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

If you answer Question 1 mark this response = = .

1. (a) Warming up is said to improve performance.

Identify **four** physiological responses to a warm up and state how each improves performance.

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(b) Differing shapes of fibre arrangements of skeletal muscle have different characteristics.

Identify **two** different classifications of fibre arrangement and describe their predominant characteristics.

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(c) (i) Explain what is meant by **isotonic**, **isometric** and **isokinetic** contractions.

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(ii) Name and explain the **two** types of isotonic contraction.

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(d) Describe the main characteristics of a **continuous training** session.

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(Total 25 marks)

Q1

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If you answer Question 2 mark this response .

2. (a) (i) Describe and explain an appropriate cool down for a named activity.

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(ii) Explain how a cool down can help future performance.

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(b) Identify the **three** skeletal muscle fibre types and a method of training suited to each. For each training method identified explain **one** structural adaptation.

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If you answer Question 3 mark this response .

3. (a) (i) Explain why **fartlek training** is often considered suitable for a games player.

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(ii) Outline an example of a suitable fartlek training session for a games performer of your choice.

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(b) (i) Define **bradycardia** and explain its benefits.

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(ii) Identify a type of training likely to lead to bradycardia and explain why it occurs.

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(iii) Explain why not all training will produce bradycardia.

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(c) (i) Name **two** movements possible at the shoulder joint and identify the prime mover for each.

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(ii) State the joint type and the structural characteristics of the shoulder joint. You should explain the role of each identified structure.

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(d) (i) **Overload** and **overtraining** are both principles of training.

Explain each principle.

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(ii) Outline how an athlete would apply their knowledge of **overload** and **overtraining** when training.

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If you answer Question 4 mark this response .

4. (a) Identify the main principles of circuit training and provide examples which explain why it is so popular.

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(b) Cycling and other endurance sports have had to ban athletes for blood doping and or EPO use.

(i) Explain how both **blood doping** and **EPO** are used by athletes.

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(ii) Identify the risks to athletes of using blood doping or EPO.

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(c) (i) Explain the terms **validity** and **reliability** within the context of fitness testing.

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(ii) Identify reasons why the 100m sprint race on the track might not be a suitable test for speed.

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(iii) Name and describe the protocol for a more suitable fitness test for speed. Identify potential criticisms of this test.

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Q4

(Total 25 marks)

TOTAL FOR PAPER: 50 MARKS

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