

BSI Practice Test Questions and Answers

1. Why is using a class roster important?

- A) To track lesson progress
- B) To maintain student behavior
- C) To ensure safety through attendance
- D) To assign pool lanes

2. Which item is considered a reaching assist?

- A) Rescue tube
- B) Kickboard
- C) Shepherd's crook
- D) Ring buoy

3. Which kick is commonly used in front crawl?

- A) Scissor kick
- B) Frog kick
- C) Flutter kick
- D) Whip kick

4. What is an effective way to start a swim class?

- A) Immediately begin advanced drills
- B) Start with a warm-up and review
- C) Let students swim freely
- D) Give out rewards at the start

Answers: 1-C 2-C 3-C 4-B

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