

GO for 10



High 5



3 features of cardiac muscle are...

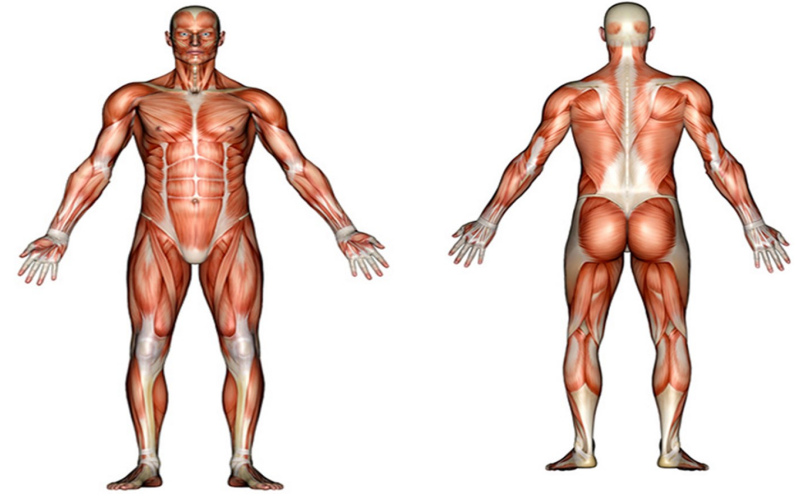
2 features of smooth muscle are...

1 feature of skeletal muscle is ...

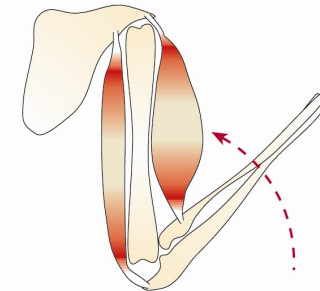
Match the key term to the correct definition

Isometric contraction	This muscle contracts and shortens to allow movement
Concentric contraction	This is when a muscle lengthens during contraction e.g. the quadriceps when performing a squat
Eccentric contraction	This is when the muscle contracts but there is no change in length
Agonist	This muscle relaxes and lengthens to allow movement
Antagonist	This is when the muscle contracts and there is a change in length.
Isotonic contraction	This is when a muscle shortens during contraction e.g., the biceps when lifting during the bicep curl

Annotate the diagram?



Label the agonist muscle and say what type of contraction is occurring in the bicep to cause the movement



GO for 10



High 5



3 features of the alveoli...

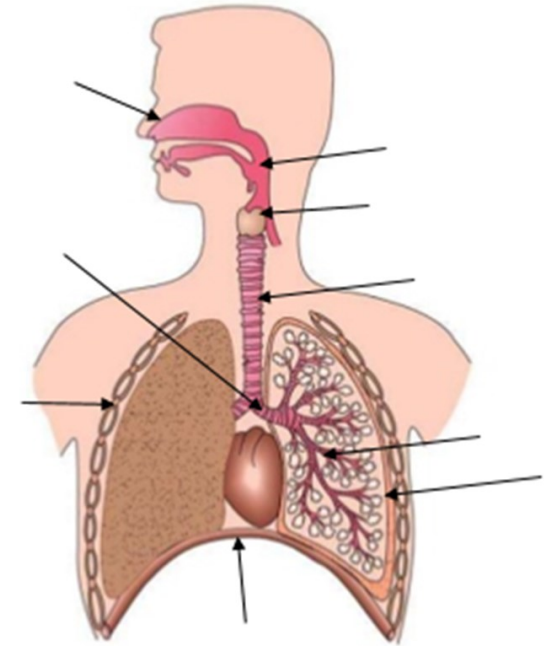
2 facts about gaseous exchange...

1 fact about diffusion...

Match the key term to the correct definition

Tidal Volume	The amount of extra air exhaled (above tidal volume) during a forceful breath out
Vital capacity	the total amount of air that can be expired after fully inhaling.
Inspiratory reserve volume	the amount of air which enters or leaves the lungs during normal inhalation or exhalation at rest.
Expiratory reserve volume	The amount of air left in the lungs following a maximal exhalation. About 1.5 litres of air remains in the lungs at all
Residual volume	The amount of extra air inhaled (above tidal volume) during a deep breath.

Annotate the diagram?



True or False?

- During inspiration the intercostal muscles contract
- During expiration the diaphragm relaxes
- Air enters the lungs from a high to low concentration
- During inspiration the lungs move down and in
- During expiration the diaphragm flattens
- The thoracic cavity increases in size with inspiration
- The thoracic cavity increases in size with expiration
- Carbon dioxide is exchanged for oxygen in the alveoli

GO for 10



High 5

3 sports that require speed



2 sports that require power

1 sport that requires reaction time

Match the key term to the correct definition

Agility	The ability to use different (2 or more) part of the body together smoothly and efficiently.
Coordination	The maximum rate at which an individual is able to perform a movement or cover a distance in a period of
Reaction Time	The maintenance of the centre of mass over the base of support.
Balance	The ability to change direction at speed and under control
Speed	The time taken to initiate a response to a stimulus

Say which components are needed for the different sports.

