

1. Support, Protection, Movement, Structure, Mineral Storage, Blood Cell Production.	2. Attach muscles to bones.	3. Elbow, Knee Flexion and Extension	4. Dorsiflexion and Plantar flexion	5. Increases	6. Reducing the diameter of small arteries to reduce the blood flow to tissues	7. Creation of good atmosphere / gives homefield advantage to home team / enhances motivation, self-confidence of players	8. Abduction & Adduction	9. Rock Climbing/Marathon running/Long distance cycling/Triathlon	10. Ice Baths/Cool-Down/Stretching/ Massage/Post-workout nutrition, fuel
11. The amount of blood pumped out of the heart by each ventricle during one contraction.	12. Glucose + Oxygen = Energy + Carbon Dioxide + Water	13. Glucose = Energy + Lactic Acid	14. Excess Post-exercise consumption Increased rate of oxygen intake following strenuous activity.	15. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.	16. A measure of opinions. More of a subjective relating to the quality of a performance rather than quality	17. Gross	18. Standing Stork Test	19. Diastole	20. Ability
21. Frequency, Intensity, Time, Type	22. Pre season, Competition, Post Season	23. Pulse Raiser, Stretching, Skill Based practice, Mental Preparation.	24. A learned action/behaviour with the intention of bringing predetermined results with max certainty, outlay time & energy.	25. Basic to Complex, Open to Closed, Self Paced – Externally Paced, Gross to Fine	26. Specific, Measureable, Accepted, Realistic, Time-Bound	27. 114 – 152 bpm	28. Longitudinal Axis	29. Support, protection, movement, shape, mineral storage, blood cell production	30. Easy to set up, exercise any body part, free
31. Deep Breathing, Mental Rehearsal, Positive Self-Talk	32. Arousal increase so does performance. Up to optimal/perfect level. Arousal increases further, performance will decrease.	33. The reduction in participation levels in young adults after they leave full-time education.	34. Involving the full participation of all people in community life, but usually referring to disabled people.	35. The process by which a new product or service is introduced into the general market.	36. Agreeing to play by the rules, trying to win but also allowing your opponent to play.	37. Humerus, Radius & Ulna	38. Mesomorph	39. The amount of air left in the lungs after maximal expiration.	40. High Intensity Interval Training
41. The use of dubious methods, that are not strictly illegal, to gain advantage.	42. Artificially increasing the number of red cells in the blood.	43. Painkillers that mask pain caused by injury or fatigue, which can make the injury worse.	44. Cheating, Bans, Fines, Reputation, Health Risks.	45. Mesomorph, Ectomorph, Endomorph	46. Carbohydrates 25-30 Fat 15-20 Protein	47. Specific, Progressive Overload, Reversibility, Tedium	48. Deep breathing, mental rehearsal/visualisation/imagery, positive self-talk.	49. Dynamic, Static, explosive	50. Money, equipment, clothing, accessories, transport, training expenses, food
51. Excessive loss of body water interrupting the function of the body.	52. The prime mover – muscle that causes movement	53. Muscle that relaxes to allow the agonist to contract.	54. Muscle action where the muscle stays the same length – used in balances	55. Concentric - where the muscle shortens. Eccentric – where the muscle lengthens – used to control downwards movement	56. Muscle action where the muscle changes length – causes movement.	57. Television, Radio, Social Media, Internet, Press	58. Allows the body to recover from intensive exercise quicker, Reduce DOMs	59. Strength x Speed	60. Hamstring, Gastrocnemius, Quadriceps
61. 100/200m sprinting/shot put/discus throw/Olympic weight lifting	62. Early Kick Off times/No alcohol served within grounds/segregation of fans/all seater stadiums/travels bans on known hooligans	63. Faking an injury in dying moments of a football game to run down clock/sledging in cricket	64. Reversibility	65. Input	66. Visual	67. Shy, quiet,	68. Gradual pulse raising activity followed by stretching, a skill based practice and mental preparation	69. 2000m	70. The volume of air inspired or expired in each breath.
71. Extrinsic	72. 1 cell thick/Large surface area/large bloody supply due to capillary coverage/short diffusion distance	73. Reduced Blood Pressure/Weight Loss/reduced risk of; heart disease/ diabetes/certain types of Cancers	74. Aerobic	75. Beginner	76. Rivalries/Frustration at official's decisions/alcohol/Gang Culture/Hype/display of masculinity	77. Mechanical, Manual, Verbal and Visual	78. Nutrition is the intake of food, considered in relation to the body's <u>dietary needs</u> .	79. Where the focus is on the end result. E.g. Winning	80. Right/Left Atrium Right/Left Ventricle
81. The slight rise in heart rate before exercise/performance due to release of hormones such as adrenaline	82. Increase in breathing rate/increase in heart rate/sweating/raised blood pressure/blood vessel vasodilation (arteries)	83. Direct	84. Cardiac Hypertrophy/ Bradycardia-lower resting heart rate/Muscular Hypertrophy/increased strength & CV endurance	85. Benefits lost quickly at sea-level/Altitude sickness/expensive to set-up/training can be too tough to adjust to	86. Television match official – rugby / goal-line technology -football /Hawkeye -tennis / VAR-football	87. How the performer feels about their actions from the performance that has just taken place	88. The ability to meet the demands of the environment	89. Input, Decision Making, Output, Feedback	90. Resistance – Effort – Fulcrum Bicep Curl
91. Pulmonary Vein	92. Hamstrings	93. Requires high levels of motivation/Not specific to movements of the sport/requires experienced testers to ensure reliability & validity	94. Intrinsic	95. Endurance Athlete	96. Thick elastic muscular walls	97. Positive, negative, knowledge of results, knowledge of performance, extrinsic and intrinsic	98. Heart disease, Hypertension (high blood pressure), Diabetes, Poor sleep, Poor self-esteem, Lethargy, Weight gain/Obesity	99. DOES NOT involve physical contact. Tennis – hitting ball harder in rally	100. The distance from the Load to the Fulcrum.