

# START

1. What are the 6 functions of the skeleton?	2. What is the role of the tendon?	3. Name a hinge joint and state the two types of movement?	4. What are the two movements you can perform at the ankle joint?	5. What happens to tidal volume during exercise?	6. What is vasoconstriction?	7. State two positive influences of spectators at sporting events	8. Identify the movements that can take place in the Frontal Plane and around the Sagittal Axis	9. Give an example of a sport/activity most suited to an Introvert	10. Identify two methods of recovery a performer could use
11. What is stroke volume?	12. What is the equation for aerobic respiration?	13. What is the equation for anaerobic respiration?	14. What is EPOC?	15. What is the definition of health?	16. What is qualitative data?	17. Taking a penalty kick is an example of which type of skill	18. State the name of fitness test for Balance	19. What is the relaxation/filling stage called in the Cardiac Cycle	20. Identify the Trait given from birth that remains largely unchanged throughout life
21. What does FITT stand for?	22. What are the three training seasons?	23. What are the four main components of a warm up?	24. What is a skill?	25. What are the four continuums of skill classification?	26. What does SMART stand for?	27. Calculate the aerobic training zone of a 30-year-old	28. Identify the Axis that a Discus Thrower is rotating around	29. Name 3 functions of the skeleton.	30. Give two advantages of Circuit Training.
31. Name three stress management techniques.	32. Explain the inverted U theory.	33. What is Post-School-Dropout?	34. Define integration.	35. What is commercialisation?	36. What is contract to compete?	37. Identify the three bones that form the elbow joint	38. A gymnast is most closely characterised by which somatotype	39. Define Residual Volume.	40. What does HIIT stand for?
41. What is Gamesmanship?	42. What is blood doping?	43. What are narcotic analgesics?	44. What are the disadvantages of taking PED's?	45. What are the three different somatotypes?	46. What are the recommended percentages that your diet should contain?	47. What does the acronym SPORT stand for?	48. Name 3 different types of stress management techniques?	49. What are the three different types of strength?	50. Name 4 different types of sponsorship.
51. What is dehydration?	52. What is the definition of agonist?	53. What is the definition of antagonist?	54. What is isometric contraction?	55. What is the difference between eccentric and concentric?	56. What does isotonic contraction mean?	57. Name three different examples of media?	58. What are the benefits of an effective Cool Down?	59. What two components of fitness create Power?	60. Name 3 muscles in the leg.
61. Identify an example an anaerobic sport/event	62. State 2 strategies used to combat Hooliganism	63. Give an example of Gamesmanship	64. A sportsman losing their fitness due to injury relates to which Principle of Training	65. A Tennis player is observing the flight of a serve he now has to return - what stage in the Information Processing Model is this	66. A swimming coach demonstrating technique of a stroke is what type of Guidance	67. What are the characteristics of an introvert?	68. Describe an effective warm up.	69. How many metres above sea-level should high altitude training take place?	70. Define Tidal Volume
71. The chance of winning a large sum of money or an important trophy is an example of which form of Motivation	72. Identify two features of the alveoli that allow for effective Gaseous Exchange	73. State two physical health benefits of taking part in physical activity/sport	74. Identify whether Marathon Running is either an Aerobic or Anaerobic Activity	75. Positive Feedback and Extrinsic Feedback would be necessary for which type of performer	76. Identify two reasons for Hooliganism	77. Name the four different types of guidance?	78. Define Nutrition	79. In relation to goal setting, what is an outcome goal?	80. Name the 4 Chambers of the Heart.
81. What do we mean by the term 'Anticipatory Rise'	82. Identify two immediate effects of exercise on the body	83. A deliberate high tackle in rugby is a type of what form of Aggression?	84. Identify one long-term effect of training/exercise on the body	85. Identify one disadvantage of altitude training on the performer	86. Identify two forms of Technology used in Sport	87. What is knowledge of performance feedback?	88. Define Fitness	89. Name the four components of the Information Processing Model.	90. What is a third class lever? With example.
91. Identify the Blood Vessel that carries Oxygenated Blood back to the left side of the heart from the Lungs	92. Which muscle causes flexion at the knee joint	93. Identify one disadvantage of fitness testing	94. Identify the form of Motivation which is recognised as the most powerful	95. What type of sports performer would most likely cheat by Blood Doping	96. Identify the features of Arteries that allow them to prioritise blood flow to areas most in need of Oxygen	97. Name the 3 different types of feedback?	98. Give three consequences of a Sedentary Lifestyle.	99. What is indirect aggression in sport? Give an example.	100. What is the Load Arm?

# FINISH