

Level One Coaches Certification Test  
**General Orientation (January 2010)**

Name: \_\_\_\_\_

Program/Area: \_\_\_\_\_

Date: \_\_\_\_\_ Email Address: \_\_\_\_\_

Please complete this test and fax, mail or email to:

Special Olympics Montana  
PO Box 3507  
Great Falls MT 59403-3507  
[polsen@somt.org](mailto:polsen@somt.org)  
Fax: 406-454-9043

You must get at least 85% of the questions correct to pass the test.  
You will be notified of your results within 2 weeks from when your test was received.

1. How well do you know the Special Olympics Mission? Insert the appropriate words in the blanks below.

To provide \_\_\_\_\_ sports training and  
athletic \_\_\_\_\_ in a variety of \_\_\_\_\_  
for children and adults with \_\_\_\_\_ or closely related  
developmental disabilities, giving them continuing opportunities to develop  
\_\_\_\_\_, demonstrate courage, experience joy and participate in a  
sharing of gifts, \_\_\_\_\_ and friendship with their families, other  
Special Olympics athletes and the \_\_\_\_\_.

3. What is the Athlete Oath?

Let me \_\_\_\_\_. But if I cannot \_\_\_\_\_, let me be  
\_\_\_\_\_ in the attempt.

2. Which committee sanctions Special Olympics?

- International Olympic Committee       National Collegiate Athletic Association  
 National High School Athletic Federation       Special Olympics North America

4. In what year did Special Olympics officially begin?

- 1964  1970  1968  1984

5. In what year was Special Olympics Montana chartered?

- 1964  1970  1968  1984

6. Special Olympics Montana is divided into how many areas?

- 10  12  15  20

7. Which is **NOT** included in the Volunteer Code of Conduct?

- Provide for the general welfare, health and safety of all Special Olympics athletes and volunteers.
- Dress and act in any manner
- Abstain from the consumption or use of all alcohol, tobacco products and illegal substances while involved with ANY Special Olympics Program event, competition or training school.

8. Athletes cannot serve as Special Olympics volunteers.

- True  False

9. Which of the following is **NOT** a requirement for Level II coaches training certification?

- complete coaches training in basic skills in their sport
- attend a state game as a coach in their sport
- complete 10 hours practicum with an athlete or athletes
- complete Level I coaches training

10. How many years does a coach have to complete Level II training? \_\_\_\_\_

11. To be eligible to compete in Special Olympics, an athlete must be at least

- 7 years old  8 years old  9 years old  There is no minimum age.

12. Which of the following are NOT acceptable eligibility criteria for becoming a Special Olympics athlete?

- identified by an agency or professional as having an intellectual disability
- has a cognitive delay, as determined by standardized measures
- has a closely related developmental disability
- solely has a physical, behavioral or emotional disability

13. Special Olympics offers the Young Athletes program for children ages

- 5 – 11 years of age
- 2 – 7 years of age
- 0 – 7 years of age
- Any child not ready for Special Olympics competition.

14. What program does Special Olympics offer to athletes with the most severe levels of disability?

- Young Athletes Program
- Motor Activities Training Program
- Unified Sports<sup>®</sup>

15. Special Olympics Unified Sports<sup>®</sup> teams match age and ability of athletes and Partners.

- True
- False

16. How many *official* Olympic type sports are offered by SOMT?

- 12
- 17
- 21
- 22

17. What are the 3 criteria for divisioning?

- Age, Ability, Demographics
- Gender, Age, Ability
- Gender, Socioeconomics, County athlete lives in

18. What is the advancement criteria used by Special Olympics Incorporated to choose athletes and teams to compete in higher levels of Special Olympics competition?

- Athletes are recommended by staff
- A computer program randomly picks athletes
- Gold medals winners from each division are randomly drawn
- All athletes names in the state are randomly drawn

19. Which of the following is **NOT** an important training principle?

- frequent repetition and reinforcement
- consistent use of few words
- instruction to highest functioning athlete(s) only
- continuous evaluation

20. What is the minimum amount of time required within a sport season that a Special Olympics athlete needs to train for competition?

- 2 weeks
- 4 weeks
- 6 weeks
- 8 weeks

21. What is the required SOMT coach to athlete ratio?

- 1:4
- 4:1
- 1:8
- 1:10