
Answer **all** questions.

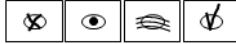
For questions with four responses only **one** answer per question is allowed.


For each answer completely fill in the circle alongside the appropriate answer.


CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

0 | **1**

Which **one** of these is **incorrect**?

- A** The skeleton provides oxygen for the working muscles
- B** The skeleton provides protection for vital organs
- C** The skeleton provides structural shape and points for attachment
- D** The skeleton provides support

[1 mark]

0 | **2**

During inspiration, which **one** of these must air first pass through before entering the bronchi?

- A** Alveoli
- B** Bronchioles
- C** Lungs
- D** Trachea

[1 mark]

0 3Which **one** of these performers is **most** likely to use altitude training?

A Canoeist

B Gymnast

C Hockey player

D Marathon runner

[1 mark]**0 4**

What does HIIT stand for?

A High Intensity Induced Training

B High Intensity Interval Training

C High Intensity In Training

D High Intensity Isometric Training

[1 mark]**0 5**Which **one** of these performers relies **most** heavily on agility?

A 100 m runner

B Golfer

C Rower

D Tennis player

[1 mark]**Turn over for the next question****Turn over ►**

0 6

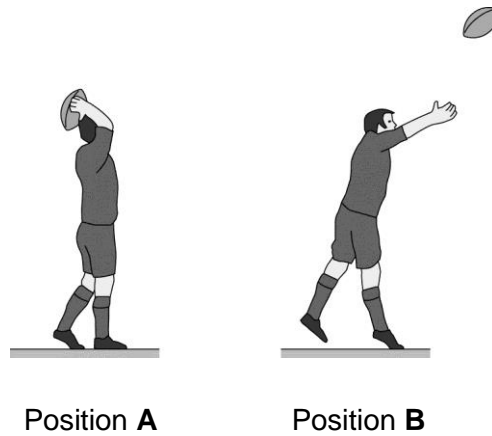
The Wall Toss Test measures which component of fitness?

A Agility**B** Balance**C** Coordination**D** Flexibility**[1 mark]****0 7**For which type of training would you **most commonly** alter the speed and terrain?**A** Continuous**B** Fartlek**C** Plyometric**D** Weight training**[1 mark]**

0 8

Figure 1 shows a rugby player throwing the ball during a lineout.

Figure 1



Position A

Position B

0 8

1 Complete **Table 1** to identify:

- the type of joint operating at the **elbow**
- the agonist muscle causing the movement at the **elbow** from Position **A** to Position **B**
- the type of contraction occurring in the agonist muscle at the **elbow** to cause this movement.

[3 marks]

Table 1

Type of joint	Agonist muscle	Type of contraction

0 8

2 Using **Figure 1**, name, sketch and label the lever system operating at the **elbow** during the movement from Position **A** to Position **B**.

[3 marks]

Lever system: _____

0 9

Adam plays badminton every week at a local leisure centre.

0 9

1

How would the mechanics of Adam's breathing change during inhalation as a result of exercise?

[2 marks]

0 9

2

Evaluate the importance of flexibility for a badminton player. Use examples in your answer.

[3 marks]

1 0

Fitness testing is used to determine a performer's strengths and weaknesses. The Vertical Jump Test is used to measure anaerobic power of the legs.

1 0

1

Define anaerobic power.

[1 mark]

1 0 . **2** Describe the procedure to carry out the Vertical Jump Test.

[3 marks]

1 0 . **3** Performers should use the principles of overload (frequency, intensity and time) when training.

Define frequency, intensity **and** time.

[3 marks]

Frequency:

Intensity:

Time:

Question 10 continues on the next page

-
- 1 0** . **4** With reference to a named fitness test for cardiovascular endurance, explain how you could evaluate your test performance quantitatively **and** qualitatively.

[3 marks]

- 1 1** Amar has been training for months in preparation to complete a half marathon. He trains four times a week and does a mixture of steady state running, stretching and weight training.

- 1 1** . **1** Amar's cardiovascular endurance will improve as a result of completing steady state running.

State **three** other long-term effects that Amar is likely to experience as a result of completing steady state running.

[3 marks]

1.

2.

3.

1 1 . **2** Just before exercising, Amar may encounter a slight rise in heart rate.

What is this slight rise called **and** what is it caused by?

[2 marks]

1 1 . **3** During one of his training sessions, Amar decided to record his heart rate every two minutes. Some of the figures he recorded are shown in **Table 2**.

Table 2

Time into run (minutes)	12	14	16	18	20
Heart rate (BPM)	128	130	130	132	134

If Amar is 20 years old, do the recorded figures suggest that he was working in his aerobic training zone? Justify your answer.

[3 marks]

Turn over for the next question

Turn over ►

1 2 . **1** Identify the blood vessel that carries oxygenated blood away from the heart. **[1 mark]**

1 2 . **2** State **two** characteristics of the blood vessel identified in **12.1**. **[2 marks]**

1.

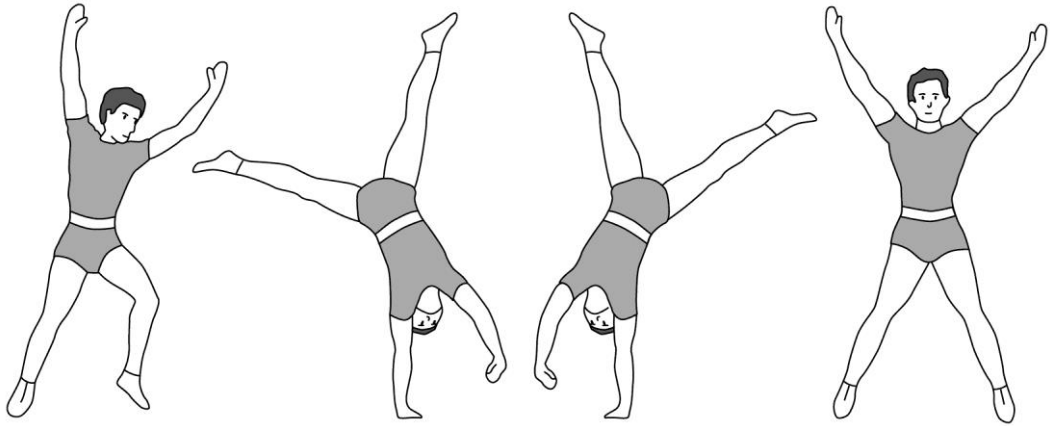
2.

1 2 . **3** Evaluate the importance of vasodilation when taking part in physical exercise. **[4 marks]**

1 3

Figure 2 shows a gymnast performing a cartwheel.

Figure 2



1 3

. 1 Identify the plane **and** the axis about which the movement is taking place.

[2 marks]

Plane:

Axis:

1 3

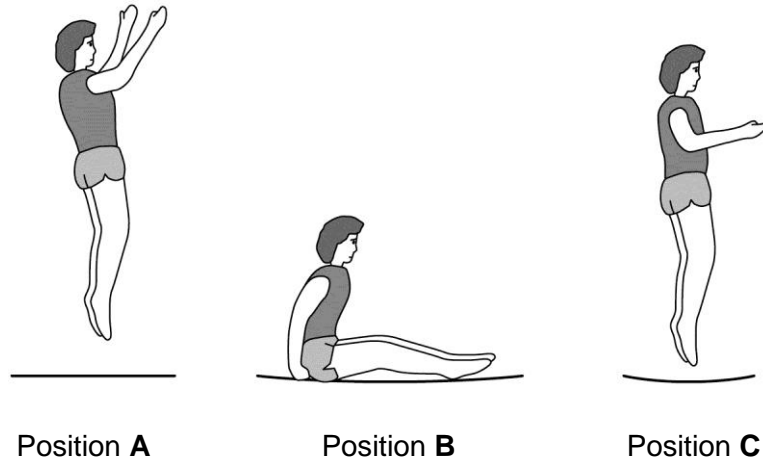
. 2 Flexibility is a key component of fitness for gymnasts.

Identify a suitable type of training to increase flexibility **and** suggest appropriate safety precautions that should be taken for this type of training.

[3 marks]

1 4 . 1 Figure 3 shows a trampolinist performing a seat drop.

Figure 3



Identify the type of movement that has taken place at the hip from Position A to Position B **and** the agonist muscle which has caused the movement.

[2 marks]

Type of movement:

Agonist muscle:

1 4 . 2 Evaluate the importance of muscular endurance to a trampoline performer when performing a routine.

[4 marks]

1 5

There are many different types of strength.

Outline what static strength is **and** using a sport of your choice, justify why it is important to performers in that sport.

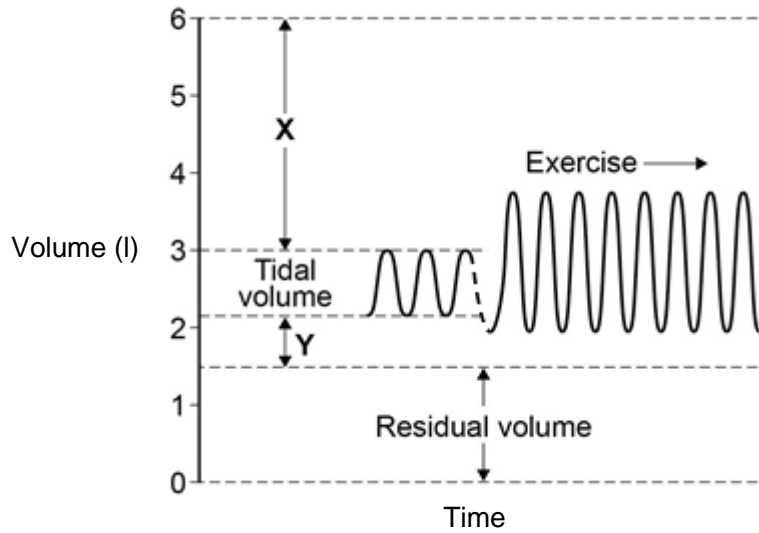
[4 marks]

Turn over for the next question

1 6

Figure 4 shows the lung volumes recorded on a spirometry trace.

Figure 4



1 6

. 1

Identify the lung volumes labelled X and Y.

[2 marks]

X: _____

Y: _____

1 6

. 2

Using the information in Figure 4, suggest a sporting activity that may be being performed. Justify your answer.

[3 marks]

END OF QUESTIONS

There are no questions on this page

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**