

GENERAL ORIENTATION QUIZ - REFER TO COACHES' GUIDE

You must score at least 80% on this quiz to pass. You will only be notified if you do not pass.

Name: _____ Delegation (program): _____

Home Address: _____ City: _____ Zip: _____

Telephone: _____ E-Mail: _____

Date: _____

Please circle the answers you believe to be correct.

1. Who is eligible to participate in Special Olympics Iowa? (Section 2 – Athlete Information)
 - A. Anyone who wants to participate in Olympic type events.
 - B. Someone who has a physical disability.
 - C. Anyone who has an intellectual disability and is under age 18.
 - D. Someone who is at least 8 years of age and has a doctor signature of having an intellectual disability.

2. Which one of the following IS NOT an aspect that differentiates Special Olympics Iowa from other sports organizations? (Section 7 – Competitions, Games & Tournaments)
 - A. A variety of sports opportunities are provided for all ability levels.
 - B. Ability groupings are created through divisioning to provide equitable competition for all athletes.
 - C. Awards are provided to all participants who compete.
 - D. Not everyone who competes will get an award.
 - E. To advance to higher levels of competition, criteria is based on place of finish within each division and random draw.
 - F. There is no charge to athletes or their family members for athletes to train and compete.

3. What program does Special Olympics Iowa offer to athletes with the most severe levels of disability? (Section 6 – Special Programs)
 - A. Motor Activities Training Program – (Challenge Day)
 - B. Healthy Athletes
 - C. Summer Games
 - D. Young Athletes Program

4. Does Special Olympics Iowa stress the recreational or competition approach to sports? (Section 1 – Introduction to Special Olympics)
 - A. Recreational
 - B. Competition

5. Which of the following are unique characteristics of people with intellectual disabilities that affect how they learn sports and require coaches to modify their instruction? (Select all that apply.) (Section 2 – Athlete Information)
 - A. Learn at a slower rate.
 - B. Will give up before they give an honest effort, therefore they will never learn.
 - C. Often need skills broken down into smaller tasks and need concepts made very concrete.

6. Any delegation that raises funds in the name of Special Olympics is to open a centralized account with the state office. (Section 5 – Fundraising, Policies & Procedures)
 - A. True
 - B. False

7. Combination of gender and/or consecutive age groups may occur when very low participation numbers exist in order to provide quality, competitive competition. (Section 7 – Competitions, Games & Tournaments & Section 8 – Sport Specific Information)
- A. True
 - B. False
8. What is the minimum amount of time (weeks/hours) required within a sport season that Special Olympics Iowa athletes need to train and compete? (Section 4 – Coach Information)
- A. 10 Weeks/20 Hours
 - B. 8 Weeks/10 Hours
 - C. 12 Weeks/30 Hours
 - D. 52 Weeks/100 + Hours
9. In order for an athlete to participate in Special Olympics, the following must be completed (Select all that apply) (Section 2 – Athlete Information)
- A. Participant Release Form
 - B. Athlete medical form – Healthy History
 - C. School Physical
 - D. Athlete Information Form
 - E. Athlete Medical Form – Physical Exam
10. What method is used to choose athletes and teams to compete in higher levels of Special Olympics competition (USA Games or World Games)? (Section 7 – Competitions, Games & Tournaments)
- A. Everyone gets to advance, no matter what.
 - B. It is a process of elimination based on who has been to past competitions.
 - C. A random draw or lottery process is used to ensure fairness.
 - D. It is only based on who is able to show up the day of competition.
11. What is the main component of Special Olympics Iowa Unified Sports®? (Section 6 – Special Programs)
- A. Only Special Olympic Iowa athletes can compete.
 - B. Only non-disabled athletes can compete.
 - C. Only athletes with both intellectual and physical disabilities can compete
 - D. Athletes with and without intellectual disabilities of similar age and ability compete together on teams.
12. Class A application and the Protective Behavior Training must be completed by ALL classifications below EXCEPT (Section 3 – Volunteer Information)
- A. Coaches, chaperones, unified partners, family members and volunteers who have regular, close physical contact with athletes.
 - B. Volunteers who are in a position of authority of supervision or trust with athletes.
 - C. Volunteers who are considered “Day of Event” volunteers.
 - D. Volunteers who handle substantial amounts of cash or other assets of SOIA.

Please return to:
Special Olympics Iowa
PO Box 620
Grimes IA 50111

Email: classa@soiowa.org
Tel: 515-986-5520