

Anatomy & Physiology

Question	Answer
1. Identify two hinge joints on the body.	
2. Identify four functions of the skeletal system	
3. Identify two ball and socket joints on the body.	
4. Which bones meet at the neck and head?	
5. Which bones make up the shoulder joint?	
6. Which bones make up the knee joint?	
7. Which bones make up the elbow joint?	
8. Which bones make up the ankle joint?	
9. Give an example of a flat bone.	
10. What is the function of a flat bone.	
11. Define what is meant by abduction.	
12. Define what is meant by adduction.	
13. Define what is meant by flexion.	
14. Define what is meant by extension.	
15. Define what is meant by rotation.	
16. Define what is meant by circumduction.	
17. Give the function of a tendon	
18. Give the function of a ligament	
19. Give the function of the joint capsule	
20. Give the function of the synovial fluid	
21. Give the function of the synovial membrane	
22. Give the function of cartilage	
23. Describe concentric muscle contraction	
24. Describe eccentric muscle contraction	

25. Which mineral is needed for bone formation?	
26. Which movements are performed at hinge joints?	
27. Which movements are performed at ball and socket joints?	
28. Define plantar flexion	
29. Define dorsiflexion	
30. What is the function of a long bone?	
31. What is a joint?	
32. Give the function of bursae	
33. Which movements can occur at the shoulder joint?	
34. Which movements can occur at the knee and elbow joints?	
35. Which movements can occur at the hip joint?	
36. Which bones make up the hip joint?	
37. Which movements can occur at the ankle joint?	
38. Which bones make up the chest?	
39. Name four muscles in the legs?	
40. Which muscle extends the knee?	
41. Which muscle flexes at the knee?	
42. When throwing a ball, which muscle is the agonist?	
43. When throwing a ball, which muscle is the antagonist?	
44. Identify the order of the pathway of air.	
45. Where does gas exchange take place?	
46. Which structure in the lungs is one cell thick?	
47. Describe gaseous exchange	
48. Which features assist with gaseous exchange?	
49. Which device measure lung volumes?	
50. Name three blood vessels involved in the transport of blood?	
51. Identify three characteristics of veins	
52. Identify three characteristics of arteries	
53. Identify three characteristics of capillaries	

54. Define vasodilation	
55. Define vasoconstriction	
56. Define systolic blood pressure	
57. Define diastolic blood pressure	
58. Define hypertension	
59. Describe the cardiac cycle	
60. Identify the formula for Cardiac Output (Q)	
61. What is meant by cardiac output?	
62. What is meant by stroke volume?	
63. Define heart rate	
64. Define tidal volume	
65. Define inspiratory reserve volume	
66. Define expiratory reserve volume	
67. Which muscles are involved in the mechanics of breathing?	
68. Give the formula for aerobic exercise/respiration	
69. Give the formula for anaerobic exercise/respiration	
70. Describe the difference between aerobic exercise and anaerobic exercise.	
71. Describe aerobic exercise	
72. Describe anaerobic exercise	
73. Define what is meant by EPOC.	
74. What is lactic acid?	
75. Identify three methods of recovery.	
76. Identify three immediate effects of exercise (during exercise)	
77. Identify three short term effects of exercise (24-36 hours after exercise)	
78. What does DOMS stand for?	
79. Identify three long term effects of exercise (months and years of exercise)	

Movement Analysis

Question	Answer
80. Describe a first class lever system	
81. Describe a second class lever system	
82. Describe a third class lever system	
83. Describe what is meant by mechanical advantage	
84. Identify the three parts of a lever system	
85. Identify three planes of the body	
86. Identify three axes of the body	
87. Describe sagittal axis	
88. Describe transverse axis	
89. Describe longitudinal axis	
90. Describe sagittal plane	
91. Describe frontal plane	
92. Describe transverse plane	

Physical Training

Question	Answer
93. Define health.	
94. Define fitness.	
95. Define agility	
96. Define coordination	
97. Define balance	
98. Define speed	
99. Define muscular endurance	
100. Define cardiovascular endurance	
101. Define strength	
102. Define power/explosive strength	
103. Define flexibility	
104. Define reaction time	
105. Name the test for agility	
106. Name the test for coordination	
107. Name the test for power	
108. Name a test for strength	
109. Name a test for balance	
110. Name a test for speed	
111. Name a test of muscular endurance	
112. Name a test for cardiovascular endurance	
113. Name a test for reaction time	
114. Name a test for flexibility	
115. Give three reasons for fitness testing	
116. Give three limitations of fitness testing	
117. Name a test for maximal strength	

118. Describe the test protocol for the Illinois agility test	
119. Describe the test protocol for the wall toss test	
120. Describe the test protocol for the vertical jump test	
121. Describe the test protocol for the multi stage fitness test	
122. Describe the test protocol for the one rep max test	
123. Describe the test protocol for the hand grip dynamometer test	
124. Describe the test protocol for the ruler drop test	
125. Describe the test protocol for the stork balance test	
126. Describe the test protocol for the sit up bleep test	
127. Describe the test protocol for the 30 metre sprint test	
128. Describe the test protocol for the sit and reach test	
129. Give an example of quantitative data	
130. Give an example of qualitative data	
131. What does SPORT stand for?	
132. Define Specificity	
133. Define progressive overload	
134. Define reversibility	
135. Define tedium	
136. What does FITT stand for?	
137. What is meant by frequency?	
138. What is meant by intensity?	
139. What is meant by time?	
140. What is meant by type?	
141. Describe circuit training	
142. Describe plyometrics	
143. Describe continuous training	
144. Describe static stretching	
145. Describe fartlek training	
146. Describe interval training	

147. Describe weight training	
148. How do you calculate somebody's maximum heart rate?	
149. How do you calculate the aerobic training zone?	
150. How do you calculate the anaerobic training zone?	
151. How do you prevent injury in sport?	
152. What is altitude training?	
153. What are the disadvantages of altitude training?	
154. Name the three training seasons	
155. What is the purpose of pre-season training?	
156. What is the purpose of competition phase of a season?	
157. What is the purpose of post season?	
158. What are the components of a warm up?	
159. What should a cool down include?	
160. What are the benefits of warming up?	
161. What are the benefits of cooling down?	

Sports Psychology

Question	Answer
162. Define Skill	
163. Define Ability	
164. Identify a characteristic of a basic skill	
165. Give an example of a basic skill	
166. Identify a characteristic of a complex skill	
167. Give an example of a complex skill	
168. Identify a characteristic of an open skill	
169. Give an example of an open skill	
170. Identify a characteristic of a closed skill	
171. Give an example of a closed skill	
172. Identify a characteristic of a self-paced skill	
173. Give an example of a self-paced skill	
174. Identify a characteristic of an externally paced skill	
175. Give an example of an externally paced skill	
176. Identify a characteristic of a fine skill	
177. Give an example of a fine skill	
178. Identify a characteristic of a gross movement skill	
179. Give an example of a gross movement skill	
180. Explain what is meant by a performance goal	
181. Explain what is meant by an outcome goal	
182. What does SMART stand for?	
183. Describe what is meant by a specific goal.	
184. Describe what is meant by a measurable goal.	
185. Describe what is meant by an accepted goal.	
186. Describe what is meant by a realistic goal.	

187. Describe what is meant by a time bound goal.	
188. Identify or draw the four stages of the information processing model	
189. Describe the decision making stage of the information processing model	
190. Describe the input stage of the information processing model	
191. Describe the output stage of the information processing model	
192. Describe the feedback stage of the information processing model	
193. Identify four types of guidance	
194. Explain verbal guidance	
195. Explain visual guidance	
196. Explain mechanical guidance	
197. Explain manual guidance	
198. Give an example of manual guidance	
199. Give an example of visual guidance	
200. Give an example of verbal guidance	
201. Give an example of mechanical guidance	
202. Identify six types of feedback	
203. Describe extrinsic feedback	
204. Describe intrinsic feedback	
205. Describe knowledge of results	
206. Describe knowledge of performance	
207. Describe what is meant by positive feedback	
208. Describe what is meant by negative feedback	
209. What are the characteristics of an introvert	
210. What are the characteristics of an extrovert	
211. Which sports are suited to introverts?	
212. Which sports are suited to extroverts?	
213. Define direct aggression	
214. Define indirect aggression	
215. Define motivation	

216. Define arousal	
217. Draw the inverted U theory	
218. Describe the inverted U theory	
219. Identify three ways of controlling arousal	
220. Give an example of direct aggression	
221. Give an example of indirect aggression	
222. Explain positive self-talk	
223. Explain visualisation/imagery	
224. Explain deep breathing	
225. Define intrinsic motivation	
226. Define extrinsic motivation	

Socio-Cultural Influences

Question	Answer
227. Describe the engagement patterns of the social group: Gender	
228. Describe the engagement patterns of the social group: Age	
229. Describe the engagement patterns of the social group: Disability	
230. Identify a range of factors that can affect engagement	
231. Describe the engagement patterns of the social group: Family/friends	
232. Describe the engagement patterns of the social group: Race/religion/culture	

Commercialisation

Question	Answer
233. What is the Golden triangle?	
234. Define commercialisation	
235. What is meant by sponsorship?	
236. Which sort of people can get sponsorship?	
237. Identify different types of sponsorship	
238. What are the positive effects of sponsorship on the performer/sport?	
239. What are the negative effects of sponsorship on the performer/sport?	
240. What are the positive effects of sponsorship for the sponsor?	
241. What is meant by the media?	
242. Identify different types of the media	
243. What are the positive effects of the media on sport?	
244. What are the negative effects of the media on sport?	
245. What are the negative effects of technology on sport?	
246. What are the positive effects of technology on sport?	
247. What are the positive effects of technology on officials?	
248. What are the negative effects of technology on officials?	
249. What is the positive and negative impact of technology on sponsors?	
250. What are the positive and negative impact of technology on spectators?	

251.	Define etiquette	
252.	Define sportsmanship	
253.	Define gamesmanship	
254.	What is meant by contract to compete?	
255.	What is the function of stimulants?	
256.	Who would benefit from using stimulants?	
257.	What are the negative side effects of using stimulants?	
258.	What is the function of narcotic analgesics?	
259.	Who would benefit from using narcotic analgesics?	
260.	What are the negative side effects of using narcotic analgesics?	
261.	What is the function of anabolic steroids?	
262.	Who would benefit from using anabolic steroids?	
263.	What are the negative side effects of using anabolic steroids?	
264.	What is the function of peptide hormones (EPO)?	
265.	Who would benefit from using peptide hormones (EPO)?	
266.	What are the negative side effects of using peptide hormones?	
267.	What is the function of beta blockers?	
268.	Who would benefit from using beta blockers?	
269.	What are the negative side effects of using beta blockers?	
270.	What is the function of diuretics?	
271.	Who would benefit from using diuretics?	
272.	What are the negative side effects of using diuretics?	
273.	Which sports does blood doping benefit?	
274.	What is blood doping?	

275.	What are the side effects of blood doping?	
276.	What are the advantages of taking PEDs?	
277.	What are the disadvantages of taking PEDs?	
278.	What are the positive influences of spectators at matches?	
279.	What are the negative influences of spectators at matches?	
280.	Why does hooliganism occur?	
281.	How can hooliganism be combated?	
282.	What is meant by home field advantage?	
283.	How can spectators have a positive influence?	
284.	How can spectators have a negative influence?	

Health and Fitness

Question	Answer
285. Define the term health	
286. Define the term fitness	
287. Identify 5 reasons for having good physical health and well being	
288. Identify 3 reasons for having good mental health and well being	
289. Identify four reasons for having good social health and well being	
290. What is meant by a sedentary lifestyle?	
291. What are the consequences of a sedentary lifestyle?	
292. Define obesity	
293. Identify how obesity can affect performance	
294. Identify how obesity can affect physical health	
295. Identify how obesity can affect mental health	
296. Identify how obesity can affect social health	
297. Identify three somatotypes	
298. Identify three characteristics of an ectomorph	
299. Identify three characteristics of a mesomorph	
300. Identify three characteristics of an endomorph	
301. State an example of a sport suited to an ectomorph	
302. State an example of a sport suited to an mesomorph	
303. State an example of a sport suited to an endomorph	
304. What is energy measured in?	
305. What is the average calories required by males in a day?	
306. What is the average calories required by females in a day?	
307. What factors can affect energy usage?	

308. What is meant by a balanced diet?	
309. Why is it important to have a balanced diet?	
310. What percentage of a balanced diet should come from fat?	
311. What percentage of a balanced diet should come from protein?	
312. What percentage of a balanced diet should come from carbohydrates?	
313. What is the function of carbohydrates?	
314. What is meant by carbo loading?	
315. What is meant by a high protein diet?	
316. What is the function of protein?	
317. What is the function of fats?	
318. What is the function of vitamins and minerals?	
319. Define dehydration	
320. How does dehydration affect the body?	
321. How does dehydration affect performance?	

Health and Fitness

Question	Answer
322. What is meant by quantitative data?	
323. What is meant by qualitative data?	
324. Give an example of quantitative data	
325. Give an example of qualitative data	