads the offense. Cushenberry's college background and professional career identify him as a center, including his time at LSU and his selection by the Broncos in the NFL Draft. So, the position that best fits him is center.

2. In safety for high-energy performances, what is the role of a proper warm-up?

- A. Warm-up is optional and decorative.
- B. Warm-up is essential to ensure safety during high-energy performances.**
- C. Warm-up only helps with hair style.
- D. Warm-up delays performance.

A proper warm-up prepares the body for high-energy movements by gradually raising heart rate, increasing blood flow to muscles, and loosening joints and connective tissues. This readiness boosts range of motion, muscle activation, and neuromuscular coordination, helping performers execute jumps, spins, lifts, and rapid changes in direction more safely and with better control. A good warm-up usually starts with light cardio, moves into dynamic stretches and mobility work, adds activation drills for stabilizing muscles, and then progresses to sport-specific movements to prime the exact actions you'll perform. Skipping or treating warm-up as optional undermines safety, while claims it's only about appearance or that it delays performance ignore the vital protection and readiness it provides.

3. Which position is primarily tasked with covering receivers and supporting run defense?

- A. Defensive Ends
- B. Quarterbacks
- C. Cornerbacks**
- D. Running Backs

Cornerbacks are the players who cover receivers and also provide run support. They line up against the opposing wide receivers and use man or zone coverage to prevent completions, reading routes and breaking on the ball to defend passes. When plays run outside or develop toward the edges, they also sprint up to help stop the ball carrier, tackling and sealing off gains before they become bigger chunks. This combination of pass coverage and outside run support is why this position is the best fit. Defenders like defensive ends focus mainly on rushing the quarterback and setting the edge, while other options are offensive players, so they don't fit the responsibilities described.

4. In the offense lineup, which position is placed outside the center?

- A. Guard**
- B. Center**
- C. Tackle**
- D. Wide Receiver**

The main idea here is how the offensive line is arranged and which players sit directly next to the center. In a typical formation, the center lines up in the middle and snaps the ball. The players immediately to the left and right of the center are the guards. They sit directly outside the center as the first blockers in the line. The tackle sits outside the guards, farther from the center, and wide receivers are not part of the interior line. So the position placed outside the center is the guard.

5. Which guard wears jersey number 52?

- A. Graham Glasgow 61**
- B. Dalton Risner 66**
- C. Netane Muti 52**
- D. Noah Fant 87**

Numbers help identify positions on the field, and guards typically wear jerseys in the 50s or 60s. Among the Broncos players listed, the guard who sports the 52 jersey is Netane Muti. The other players shown wear different numbers (one guard with 61 and another with 66), and a tight end wears 87. So the 52 jersey belongs to Netane Muti.

6. What is the primary purpose of a stunt sequence within a routine?

- A. Set the tempo of the music**
- B. Evaluate audience reaction**
- C. Showcase strength, balance, teamwork, and create dynamic visuals.**
- D. Decide uniform color**

The stunt sequence serves as the visual centerpiece of a routine, showing off the team's coordinated strength, balance, and trust. It highlights how bases lift and support flyers, how flyers hold and balance poses, and how spotters keep the sequence safe. When these elements come together with precise timing and dynamic level changes, the routine becomes energetic and visually striking, keeping the audience engaged and the performance polished. Setting the tempo is driven by the music and overall choreography, not by the stunt sequence itself. Audience reaction is something judged after the performance, not a purpose of the stunt within the routine. Uniform color is a design decision separate from the stunts, contributing to the overall look but not defining the stunt's purpose.

7. Who created the Ring of Fame?

- A. John Elway
- B. Pat Bowlen**
- C. Mike Shannahan
- D. Red Miller

Pat Bowlen created the Ring of Fame to honor the people who built and sustained the franchise. As the team's owner, he established the tradition and the process for recognizing players, coaches, and other contributors who left a lasting mark on the Broncos. The other names are all notable figures in Broncos history—legendary players and coaches—but they did not initiate the Ring of Fame themselves.

8. What is a typical responsibility of a team captain during rehearsals?

- A. Lead warm-ups.
- B. Coordinate counts.
- C. Communicate with the group and choreographer.
- D. Lead warm-ups, coordinate counts, and communicate with the group and choreographer.**

During rehearsals, a team captain often acts as the hub that keeps everyone prepared, coordinated, and informed. Leading warm-ups helps everyone get physically ready and sets focused energy for the session. Coordinating counts ensures the group stays in sync with the music and with each other, which is essential for precise timing and spacing. Communicating with the group and the choreographer guarantees questions are answered, changes are explained, and everyone understands what's expected. When a single option includes all three duties, it reflects how a captain naturally handles multiple leadership roles in one rehearsal to maintain momentum and unity. That's why it's the best choice.

9. Which beverage is recommended during and after practice for hydration?

- A. Water (and electrolytes as needed); limit caffeine.**
- B. Sugary juice only.
- C. Alcohol.
- D. No fluids.

Hydration during and after practice is about keeping fluid balance and electrolytes in check so muscles work well and recovery stays on track. Water is essential for staying hydrated, and adding electrolytes as needed helps replace what you lose in sweat—especially sodium, which helps your body hold onto fluids and prevents cramping. Limiting caffeine is wise because it can act as a diuretic for some people, reducing hydration efficiency and potentially affecting recovery if consumed in excess. Sugary juice by itself isn't ideal because while it provides fluids and quick carbohydrates, it doesn't reliably replace electrolytes and can cause sugar spikes that upset stomach during intense activity. Alcohol is dehydrating and impairs recovery, so it should be avoided around practice. Not drinking fluids at all guarantees dehydration, which hurts performance and recovery. So, the best approach is water with electrolytes as needed, and keep caffeine limited to support steady hydration and recovery.

10. What are two common sources for music cues during practice?

A. Pre-recorded music tracks and choreographer's counts or metronome-guided timing.

B. Audience claps and weather.

C. TV sound effects and street noise.

D. Radio ads and podcasts.

Two common sources for music cues during practice are pre-recorded music tracks and choreographer's counts or metronome timing. The pre-recorded tracks set the exact tempo and highlight moments when moves should begin, pause, or transition, keeping everyone aligned with the song and with each other. The choreographer's counts provide a clear, repeatable beat structure—often in eight-count phrases—that dancers can follow even when the music isn't playing, and a metronome can lock in precise timing for drills. Together, these cues create a reliable framework for rhythm, transitions, and formations. Other sounds like audience noise, weather, TV effects, street noise, or media ads aren't controllable and don't offer consistent timing cues for a routine.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://denverbroncoscheerfinalsfootball.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE