

(b) (i) Define the terms *agonist*, *antagonist*, *fixator* and *synergist*.

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(4)

(ii) Using a sporting example name the muscles that are performing each of the four roles listed in (b) (i) during a biceps curl.

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(c) (i) Elite endurance athletes often use altitude training to improve performance. Explain why altitude training is considered to be of benefit **and** describe the adaptations likely to occur.

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(ii) Identify other ways in which an athlete might seek to achieve similar results.

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Q1

(Total 25 marks)

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

2. (a) (i) Identify the physiological responses that occur during a warm up.

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(ii) For each response identified in your answer to (a)(i), describe the benefits provided to the body.

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(b) Fartlek and Interval training are used by athletes to improve performance.

(i) Identify the main characteristics of **both** types of training.

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(ii) Describe an interval training session for a sprinter **and** identify the specific objective of the session.

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(c) Athletes use *macro cycles*, *meso cycles* and *micro cycles* in order to plan their training effectively.

Explain the **three** types of training cycle and using practical examples apply them to a training programme for a games player.

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(Total 25 marks)

Q2

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

3. (a) (i) Explain the benefits of performing an effective cool down.

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(ii) Describe a cool down for a named activity and identify the objective for each phase.

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(b) (i) Define the following movements within the specific context of the body. *Flexion, extension, abduction, circumduction, rotation and adduction.*

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(ii) Select **three** of the types of movement listed in (b) (i) and using a sporting example for each, name the joint involved and the prime mover.

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(c) Explain how oxygen delivery to the working muscles increases during exercise.

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(4)

(Total 25 marks)

Q3

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

4. (a) (i) Name **and** describe the characteristics of the **three** types of joint in the body.

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(b) (i) Identify **two** contrasting sporting events and name the most appropriate fitness test for each event.

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(ii) Define the terms *validity* and *reliability* within the context of fitness testing.

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(iii) Using the terms validity and reliability explain why the fitness tests in your answer to (b) (i) are the most appropriate tests for these events.

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(iv) Fitness tests measure a specific component of fitness. Explain why a named fitness test may not be appropriate for an athlete even though it measures the correct component?

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(3)

(Total 25 marks)

Q4

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TOTAL FOR PAPER: 50 MARKS

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