

Identify 5 components of fitness and their tests (10)	What does SPOR and FITT stand for? (2)	Identify the 5 components of a warm-up. (5)	What are the physical benefits of a cool down?	Identify the 7 different methods of training. (7)
Give 3 examples of how the risk of injury in physical activity can be minimised. (3)	Identify potential hazards on an outdoor sports surface. (3)	Identify the short- term effects of exercise (5)	Define aerobic & anaerobic exercise and give practical examples for each. (2)	Explain the process of gas exchange in the alveoli. (3)
Describe the pathway of Oxygen through the two circulatory systems. Starting at the Pulmonary Vein (14)	Give the definitions of heart rate, stroke volume and cardiac output. (3)	Explain the role of the bicuspid valve. (2)	Explain the characteristics of the different types of vessels. (9)	Using practical examples describe the 3 axes of rotation. (6)
Identify the types of movement possible in a ball & socket joint (6)	Name the bones of the foot (3)	Name the articulating bones in the knee and elbow joints. (2)	Which bones protect the heart and lungs? (2)	Define the following terms. Agonist, antagonist, fixator