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Answer only TWO questions in this question paper. Write your answers in the spaces provided.

If you answer Question 1 put a cross in this box .

1. (a) (i) List seven short term physiological responses to exercise.

1

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2

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3

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4

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5

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6

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7

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(7)



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(c) Identify the **three** types of skeletal muscle fibre and describe the characteristics of each.

Fibre type

Characteristics:

.....

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.....

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Fibre type

Characteristics:

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Fibre type

Characteristics:

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.....

(9)

Q1

(Total 25 marks)



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If you answer Question 2 put a cross in this box ☒.

2. (a) Using examples, define the roles of **agonist**, **antagonist**, **fixator** and **synergist**.

Agonist:

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Example

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Antagonist:

.....

Example

.....

Fixator:

.....

Example

.....

Synergist:

.....

Example

.....

(8)



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(b) (i) List **four** possible types of movement at the ankle.

- 1
-
- 2
-
- 3
-
- 4
-

(4)

(ii) Identify and define **four** other types of movement and provide a sporting example for each.

Type of movement

Definition and sporting example

.....

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Type of movement

Definition and sporting example

.....

.....

Type of movement

Definition and sporting example

.....

.....

Type of movement

Definition and sporting example

.....

.....

(8)



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(c) (i) Give **two** reasons why athletes may train at altitude.

1

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2

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(2)

(ii) Many athletes have now adopted the **live high train low** method of altitude training instead of the **live high train high** method.

Identify **three** reasons for this change.

1

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2

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3

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(3)

Q2

(Total 25 marks)

7

Turn over



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If you answer Question 3 put a cross in this box ☒.

3. (a) (i) Identify and define **three** components of fitness considered important for a named sport.

Sport

1

.....

.....

2

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.....

3

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(6)

- (ii) Name a recognised fitness test for each component of fitness defined in your answer to question (a)(i).

1

2

3

(3)



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(b) Cartilage plays a variety of roles within the body.

(i) Identify **two** types of cartilage and state the characteristics of each.

Cartilage

Characteristics:

.....

.....

Cartilage

Characteristics:

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.....

.....

(4)

(ii) State how each characteristic assists movement.

1

.....

2

.....

(2)



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(c) (i) Identify the characteristics of interval training and explain why it is such a popular method.

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(5)

(ii) Identify **two** different sporting activities and explain **how** and **why** the performers could use interval training.

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(5)

(Total 25 marks)

Q3



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If you answer Question 4 put a cross in this box .

4. (a) Identify the structural and functional adaptations that result from aerobic training.

Structural adaptations

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Functional adaptations

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(8)



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(b) There are **three** main types of joint within the body.

(i) Identify the three types of joint and state the characteristics of each.

Joint type

Characteristics:

.....

.....

Joint type

Characteristics:

.....

.....

Joint type

Characteristics:

.....

.....

(6)

(ii) Selecting one type of joint explain how it aids the performer.

.....

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(3)



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(c) State **five** physiological reasons why ageing leads to a decline in performance.

- 1
- 2
- 3
- 4
- 5
- (5)**

(d) Identify what is meant by a **training zone** and describe **two** different methods used to calculate one.

- Definition
- Method 1:
- Method 2:
- (3)**

(Total 25 marks)

Q4

TOTAL FOR PAPER: 50 MARKS

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