

Extreme Sports Vocabulary Quiz

Name:

Class:

Activity: For each question, please choose one option from the following options:

1) What is the term for the safety device used by skydivers to slow their descent?

- A) Harness
- B) Parachute
- C) Wingsuit
- D) Helmet

Source: Merriam-Webster Dictionary

2) Which sport involves navigating through underground passages and caves?

- A) Spelunking
- B) Bouldering
- C) Free running
- D) Base jumping

Source: Oxford English Dictionary

3) What is the name of the sport where participants jump off tall structures with a parachute?

- A) Paragliding
- B) Base jumping
- C) Skydiving
- D) Hang gliding

Source: Encyclopaedia Britannica

4) In surfing, what is the term for a wave that breaks over a reef or sandbar creating a hollow barrel shape?

- A) Pipeline
- B) Point break
- C) Reef break
- D) Shore break

Source: Surfline Glossary

5) What equipment is essential for climbing steep ice formations in ice climbing?

- A) Chalk bag
- B) Crampons
- C) Climbing shoes
- D) Carabiner

Source: American Alpine Institute

6) Which term refers to a trick where a skateboarder flips the board 360 degrees along the axis that extends from the nose to the tail?

- A) Ollie
- B) Kickflip
- C) Heelflip
- D) Shuvit

Source: Thrasher Magazine Skateboarding Glossary

7) What is the term for skiing on water using skis or a board while being towed by a boat?

- A) Waterskiing
- B) Wakeboarding
- C) Windsurfing
- D) Kiteboarding

Source: Water Ski Federation

8) Which extreme sport combines elements of snowboarding and paragliding?

- A) Snowkiting
- B) Snowboarding
- C) Paragliding
- D) Skydiving

Source: International Snowkiting Federation

9) What is the term for a controlled fall used by rock climbers to descend from a climb?

- A) Rappel
- B) Belay
- C) Crimp
- D) Dyno

Source: Climbing Magazine

10) Which extreme sport involves riding a board down sand dunes?

- A) Sandboarding
- B) Snowboarding
- C) Surfing
- D) Skateboarding

Source: National Geographic Adventure