

**Level One Coaches Certification Test**  
**General Orientation Section**

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

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

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

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You must get at least 85% of the questions or you will need to retake the test.  
You will be notified of your outcome 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  
\_\_\_\_\_ sports 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 \_\_\_\_\_.

2. Which committee sanctions Special Olympics?

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

3. What is the Athlete Oath?

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

4. What year did Special Olympics officially begin?     1964     1970     1968     1984

5. In what year did Special Olympics Montana become chartered?     1964     1970     1968     1984

6. Special Olympics Montana has how many areas?  
 10     12     15     20
7. Athletes cannot serve as Special Olympics volunteers.  
 True                       False
8. 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.
9. Which of the following is **NOT** acceptable criteria to become a Special Olympics athlete?  
 has been 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
10. 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.
11. Special Olympics is more similar than different from other sports organizations. However it is important to identify those differences that make Special Olympics unique. Which statement below does not fit?  
 A variety of sports opportunities are provided for all ability levels.  
 Ability groups are created through a process called divisioning to provide equitable competition (evenness) for all athletes within each ability grouping (division).  
 Awards are provided to all participants who compete.  
 Special Olympics charges a fee to athletes or their families to train or compete.  
 There is an established criterion for athlete advancement to higher levels of competition which is based on place of finish within each division & random draw (lottery).
12. What program does Special Olympics offer to athletes with the most severe levels of disability?  
 Young Athletes Program     Motor Activities Training Program     Unified Sports
13. Special Olympics Unified Sports® teams match age and ability of athletes and Partners.  
 True     False
14. How many official Olympic type sports are offered by SOMT?     10     16     21     22

15. What are the 3 criteria for divisioning?

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

16. 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

17. Which of the following is **NOT** an important training consideration?

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

18. 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

19. What is the SOMT coach to athlete ratio?  1:4     4:1     1:8     1:10

20. 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.