

OVC SIDELINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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- 1. Which of the following is explicitly listed as part of gameday items?**
 - A. Crimson water bottle
 - B. Uniform
 - C. Slicker brush
 - D. Nike socks
- 2. In CHAMPI, what does P stand for?**
 - A. Proud
 - B. Persistent
 - C. Passionate
 - D. Principled
- 3. Which option describes the defensive routine after success?**
 - A. Offense - GET HYPE, offensive chant, spirit w/ skill
 - B. QUICK free stunt
 - C. 120 yards field
 - D. Defense - spirit w/ skill, defensive chant, GET HYPE
- 4. Which school has the Wolves as its mascot?**
 - A. Edmond Santa Fe
 - B. Deer Creek
 - C. Jenks
 - D. Union
- 5. After an incomplete pass for the Redhawks resulting in a 3rd down, which defensive response is listed?**
 - A. Defense - get up in extension quick, flyers have defense noise signs, spirit w/ skill, GET HYPE
 - B. Offense - GET HYPE, offensive chant, spirit w/ skill
 - C. Defense - silent
 - D. Offense - stand and cheer

- 6. During PreGame 7, which item would you see?**
- A. National Anthem
 - B. Hype Video
 - C. Alma Matter
 - D. Fight Song
- 7. Which Stars & Stripes order includes a hitch kick-full baskets?**
- A. Stars & Stripes Order 1
 - B. Stars & Stripes Order 2
 - C. Stars & Stripes Order 3
 - D. Stars & Stripes Order 4
- 8. Which school uses Redhawks as its mascot?**
- A. Moore
 - B. Stillwater
 - C. Edmond Santa Fe
 - D. Union
- 9. Which entry contains 1.5 ups?**
- A. Stars & Stripes Order 1
 - B. Stars & Stripes Order 2
 - C. Stars & Stripes Order 3
 - D. Timeout 1
- 10. Teresa King holds which role?**
- A. Athletics administrative assistant
 - B. Assistant athletic director
 - C. Athletic director
 - D. High school principal

Answers

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

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Explanations

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1. Which of the following is explicitly listed as part of gameday items?

A. Crimson water bottle

- B. Uniform
- C. Slicker brush
- D. Nike socks

Gameday items are those specifically listed as needed for the game in the team's official checklist. The crimson water bottle is the item that the list names as part of that gameday kit, signaling it's the hydration tool players are expected to bring and use during the game. The other items—uniform, slicker brush, and Nike socks—are common gear or apparel, but they aren't identified on the gameday items list in this context, so they aren't the explicitly listed gameday item.

2. In CHAMPI, what does P stand for?

A. Proud

- B. Persistent
- C. Passionate
- D. Principled

P stands for Proud. In CHAMPI, each letter points to a trait that guides how you show up and act. Proud means taking pride in your work and in how you represent your team, upholding standards, and showing confidence in your role. It's about owning responsibilities, delivering with integrity, and carrying yourself with dignity so others can trust you and the group. Being Proud isn't about arrogance; it's about demonstrating commitment, accountability, and respect through your actions and results. The other terms—Persistent, Passionate, and Principled—describe different ideas: ongoing effort despite obstacles, strong enthusiasm, and adherence to ethical standards. They're valuable traits too, but in this acronym, Proud is the one that represents the P.

3. Which option describes the defensive routine after success?

- A. Offense - GET HYPE, offensive chant, spirit w/ skill
- B. QUICK free stunt
- C. 120 yards field
- D. Defense - spirit w/ skill, defensive chant, GET HYPE

After a successful defensive play, the team should rally with energy that reinforces the defensive identity for the next moment in the game. The best choice is the defense-focused routine, combining spirit with skill, a defensive chant, and GET HYPE. This matches the idea of boosting morale specifically for the defense, celebrating the stop or turnover while gearing up for the next drive. The other options don't fit because they either describe offense, a stunt not tied to a post-success routine, or an unrelated field measurement rather than a team routine.

4. Which school has the Wolves as its mascot?

A. Edmond Santa Fe

B. Deer Creek

C. Jenks

D. Union

Mascots are the recognizable symbols of a school's athletic teams. Edmond Santa Fe High School uses the Wolves as its mascot, so that school is the one associated with the Wolves. The other schools listed have different mascots, so they don't fit the Wolves nickname.

5. After an incomplete pass for the Redhawks resulting in a 3rd down, which defensive response is listed?

A. Defense - get up in extension quick, flyers have defense noise signs, spirit w/ skill, GET HYPE

B. Offense - GET HYPE, offensive chant, spirit w/ skill

C. Defense - silent

D. Offense - stand and cheer

Defensive energy and sideline signaling after a defensive moment. When the offense faces a 3rd down and the defense has just made a stop or late pressure, the sideline ramps up with defense-focused actions to keep the energy high, communicate quickly, and rally the team. The best fit is the response that shows defense-specific cues: getting up quickly, using defense noise signs, keeping spirit with skill, and shouting GET HYPE. This matches the idea of a defense-driven moment where players rise to the occasion, create audible energy with signs, and maintain momentum for the next play. The other options don't fit because they center on offense or on remaining quiet. After a defensive moment on a 3rd down, the defense creating hype and using signs is the expected behavior, not a shift to offense or silence.

6. During PreGame 7, which item would you see?

A. National Anthem

B. Hype Video

C. Alma Matter

D. Fight Song

In a must-win matchup, the pregame show is designed to amp up energy and set a dramatic tone for the moment. A hype video fits that purpose perfectly: it's a short, cinematic montage of team highlights, dramatic clips, and bold music that builds intensity right before game time, helping both players and fans feel the stakes of the seventh game. While the National Anthem is a common pregame ritual and happens at nearly every game, it doesn't serve the same narrative punch as a hype video in this context. Alma Mater and Fight Song are more tied to school pride and college traditions, not typically part of the pregame atmosphere for a decisive professional playoff game. So the hype video is the element you'd most likely see in PreGame 7.

7. Which Stars & Stripes order includes a hitch kick-full baskets?

- A. Stars & Stripes Order 1
- B. Stars & Stripes Order 2**
- C. Stars & Stripes Order 3
- D. Stars & Stripes Order 4

Focus on how the routine flows from one move to the next. A hitch kick acts as a quick leg extension that sets up the body for the next motion, and when it leads directly into a sequence of full baskets, the transition has the clean rhythm and timing that the group needs to stay in sync and maintain proper spacing. The order that includes this exact pairing—hitch kick followed by full baskets—is designed so the momentum from the kick carries into the baskets smoothly, making the sequence look cohesive and controlled. That seamless connection is what makes this order the best fit for including both elements together. The other orders place moves in ways that either skip the hitch kick, separate it from the basket sequence, or disrupt the timing, so they don't align with the same fluid transition.

8. Which school uses Redhawks as its mascot?

- A. Moore
- B. Stillwater
- C. Edmond Santa Fe
- D. Union**

Mascots give schools a memorable identity for their athletic teams, often reflecting a symbol or image the school wants to embody. In this case, Redhawks is the specific mascot name associated with one school in the list. Union High School is known as the Union Redhawks, so their teams carry that nickname. The other schools have different mascots, so they do not use Redhawks. Therefore, the school that uses Redhawks as its mascot is Union.

9. Which entry contains 1.5 ups?

- A. Stars & Stripes Order 1**
- B. Stars & Stripes Order 2
- C. Stars & Stripes Order 3
- D. Timeout 1

The key thing to notice is the numeric value in the ups field for each entry. Look for the exact value 1.5 in that measurement. Stars & Stripes Order 1 is the entry that shows 1.5 ups, so it's the one that contains that specific value. The other entries list different ups values (or none), so they don't match 1.5 ups. When you're asked to find a particular numeric value like this, scanning the ups column for the exact number is the most reliable approach.

10. Teresa King holds which role?

A. Athletics administrative assistant

B. Assistant athletic director

C. Athletic director

D. High school principal

In an athletics department, the important distinction is between day-to-day administrative support and leadership or school-wide oversight. An athletics administrative assistant is the person who provides clerical and logistical help—things like managing calendars, handling correspondence, coordinating events, and keeping records for the department. That aligns with Teresa King's role here, since the position described focuses on these kinds of tasks rather than making strategic decisions or overseeing entire programs. By contrast, an assistant athletic director or athletic director would be responsible for higher-level duties—supervising staff, managing budgets and compliance, coordinating multiple programs, and serving as a liaison with school administration. A high school principal oversees the whole school, not just athletics. The scenario's emphasis on administrative and organizational duties fits the administrative assistant role best.

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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://ovcsideline.examzify.com>

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

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