

# USF Spirit Team's Annual Training and Qualification Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. Which college at the University of South Florida is associated with Pam and Les Muma?**
  - A. Muma College of Business**
  - B. College of Engineering**
  - C. College of Public Health**
  - D. College of Arts and Sciences**
- 2. What is considered a tertiary color for USF?**
  - A. Green**
  - B. Slime**
  - C. Red**
  - D. Orange**
- 3. Which aspect is crucial for maintaining team morale?**
  - A. Individual recognition over team success**
  - B. Constructive teamwork and support among members**
  - C. Frequent competitions without preparation**
  - D. Minimizing team interactions**
- 4. How many points is a safety in football worth?**
  - A. 1 point**
  - B. 2 points**
  - C. 3 points**
  - D. 4 points**
- 5. What is the function of the linebacker in football?**
  - A. Blocking**
  - B. Defending against the run and pass**
  - C. Quarterbacking**
  - D. Kicking**
- 6. How many points is a field goal worth in football?**
  - A. 1 point**
  - B. 2 points**
  - C. 3 points**
  - D. 4 points**

- 7. What benefits does engaging in traditions provide for the spirit team?**
- A. They encourage competition among team members**
  - B. They develop a sense of unity and enhance team identity**
  - C. They complicate the practice schedule**
  - D. They negate the need for new ideas**
- 8. What is the role of music in a spirit team performance?**
- A. To enhance the routine's energy and maintain audience engagement**
  - B. To provide a distraction for the audience**
  - C. To serve as a uniform element across all routines**
  - D. To dictate the pace of practices**
- 9. A tight end (TE) primarily plays in which division?**
- A. Defense**
  - B. Offense**
  - C. Special Teams**
  - D. Coaching**
- 10. Which expressway in Tampa is named after Lee Roy Selmon?**
- A. Florida Avenue Expressway**
  - B. Lee Roy Selmon Expressway**
  - C. Southern Crosstown Expressway**
  - D. Veterans Expressway**

## **Answers**

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

**SAMPLE**

## **Explanations**

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**1. Which college at the University of South Florida is associated with Pam and Les Muma?**

- A. Muma College of Business**
- B. College of Engineering**
- C. College of Public Health**
- D. College of Arts and Sciences**

The Muma College of Business at the University of South Florida is named in honor of Pam and Les Muma, who are notable philanthropists and supporters of the university. Their contributions have significantly impacted the growth and development of the business program, reflecting the Mumas' commitment to education and the enhancement of academic resources. This recognition showcases the importance of philanthropic support in fostering educational excellence and providing students with valuable opportunities within the business realm. The other colleges listed, while important in their own right, do not carry the Muma name and are not directly associated with the contributions made by Pam and Les Muma.

**2. What is considered a tertiary color for USF?**

- A. Green**
- B. Slime**
- C. Red**
- D. Orange**

The identification of colors within a color wheel generally categorizes primary colors (red, blue, yellow) and secondary colors (green, orange, purple) formed by mixing primary colors. Tertiary colors are those created by mixing a primary color with a secondary color. In the context of USF and the choices provided, "Slime" could be categorized as a creative term representing a specific shade associated with the institution, potentially related to a unique branding element or mascot. This creative interpretation may place "Slime" as a tertiary color in the context of school spirit and identity. The other choices, while important colors in other contexts (green, red, and orange) are either primary or secondary colors within the traditional understanding of color theory. Therefore, "Slime" as a recognized school color aligns with the branding and spirit associated with USF.

### 3. Which aspect is crucial for maintaining team morale?

- A. Individual recognition over team success
- B. Constructive teamwork and support among members**
- C. Frequent competitions without preparation
- D. Minimizing team interactions

Maintaining team morale is heavily influenced by constructive teamwork and support among members. When team members actively support each other, it fosters a sense of belonging and unity. This collaborative spirit enhances communication and trust, allowing individuals to feel valued and understood, which directly contributes to higher morale. A supportive environment encourages members to contribute their strengths, share ideas, and overcome challenges collectively. It creates an atmosphere where achievements are celebrated as team successes rather than just individual accomplishments, reinforcing the idea that everyone plays a vital role in the team's overall performance. In contrast, prioritizing individual recognition over team success can lead to feelings of division and competition, which may harm morale. Similarly, engaging in frequent competitions without proper preparation might create stress and anxiety rather than motivation and cohesion. Minimizing team interactions can erode relationships and result in isolation, further diminishing team spirit. Therefore, promoting constructive teamwork and support is essential for cultivating a positive and motivated team environment.

### 4. How many points is a safety in football worth?

- A. 1 point
- B. 2 points**
- C. 3 points
- D. 4 points

In football, a safety is awarded when the offensive team is tackled in their own end zone or commits a foul in that area. It results in two points for the defensive team. This rule is foundational in the game, as it provides a way to score without a conventional offensive play leading to a touchdown or field goal. Safeties can significantly impact the game's momentum and strategy, as they not only add to the score but also grant possession of the ball to the scoring team, fostering a shift in gameplay dynamics. This concept is frequently emphasized in training and qualification for players and teams to understand the nuances of scoring.

**5. What is the function of the linebacker in football?**

- A. Blocking**
- B. Defending against the run and pass**
- C. Quarterbacking**
- D. Kicking**

The role of the linebacker in football is primarily focused on defending against both the run and the pass, which is why this answer is correct. Linebackers serve as a hybrid defensive player, positioned behind the defensive linemen and tasked with various responsibilities that require versatility and athleticism. In defending against the run, linebackers need to read the offensive play and react quickly to fill gaps, tackle ball carriers, and stop potential gains. This requires them to be in the right position and have excellent awareness of the game. When it comes to pass defense, linebackers may need to cover running backs, tight ends, or even drop back into zone coverage in certain situations. They often play a crucial role in the defensive game plan by adjusting their positioning and responsibilities according to the offensive formation and play development. This multifaceted role is integral to a team's overall defensive strategy, balancing the need for stopping the run with the ability to defend against pass plays, making the linebacker an essential component of the defensive unit.

**6. How many points is a field goal worth in football?**

- A. 1 point**
- B. 2 points**
- C. 3 points**
- D. 4 points**

In football, a field goal is worth three points. This scoring method is utilized when a team successfully kicks the ball through the opponent's goalposts, typically from a distance during a play when they are unable to achieve a touchdown. The field goal is a strategic option when a team is within a reasonable distance from the goalposts but may not have enough yardage to score a touchdown or is running out of time in a half or game. This makes the three-point field goal a critical aspect of scoring in football, as it allows teams to put points on the board even without advancing far enough down the field for a touchdown. Understanding this scoring can greatly influence game strategy and decision-making during play.

**7. What benefits does engaging in traditions provide for the spirit team?**

- A. They encourage competition among team members**
- B. They develop a sense of unity and enhance team identity**
- C. They complicate the practice schedule**
- D. They negate the need for new ideas**

Engaging in traditions offers significant benefits to the spirit team by developing a sense of unity and enhancing team identity. When members participate in shared customs and practices, they strengthen their bonds and create a collective experience that fosters camaraderie. This sense of belonging can be crucial for team morale, especially in a high-energy environment where collaboration and teamwork are essential. Traditions also help establish a common identity among team members, as shared experiences and values contribute to how the team perceives itself. This can lead to greater motivation and commitment as each individual feels they are part of something larger than themselves. Additionally, a strong team identity can enhance performance during events, as team members are more likely to support and rely on one another. While some aspects of traditions might introduce elements of competition or complicate schedules, the core of tradition lies in building a supportive environment where members feel connected and valued. This unity is ultimately essential for achieving the team's overall goals and fostering a positive atmosphere.

**8. What is the role of music in a spirit team performance?**

- A. To enhance the routine's energy and maintain audience engagement**
- B. To provide a distraction for the audience**
- C. To serve as a uniform element across all routines**
- D. To dictate the pace of practices**

The role of music in a spirit team performance is primarily to enhance the routine's energy and maintain audience engagement. Music serves as an essential element that complements the choreography, elevating the overall performance by setting the mood and rhythm. It helps to energize both the performers and the audience, creating an atmosphere that captivates viewers and encourages their participation. Additionally, an engaging musical selection can drive the emotional response of the audience, making the performance more memorable. The right tempo and style of music can synchronize with the movements of the spirit team, adding an extra layer of excitement and appeal to the routine. This emphasis on energy and engagement highlights the importance of music as not just a background element, but as a driving force in captivating the audience and enhancing the overall impact of the performance.

**9. A tight end (TE) primarily plays in which division?**

- A. Defense**
- B. Offense**
- C. Special Teams**
- D. Coaching**

The tight end (TE) primarily plays in the offensive division of football. This position is a hybrid role, combining the responsibilities of both a receiver and a blocker. Tight ends participate in pass-catching plays, similar to wide receivers, by running routes and attempting to catch throws from the quarterback. At the same time, they are involved in blocking for running plays or helping to protect the quarterback during passing plays. Understanding the roles and responsibilities within the offensive division is crucial because they emphasize scoring and advancing the ball down the field. This distinction helps in developing strategies for both offensive plays and overall team dynamics. Tight ends are an essential asset in creating mismatches against defensive players, as they can be both physically imposing and agile. This dual role solidifies their place within the offensive scheme of the game.

**10. Which expressway in Tampa is named after Lee Roy Selmon?**

- A. Florida Avenue Expressway**
- B. Lee Roy Selmon Expressway**
- C. Southern Crosstown Expressway**
- D. Veterans Expressway**

The expressway in Tampa named after Lee Roy Selmon is the Lee Roy Selmon Expressway. This highway is a vital transportation route in the area and serves as a tribute to Lee Roy Selmon, who was a legendary football player for the University of South Florida (USF) and an influential figure in the community. The designation of the highway honors his contributions both on and off the field, emphasizing his importance in local history and culture. The name reflects the pride the community has in Selmon's legacy, making it a significant point of interest for residents and visitors alike.