Year 10

Component 2; Exam Prep

Question 1

Jodie is an elite level endurance runner. Making reference to the SPORT principles, explain why Jodie **WOULDN’T** use swimming as part of her training programme. (2 marks)

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Question 2

Bryan Is a tennis player often gets nervous before he competes in matches. What are the two types of anxiety he could be experiencing? (2 marks)

(A)

(B)

Question 3

Francisco is a long distance cyclist, leading up to each race he pays careful attention hi his diet. Explain why Francisco would look for foods rich in potassium and how this might effect his performance. Include examples of food for his diet and a sporting example (4 marks)

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Question 4

Lara is testing athletes V02 max and has decided to use a multi stage fitness test (MSFT) Which of the following items would not be needed in a multi-stage fitness test. Explain your answer (2 marks)

1. Stop watch. (B) measuring tape (C) CD player (D) Heart rate monitor

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Question 5

Alex is a football player. During training he has received a simple injury. The team physiotherapist has advised Alex that he has strained his quadricep and asked him to apply to PRICE principles to help with recovery. Explain the PRICE principles justifying why each stage is used. (8 marks)

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