

12 11 10 9 8 7 6 5 4 3 2 1

Musculoskeletal System

Describe an isotonic concentric contraction, along with a sporting example

Describe an isotonic eccentric contraction, along with a sporting example

Name 2 flat bones and how they protect you during sport

Name the bones of the body

Name the 6 functions of the skeletal system

Identify the 6 components of the synovial joint and their purpose

Name the 8 movements, giving a sporting example for each

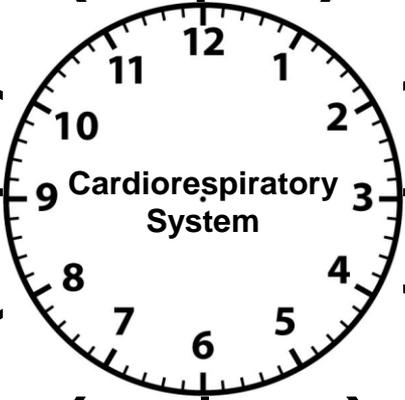
Name the 2 types of joints and their locations

Name the muscles of the body

Name 5 antagonistic pairs of muscles in the body

What is an agonist and antagonist muscle? Give a sporting example

Describe an isometric contraction along with a sporting example



Name the 6 features of the alveoli to allow gaseous exchange to take place

What are the 3 blood vessels and their role?

Name the 4 chambers of the heart

Vasoconstriction V Vasodilation

What are the 6 features of the respiratory system?

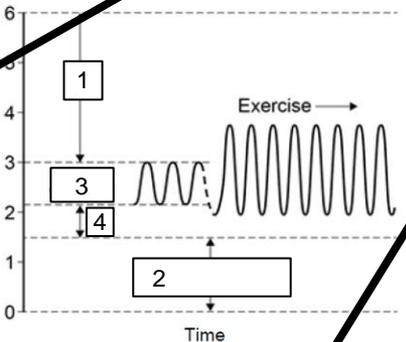
Diastole V Systole

Mechanics of breathing
Inhalation at rest

What is the pathway of blood?

Exhalation at rest

Label the spirometer trace



What is the definition of HR & MHR? What is meant by the term anticipatory rise?

What is the definition for stroke volume?

What is the equation for cardiac output?

What is the equation for aerobic respiration?

Name 3 sporting examples which are closely linked with aerobic respiration

Name 3 sporting examples which are closely linked with anaerobic respiration

What does the term EPOC stand for?

What is the equation for anaerobic respiration?

What is the best form of recovery process and why?

What does DOMS stand for?

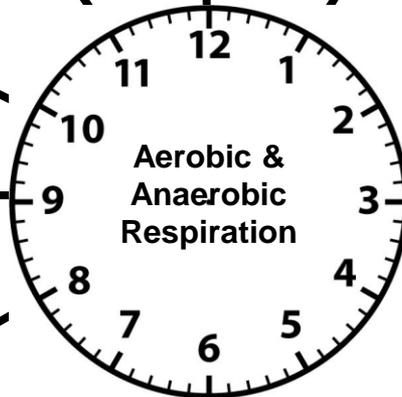
What are the reasons for ice baths/massages?

What are the reasons for the manipulation of a diet?

What are the reasons for a cool down?

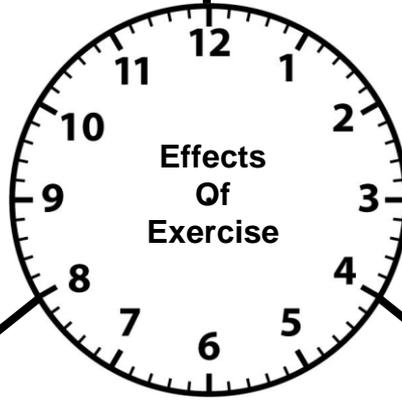
When does EPOC occur?

What happens during EPOC?



Immediate effects of exercise
(during exercise)

Short term effects of exercise
(24-26 hours after exercise)



Long term effects of exercise
(months and years of exercising)

What is the rhyme to remember the lever systems?

Draw the first class lever system

Draw the second class lever system

Draw the third class lever system

Describe your understanding of the mechanical advantage

What is the equation for the mechanical advantage?

What is in the middle for a first class lever?

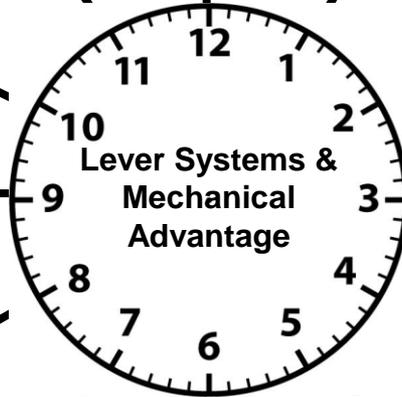
What is in the middle for a second class lever?

Where and what movement would occur for a third class lever?

Where and what movement would occur for a second class lever?

Where and what movement would occur for a first class lever?

What is in the middle for a third class lever?



Name the three acronyms for remembering the planes and axes information

Name 3 sporting examples which create movement through the transverse plane and longitudinal axis

Name 3 sporting examples which create movement through the sagittal plan and transverse axis

Name 3 sporting examples which create movement through the frontal plane and sagittal axis

What is the plane and axis for the movement of flexion and extension?

Draw a line in the direction of the longitudinal axis

What is the plane and axis for the movement of rotation?

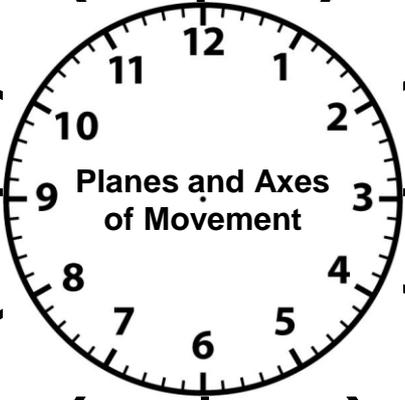
Draw a line in the direction of the transverse axis

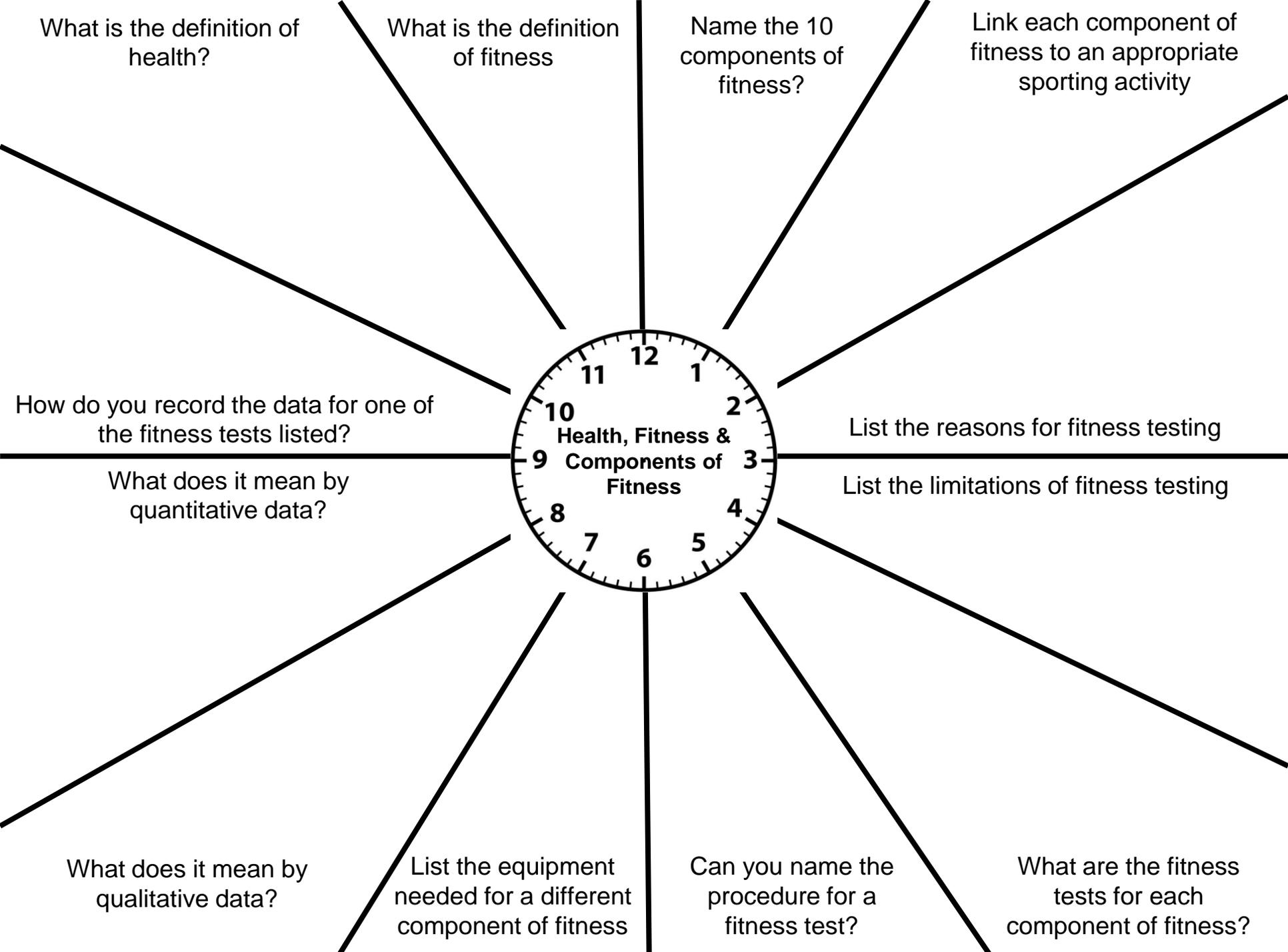
What is the plane and axis for the movement abduction and adduction?

How would you separate the body for the sagittal plane?

How would you separate the body for the frontal plane?

How would you separate the body for the transverse plane?





What is the definition of health?

What is the definition of fitness?

Name the 10 components of fitness?

Link each component of fitness to an appropriate sporting activity?



List the reasons for fitness testing?

List the limitations of fitness testing?

Can you name the procedure for a fitness test?

What are the fitness tests for each component of fitness?

List the equipment needed for a different component of fitness?

What does it mean by qualitative data?

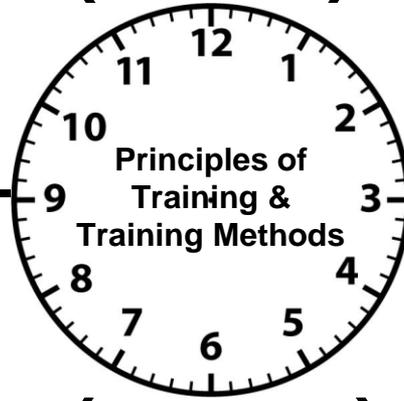
What does it mean by quantitative data?

How do you record the data for one of the fitness tests listed?

What is acronym for the principles of training and give a brief description for each?

What is the acronym for the principle progressive overload? Give a brief description for each

Name the 7 training methods



Name a sportsperson who would use each training method

Give a brief description of each training method

Which components of fitness would be linked to the different types of training methods?

How do you calculate your aerobic training zone?

How do you calculate your anaerobic training zone?

How do you calculate your MHR?

What type of weight training would you consider for muscular endurance?

State another of the three seasons and describe what it entails

State another of the three seasons and describe what it entails

State one of the three seasons and describe what it entails

What are the three training seasons?

What type of sportsperson would train at high altitude?

How is high altitude training carried out?



What type of weight training would you consider for strength/power?

List the factors to consider to prevent injury

What are the phases of a warm up?

What are the phases of a cool down?



What are the benefits of a warm up?

What are the benefits of a cool down?