The football season is fast approaching and practice will begin mid-August. Tom has begun to shop for new football accessories so he’ll be ready for the first day of practice. One of his priorities is finding a shirt to wear for training.

First and foremost, Tom wants the shirt to feel breathable and comfortable, especially for the August practices. Next, he only has $25 to spend on a shirt that is only going to be worn for working out. He also wants the shirt to be the latest trend. Lastly, he’d like a shirt that can be easily cleaned and washed.

Check the boxes for all statements that are true relating to selecting a sports training t-shirt.

<table>
<thead>
<tr>
<th></th>
<th>Nike Pro</th>
<th>Starter</th>
<th>Champion Sports</th>
<th>Under Armour</th>
</tr>
</thead>
<tbody>
<tr>
<td>This shirt fits into Tom’s budget.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>This shirt will be breathable and comfortable</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>The style is very trendy in these options.</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>This shirt will be easy to care for.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
#1 Nike Pro
Price: $30.00

Features:
- Lightweight fabric delivers a cool-to-the-touch fit and feel.
- Dri-FIT properties wick away moisture for cooler, drier skin.
- Knit-in mesh panels under the arms at the back neck enhance ventilation.
- Tubular seamless body construction and flat stitching at the seams help eliminate chafing.
- Fabric: 74% polyester/14% nylon/12% spandex jersey. Imported.
- Machine washable/air dry

#3 Champion Sports T-Shirt
Price: $14.99

Features:
- Breathability of cotton plus the ease of movement of LYCRA® elastane fabric
- C9 logo on the left arm
- 98% cotton/2% LYCRA elastane
- Machine washable/dryer safe

#2 Starter
Price: $12.92

Features:
- Features patented Star-Fi compression fit for comfort
- Tagless for comfort
- Fabric: cationic polyester, spandex
- Machine washable/air dry

#4 Under Armour
Price: $24.99

Features:
- HeatGear™ Full T
- 16 different team colors
- 92% Lyca 8% Spandex
- Compression Fit wicks away water from body to keep skin cool
- No seams for added comfort
- Machine Washable/Air Dry (sometimes needs to be rewashed for get scents out)
Adam, a counselor at 4-H camp, walks in on two young campers who are having a fight over who is going to be the “lead” part in the talent show skit. Rank the ways to effectively solve this conflict, from best to worst. Base your decision on methods that use clear communication and good listening skills.

Check the boxes for all statements that are true relating to resolving conflict.

<table>
<thead>
<tr>
<th></th>
<th>Scenario 1</th>
<th>Scenario 2</th>
<th>Scenario 3</th>
<th>Scenario 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>This method for resolving conflict allows the boys who are fighting to tell their story.</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Acceptable listening skills are part of this method.</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Adam, the counselor, is avoiding the real issue in this method.</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A win-win situation results when this method is followed.</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

Choice 1
- Adam separates the boys and asks them each to share what they are fighting about.
- He adjusts the control on his CD player while they are talking.
- He steps back and moves away as the boys compete for his attention.
- He decides they will draw names for parts.

Choice 2
- Adam looks away from the boys as they explain what happened.
- He interrupts the second boy because he thinks he started the fight.
- He yawns and sighs since he only got four hours of sleep.
- He announces that since the campers can’t get along, their group will not do a skit in the talent show.

Choice 3
- Adam ignores the disagreement at first.
- He asks the boys to tell him what is going on.
- He explains that while both boys cannot have the lead part, each part is important.
- He organizes a try out for the part and lets a small committee of peers decide who gets the lead.

Choice 4
- Adam leans forward and looks at the boys as they individually state what the fight is about.
- He listens to each of the boys explain why they want the part.
- He explains that both boys cannot have the lead, but each part is important.
- He helps the boys find a part in the skit that will utilize their talents.
Brian is 17 and his parents are leaving him home alone on a Saturday. His parents have given him a list of tasks they need him to accomplish, but Brian also has things he’d like to do. Help Brian decide how to make the most of his time.

Check the boxes for all statements that are true relating to making the most of your time.

<table>
<thead>
<tr>
<th>In which option(s) does Brian make a list?</th>
<th>Scenario 1</th>
<th>Scenario 2</th>
<th>Scenario 3</th>
<th>Scenario 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>This option assures that Brian gets the task done on his parent’s list.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>This option assures Brian that he will have time to do some of the things he wants to do.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>In this option, Brian planned a day in advance</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Scenario #1**
On Friday night, Brian makes a list of everything he wants to do. He puts all of the tasks from his parents’ list first, then he lists the things he wants to do. He makes a checklist that he can mark things off as he gets them done and is able to see his friends Saturday night.

**Scenario #2**
On Friday night, Brian writes down everything that his parents want him to accomplish and everything he would like to do. He then writes down how much time everything will take. He sets a schedule to be sure all the chores on his parents’ list gets done. He is able to squeeze in lunch with his girlfriend and a quick basketball game with his friends.

**Scenario #3**
On Saturday, Brian wakes up early and takes a look at the list his parents left. He makes a check-list for the day. He decides to alternate between his parents’ tasks and the things he wants to do. He figures, whatever he doesn’t get done today, can be done tomorrow.

**Scenario #4**
On Saturday morning, Brian sleeps in and wakes up at 10:30 and looks at the list his parents gave him. He decides to take each task one at a time and see where it gets him. Hopefully, he will have time to meet his friends when he’s done.
You will be going to a fast food restaurant and you have been learning about “inflated portion sizes” or “super sizing”. Which of the following meals would be your best choice to avoid a “super sized” meal?

<table>
<thead>
<tr>
<th></th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Which meal(s) contains foods that are “super sized”?</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Which meal(s) contains french fries that are “super sized”?</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>This meal is likely to have the fewest calories.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>This meal is likely to have the most calories.</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

#1 Jumbo Hamburger, Regular French Fries, Super Large Soft Drink

#2 King Size Hamburger, Super Jumbo Size French Fries, Extra Large Soft Drink

#3 Regular Hamburger, “Biggie” Size French Fries, Regular Size Soft Drink

#4 Regular Hamburger, Small French Fries, Regular Size Soft Drink