

Student name: \_\_\_\_\_

1) What cultural interests do ancient and modern civilizations have in common?

- A) Admiring athletic ability and physical fitness
- B) Participating in athletic competition
- C) The desire to play

D) All of the answers are correct.

2) Historians, sociologists, and anthropologists have long noted the significance of physical ability and physical expression. As a result, they have reached which of the following conclusions?

A) The quest for survival during ancient times—and modern time—was and is in some way facilitated in our desire to play.

B) Play was indeed important, but only members of the aristocracy were permitted to play. Children who were not members of the aristocracy were prohibited from engaging in play.

C) The human race evolved not because of anything that physical ability and the expression of play may have contributed but due to mere chance and luck and nothing

more.

D) Physical expression and physical ability has no direct or indirect connection to the work of Charles Darwin, who is credited for developing the theory of evolution.

3) In the ancient world—as it is in the modern world—survival of an individual, community, or nation depended in part on

A) physical prowess and physical fitness of the inhabitants.

B) highly skilled and disciplined warriors and soldiers.

C) a physical education program that provided instruction in traditional military skills, such as endurance running, wrestling, and swimming to name a few.

D) holding athletic competitions that highlighted

"combat sports" such as the javelin throw, foot races, archery, and boxing.

E) All of the answers are correct.

4) According to Johan Huizinga, the author of *Homo Ludens*, the reason that humans engage in play and related activities is because it is

- A) enjoyable and fun.
- B) the one activity that separates humans from animals.
- C) deeply religious and therefore provides meaning to

life.

D) All of the answers are correct.

5) The Sumerians

- A) inhabited an area in the ancient world known as Mesopotamia, which today is known as Iraq.
- B) developed cuneiform writing, which revolutionized the way people communicated.
- C) developed an intricate political and economic system.

D) engaged in warfare as did most of the other political entities during this time.

E) All of the answers are correct.

6) The "athletic" Sumerian king who is thought to have ruled during the twenty-seventh century B.C. was

- A) Herakles.
- B) Gilgamesh.

C) David.  
D) Alexander the Great.

7) The Assyrian warrior-king Assurbanipal

- A) was known to lead his troops into battle.
- B) was a superb hunter.
- C) was honored with odes and citations that demonstrated that in the ancient world, there was a strong connection between sport and religion.

D) claimed to have personally killed 1,000 lions.

E) All of the answers are correct.

8) Archaeologists excavating the ancient city of Sumer have learned that

A) artifacts uncovered during the Early Dynastic period of Sumerian civilization (3000-1500 B.C.) provide evidence that sports and games were played.

B) combat sports such as boxing and wrestling date from around 2000 B.C.

C) the Sumerians enjoyed fishing and boating.

D) the Sumerians enjoyed playing board games and children played with toy chariots and boats.

E) All of the answers are correct.

9) According to archeological evidence, which of the following is a view that Sumerians had about the value of the human body?

A) Sumerian kings married the goddess Inanna each year to elevate their physical presence, thus making them "godlike" and ensuring that their bodies and physical attributes had value.

B) The Sumerians paid special attention to the body in matters of personal hygiene because they often used the body as a subject of art.

C) The Sumerians were heavily influenced by Greek thought and culture and held the body in high esteem and

featured it—the human body—in their art.

D) Sumerian kings were often portrayed naked in the works of sculptors and artists because they believed that nakedness expressed pride.

10) Lion hunting was a popular sport for Sumerian rulers because:

A) victors of lion hunting were depicted as athletes in their temples at Abydos and Abu Simbel.

B) victors of lion hunting were rewarded with land as well as rations of beer.

C) it was believed that lion hunting prepared men for

the dangers and challenges of war.

D) lion hunting elevated a king's physical presence and made him "godlike."

11) Which of the following was a likely consequence of the royal regatta started by the Egyptian Pharaoh Akhnaton?

- A) Development of ulama as a cultural and religious experience
- B) Development of the science of medicine
- C) Evolution of martial arts

D) Establishment of the sport of competitive rowing

12) Egypt

A) traces its origins back almost 2,000 years ago where it was a small village along the Red Sea.

B) had monarchs that engaged in sporting activities in order to present themselves to the people as powerful and capable rulers.

C) had monarchs that were ideally able to demonstrate their ability as an athlete, warrior, and hunter.

D) had monarchs that engaged in sporting activities in

order to present themselves to the people as powerful and capable rulers. They were ideally able to demonstrate their ability as an athlete, warrior, and hunter.

13) Which of the following was most likely true of the ancient Egyptians?

A) They built grand palaces, streets, and monuments that were among the grandest in the land.

B) They quite possibly developed the science of medicine.

C) They had a social structure that included the

wealthy, common citizens, and slaves.

D) They were superb warriors.

E) All of the answers are correct.

14) Archaeologists know that the Egyptians

A) enjoyed participating in sporting activities because of the countless artifacts that have been discovered as well as

the paintings that have been found in tombs.

B) believed in "life

after death" and members of the nobility and the wealthy, who were able to construct magnificent tombs, were buried with items that were to give them pleasure and comfort in the next life. Among these items were sporting implements.

C) were pagans who did not worship any god or gods and, as a result, found no use for physical expression or a need for sports.

D) enjoyed participating in sporting activities because of the countless artifacts that have been discovered as well as the paintings that have been found in tombs. They also

believed in "life after death" and members of the nobility and the wealthy, who were able to construct magnificent tombs, were buried with items that were to give them pleasure and comfort in the next life. Among these items were sporting implements.

**15) Wealthy Egyptians**

A) enjoyed boating on the Mississippi River.

B) enjoyed flogging slaves in the market.

C) enjoyed swimming in their own swimming pools at

home.

D) All of the answers are correct.

**16) In ancient Egypt,**

A) the demand for physical labor was never-ending.

B) life was harsh and difficult away from the large cities.

C) individual survival depended in large part on physical fitness, health, and luck.

D) festivals and religious observation provided a break

from the harsh physical demands of farming and fishing.

E) All of the answers are correct.

**17) The Egyptians had a reputation**

A) for being superb warriors.

B) for being able to mobilize the entire population to serve as slaves.

C) for their humanitarian methods of training their

soldiers.

D) for using women and children as front-line soldiers.

18) Young Egyptian men of the aristocracy

A) enlisted as foot soldiers rather than in the chariot corps.

B) were placed in the barracks where they were physically beaten.

C) became proficient as archers so they would be

among the last to face the enemy.

D) None of the answers are correct.

19) The primary weapon of an Egyptian soldier was the \_\_\_\_\_.

A) bow and arrow

B) sword and shield

C) slingshot

D) dagger

20) As far as recreational activities go, the Egyptians enjoyed

A) Greek wrestling, especially the pankration.

B) organized rowing contests on the Ganges river.

C) music, singing, and dancing.

D) All of the answers are correct.

21) Many Egyptian pharaohs took an active part in what festival that featured physical fitness and athletic ability?

A) Ancient Cairo Festival of Athletic Supremacy

B) Festival to honor the Nile God Shiva

C) The Heb Sed festival

D) The sports festival at Karnak

E) The Olympic Games in Greece

22) The pharaohs Seti and Ramses

A) eventually defeated Moses and celebrated by

establishing funeral games that featured athletic

competitions and feats of strength.

B) started a royal regatta—a race between oarsmen, known as the Festival of the Oars.

C) were depicted as athletes on the mural paintings in

their tombs.

D) were known for their skills as surgeons.

**23)** Historically, China

A) dates from the beginning of the Christian era—circa 46 A.D.

B) enjoyed organized sports that began in 618 A.D.

C) never achieved a standard of living remotely close

to that enjoyed in the West.

D) None of the answers are correct.

**24)** In China,

A) physical culture has been traced as far back as Peking Man, who lived over 500,000 years ago.

B) there is strong evidence that the ancient Chinese were swift runners and good hunters.

C) cave paintings exist that are over 3,000 years old and depict dancing and other physical activities.

D) a dance was developed in ancient times that was used to treat diseases of the legs and feet.

E) All of the answers are correct.

**25)** Which of the following is true of the Chinese?

A) They equipped their knights with axes, spears, and daggers.

B) They built solid chariots that lacked ornamentation.

C) They sent chariots racing into battle after the infantry was attacked.

D) They relied heavily on women to drive the chariots so the men could be used in the infantry.

**26)** Chinese men serving in the infantry

A) would depend upon their prowess as an athlete,

luck, and skill in using weapons of war to survive.

B) enjoyed a position of honor, especially if they were drawn from the ranks of the "ordinary population" because it was a sign of devotion.

C) were almost always spared when captured by the

enemy because of their special status.

D) All of the answers are correct.

27) In China,

A) women who danced were not as highly valued as they were in Egypt.

B) hunting was not a popular pastime.

C) the ruler Assurbanipal was a superb hunter and archer, and was depicted wearing a ceremonial robe and pouring wine over dead lions.

D) the wealthy lived in houses that were equipped with baths, heaters, mechanical fans, and rooms that were cooled using ice.

28) The Chinese

A) enjoyed the sport of boxing.

B) developed martial arts, which were the result of Chinese philosophy and the need to train skilled warriors.

C) played a form of football.

D) men and women aristocrats played polo during the T'ang Dynasty.

E) All of the answers are correct.

29) Which of the following is true?

A) In approximately A.D. 1070, a boxing teacher named Chio Yaun Shang Jen incorporated 170 movements into boxing.

B) Chio Yaun Shang Jen wrote a set of training rules for boxers.

C) According to Chio Yaun Shang Jen, a good boxer would follow a vegetarian diet, become self-disciplined, and control his sexual urges.

D) All of the answers are correct.

E) In approximately A.D. 1070, a boxing teacher named Chio Yaun Shang Jen incorporated 170 movements into boxing, and he also wrote a set of training rules for boxers.



30) Which of the following is false?

A) The ancient Chinese identified ten types of military skills.

B) The ten military skills reflected the various elements of yin and yang, the positive and negative forces that the Chinese believe exist in nature.

C) Over time, the martial arts incorporated *jing luo xue*, which was the science of attending to the main and collateral channels found in the body and became the mainstay of Chinese medicine.

D) The ancient Chinese identified ten types of military skills that reflected the various elements of yin and yang, the positive and negative forces that the Chinese believe exist in nature.

E) None of the answers are correct.

31) Which of the following is true of the martial arts that evolved in China?

A) The most recognized form of martial arts was known as ulama.

B) The ancient Chinese appeared to have used military skills that were simpler than those traditionally practiced by their contemporaries in the West.

C) The martial arts had been refined and distilled into

ten types of military skills.

D) Over time, martial arts incorporated *jing luo xue*, the science of attending to the main and collateral channels found in the body.

32) Which of the following is true?

A) The "perfect circle," in the form of a ball, is at the core of some of the most contested athletic competitions in both the ancient and modern world.

B) As a cultural mainstay, ball games were very popular in antiquity.

C) In Mesoamerica, a ball game known as ulama was a cultural and religious experience for spectators, religious leaders, and athletes.

D) Mesoamerica is a term used to distinguish the inhabitants of a particular part of the Americas from the Indians who lived in neighboring areas.

E) All of the answers are correct.

33) In regard to ulama, which of the following is true?

A) It was played with a ball made of animal skin that was stuffed with fine sand.

B) Teams were chosen by a female priestess who selected males between the ages of 16 and 26.

C) Each team had eight athletes.

D) Teams were assigned certain colors that would

enable the fans to identify athletes with particular teams.

E) None of the answers are correct.

34) Ulama was

A) played with a rubber ball.

B) played by the Olmecs beginning around 1800 B.C.

C) played by the pre-Columbian Maya, the Totonacs, and the Aztecs.

D) All of the answers are correct.

E) played with a rubber ball by the Olmecs beginning around 1800 B.C.

35) In regard to ulama, which of the following is true?

A) Initially, ulama was probably played on a level field without walls or earth barriers.

B) The game may have been the precursor to the modern game of jai alai, which is very popular in Mexico and Central America today.

C) When Columbus sailed to the Americas, he watched a ball game that was being played on an island in the Caribbean that utilized a rubber ball.

D) When Columbus sailed back to Spain, he returned with a rubber ball that nobody in Europe had ever seen before.

E) All of the answers are correct.

36) In the context of Mesoamerica, which of the following is false?

A) Ball games were played on fields and ball courts

that date from as far back as 1500 B.C.

B) According to archaeological evidence, ulama was the only sport that was played by the Indians of Mesoamerica.

C) The archeological site of Chichen Itza in Southern Mexico contains a large intact *tlachtemalacatl* (ball court) with a stone ring attached to the wall that served as a goal.

D) Ulama was a competitive ball game that had strong religious overtones.

37) Discuss the role of sport in the life of ancient Egyptians.

38) Explain how martial arts evolved.

39) Ulama was associated with human sacrifice.

- ☐ true
- ☐ false

40) Archeological evidence found in the ball court in Chichen Itza indicates that there were ritual beheadings of athletes who played ulama.

- ☐ true
- ☐ false

41) Interpretation of the

archeological evidence at the Casa Colorada ball court in Chichen Itza suggests that the captain of the winning team in the ulama competition might be beheaded as the ultimate blood sacrifice to the gods. The entire winning team could

also lose their heads as the ultimate sacrifice as well.

- ☐ true
- ☐ false

**42)** The Mayans who played ulama used a bat similar to that used in modern-day baseball to hit the ball through the stone ring.

- ☐ true
- ☐ false

**43)** The Spanish explorer Hernando Cortes watched the Indians playing ulama and was so fascinated by the game and their athletic ability that he took them back to Spain, where they demonstrated the sport at the court of King Charles V in 1528.

- ☐ true
- ☐ false

## **Answer Key**

Test name: A History and Philosophy of Sport  
and Physical Education , Mechikoff 7th ch2

- 1) D
- 2) A
- 3) E
- 4) A
- 5) E
- 6) B
- 7) E
- 8) E
- 9) A
- 10) C
- 11) D
- 12) D
- 13) E
- 14) D
- 15) C
- 16) E
- 17) A
- 18) D

- 19) A
- 20) C
- 21) C
- 22) C
- 23) D
- 24) E
- 25) A
- 26) A
- 27) D
- 28) E
- 29) D
- 30) D
- 31) D
- 32) E
- 33) E
- 34) D
- 35) E
- 36) B
- 39) TRUE
- 40) TRUE
- 41) TRUE

42) FALSE

43) TRUE