**Questions**

**Q1.**

Cholesterol is often measured as part of a health check

Which **one** of the following is a correct statement about cholesterol?

**(1)**

   **A**    An increase in fat intake will only increase HDL (high density lipoprotein) levels.

   **B**    Regular aerobic activity has no effect on cholesterol levels.

   **C**    Correct diet can improve cholesterol levels.

   **D**    High levels of LDL (low density lipoprotein) are preferable to high levels of HDL (high density lipoprotein).

**Q2.**

Which **one** of the following performers relies most heavily on a high level of cardiovascular fitness for success?

**(1)**

    **A**  200m runner

    **B**  400m runner

    **C**  800m runner

    **D**  1500m runner

**Q3.**

Tai and Aran both play hockey. Cardiovascular fitness and flexibility are two components of health-related exercise that are needed when playing hockey.

(i)  Briefly explain why Tai and Aran need high levels of cardiovascular fitness **and** flexibility to perform well in their sport.

1  Cardiovascular fitness

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

2  Flexibility

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(ii)  Identify another component of health-related exercise that is required when playing hockey.

**(1)**

.............................................................................................................................................

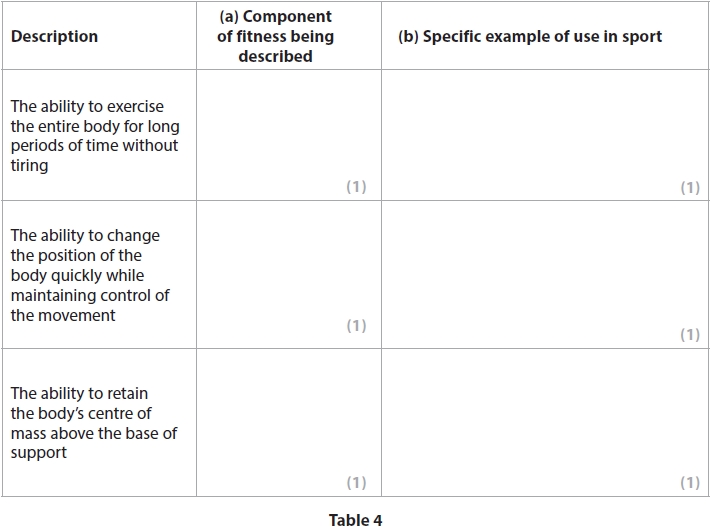
**Q4.**

Components of fitness help us to perform well in sport.

Complete **Table 4** by:

(a)  Stating the component of fitness being described.

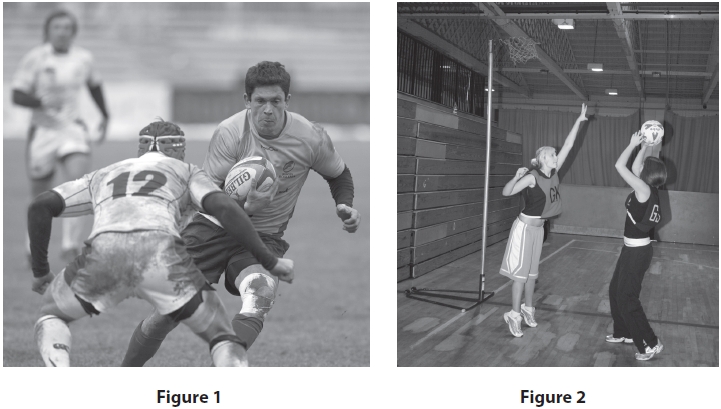
(b)  Giving a specific example of how the component of fitness is used in a sport of your choice.



**(Total for question = 6 marks)**

**Q5.**

Games players, such as the rugby and netball players shown in Figure 1 and Figure 2, require good levels of agility and balance to be successful in their sports.



Explain the importance of **two** components of skill-related fitness other than agility and balance for any games player.

Name of component of skill-related fitness 1

.............................................................................................................................................

Explanation

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

Name of component of skill-related fitness 2

.............................................................................................................................................

Explanation

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

**Q6.**

Health and fitness can be affected by exercise.

(a)  Define the terms health and fitness.

(i)  Health

**(1)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(ii)  Fitness

**(1)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(b)  State, using an example, how exercise can affect health and fitness.

**(2)**

(i)  Effect of exercise on health

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(ii)  Effect of exercise on fitness

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

**(Total for question = 6 marks)**

**Q7.**

(a)  Define the term **agility**.

**(1)**

.............................................................................................................................................

.............................................................................................................................................

(b)  Give one example of when a basketball player would use agility in a game.

**(1)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

**(Total for question = 2 marks)**

**Q8.**

Different activities have different fitness requirements.

Complete **Table 1** by:

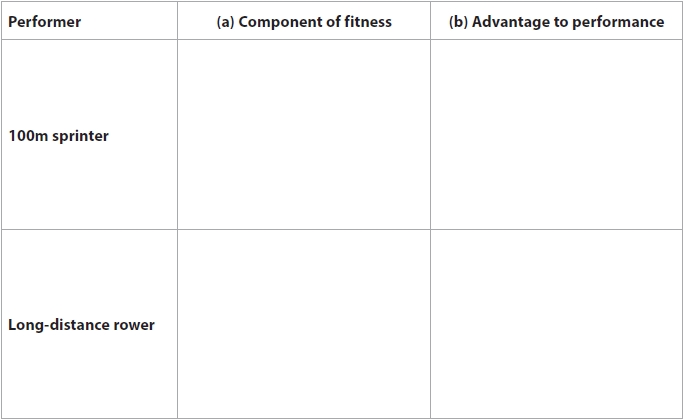
(a)  Identifying the component of fitness **most** useful to the stated performer.

**(2)**

(b)  Stating the advantage of this component of fitness for performance.

**(2)**

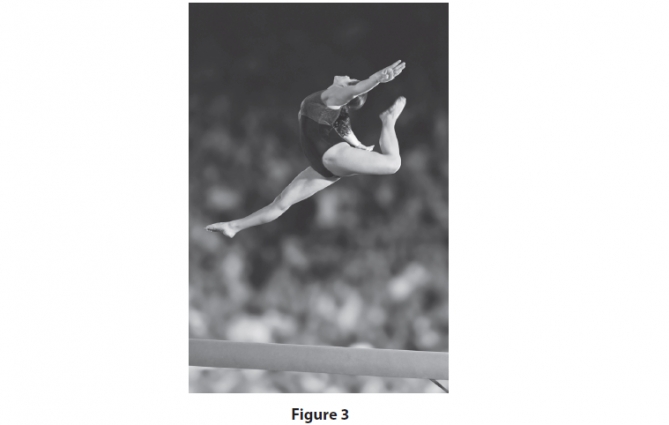
**Table 1**



**(Total for question = 4 marks)**

**Q9.**

**Figure 3** shows a gymnast during her routine on the balance beam.



Briefly explain how the gymnast has used power **and** coordination to achieve the position shown in **Figure 3**.

(i) Power

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(ii) Coordination

**(2)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

**Q10.**

Muscular endurance and body composition are components of fitness.

Assess the relative importance of each of these components of fitness to a 100 m sprinter.

**(3)**

(i)  Muscular endurance

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

(ii)  Body composition

**(3)**

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

.............................................................................................................................................

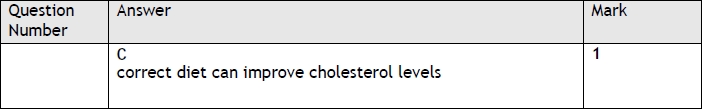
.............................................................................................................................................

.............................................................................................................................................

**(Total for question = 6 marks)**

**Mark Scheme**

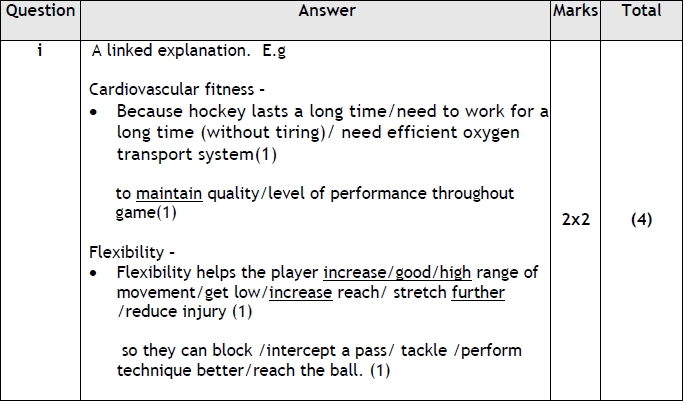
Q1.

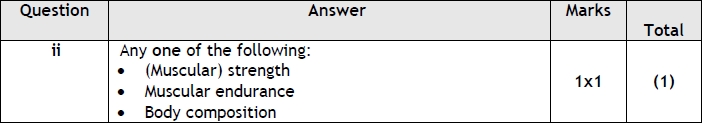


**Q2.**

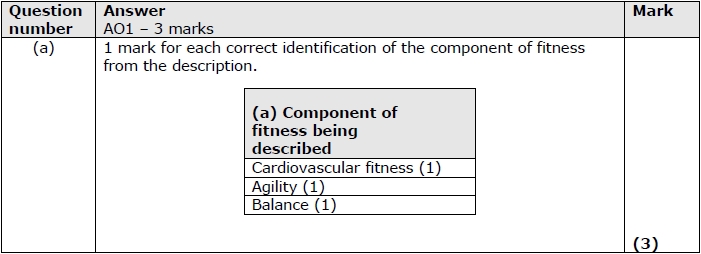
|  |  |  |
| --- | --- | --- |
|  | **Answer** | **Mark** |
|  | **D**  1500 m runner | **1** |

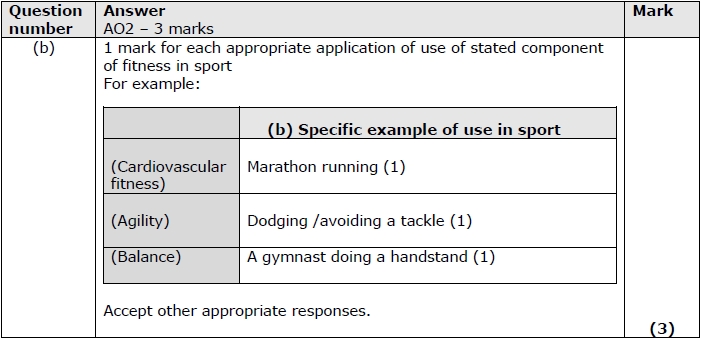
**Q3.**



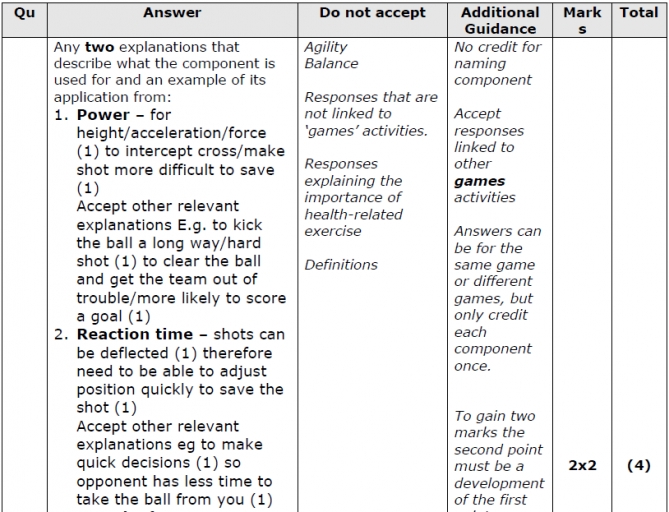
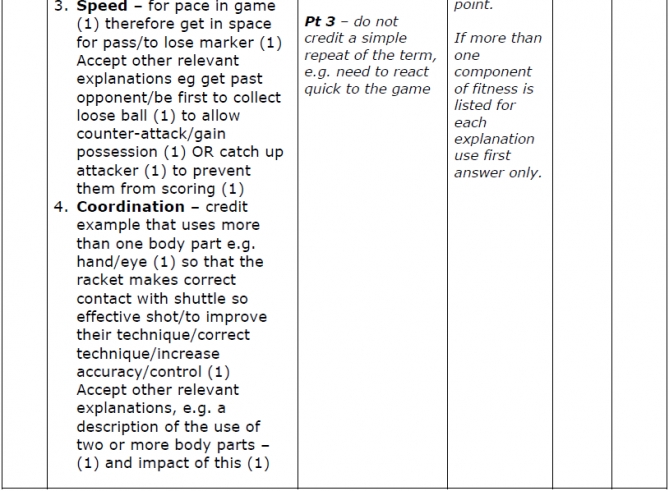


**Q4.**

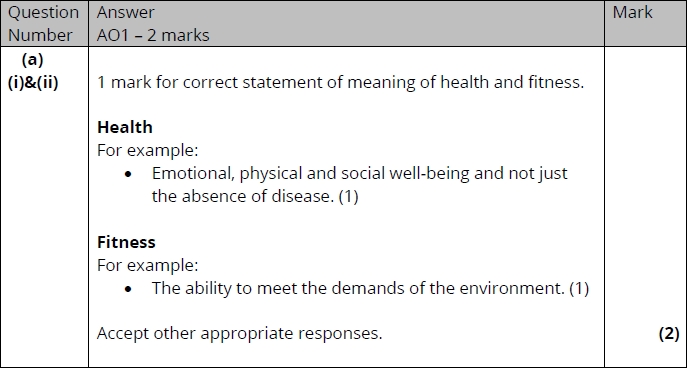


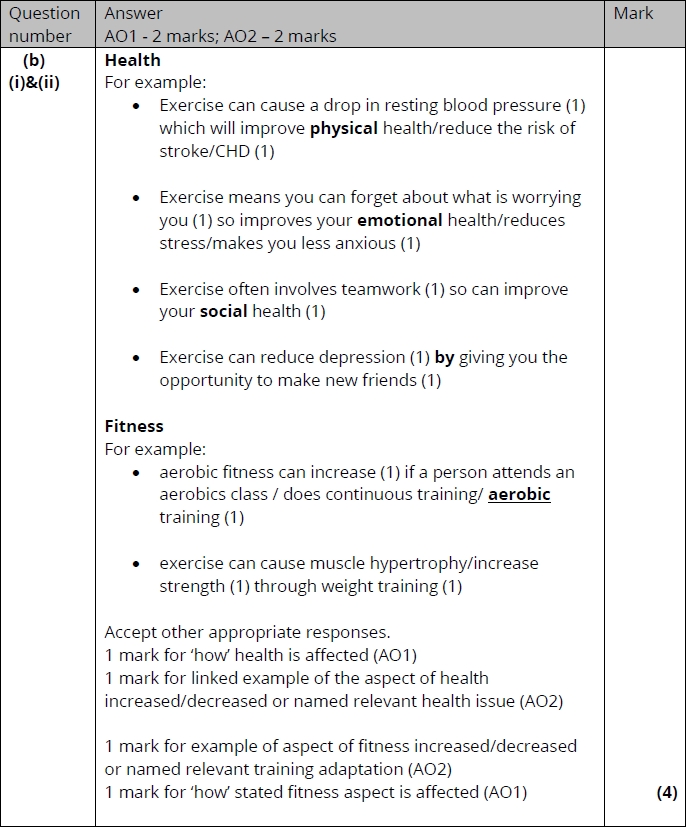


**Q5.**

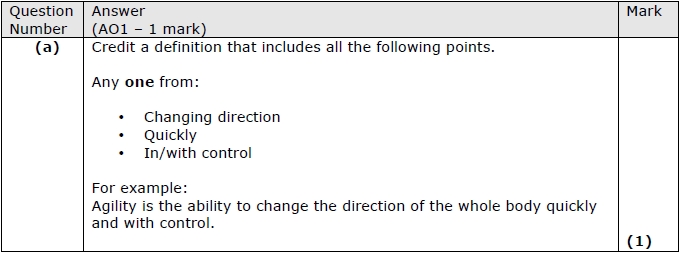
  


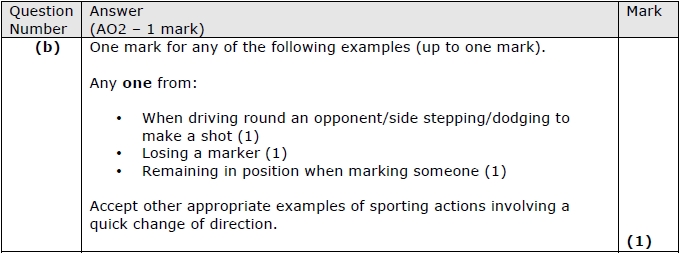
**Q6.**



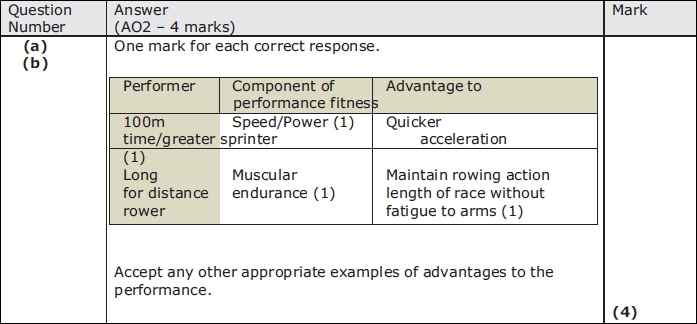


**Q7.**

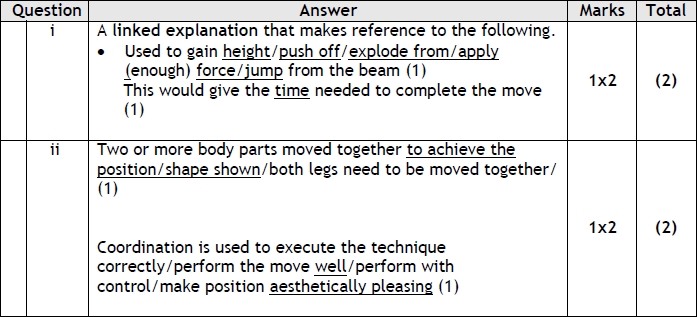




**Q8.**



**Q9.**



**Q10.**

