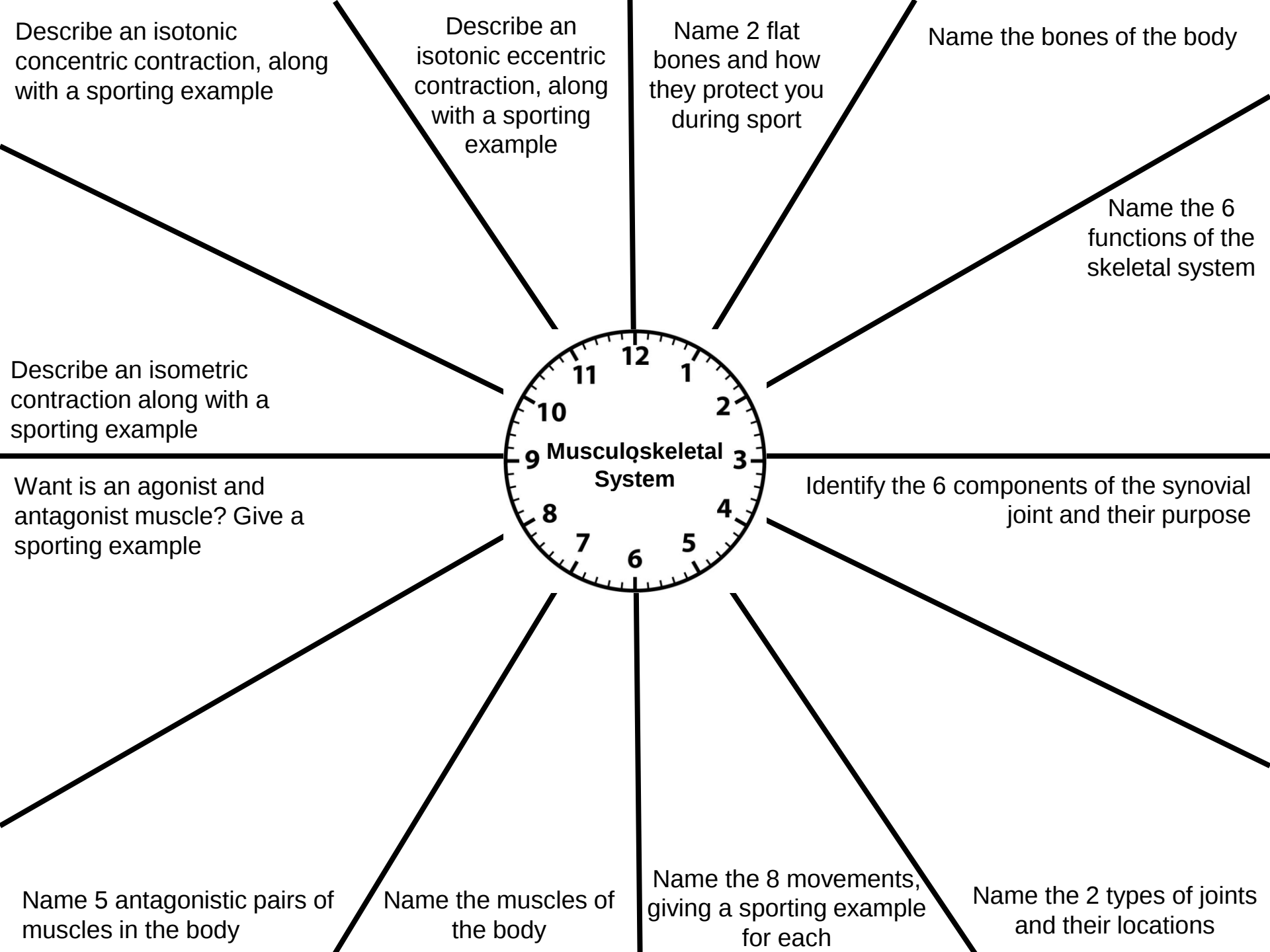




Name the bones of the body

Name the 6 functions of the skeletal system

Identify the 6 components of the synovial joint and their purpose

Name the 2 types of joints and their locations

Name the 8 movements, giving a sporting example for each

Name the muscles of the body

Name 5 antagonistic pairs of muscles in the body

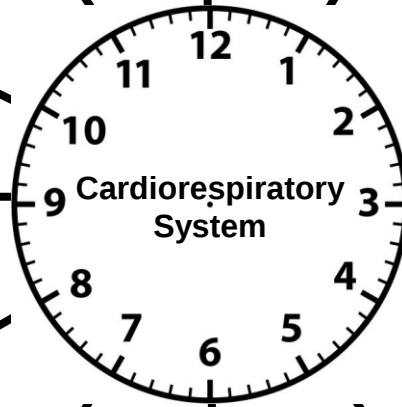
What is an agonist and antagonist muscle? Give a sporting example

Describe an isometric contraction along with a sporting example

Describe an isotonic concentric contraction, along with a sporting example

Describe an isotonic eccentric contraction, along with a sporting example

Name 2 flat bones and how they protect you during sport



Name the 6 features of the alveoli to allow gaseous exchange to take place

What are the 3 blood vessels and their role?

Name the 4 chambers of the heart

Vasoconstriction V Vasodilation

Diastole V Systole

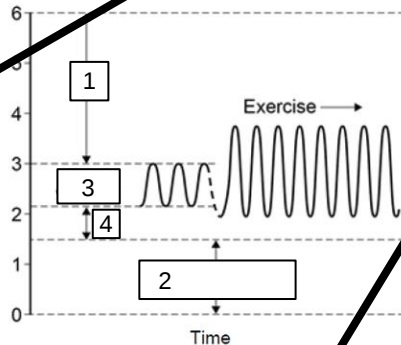
What is the pathway of blood?

What are the 6 features of the respiratory system?

Mechanics of breathing
Inhalation at rest

Exhalation at rest

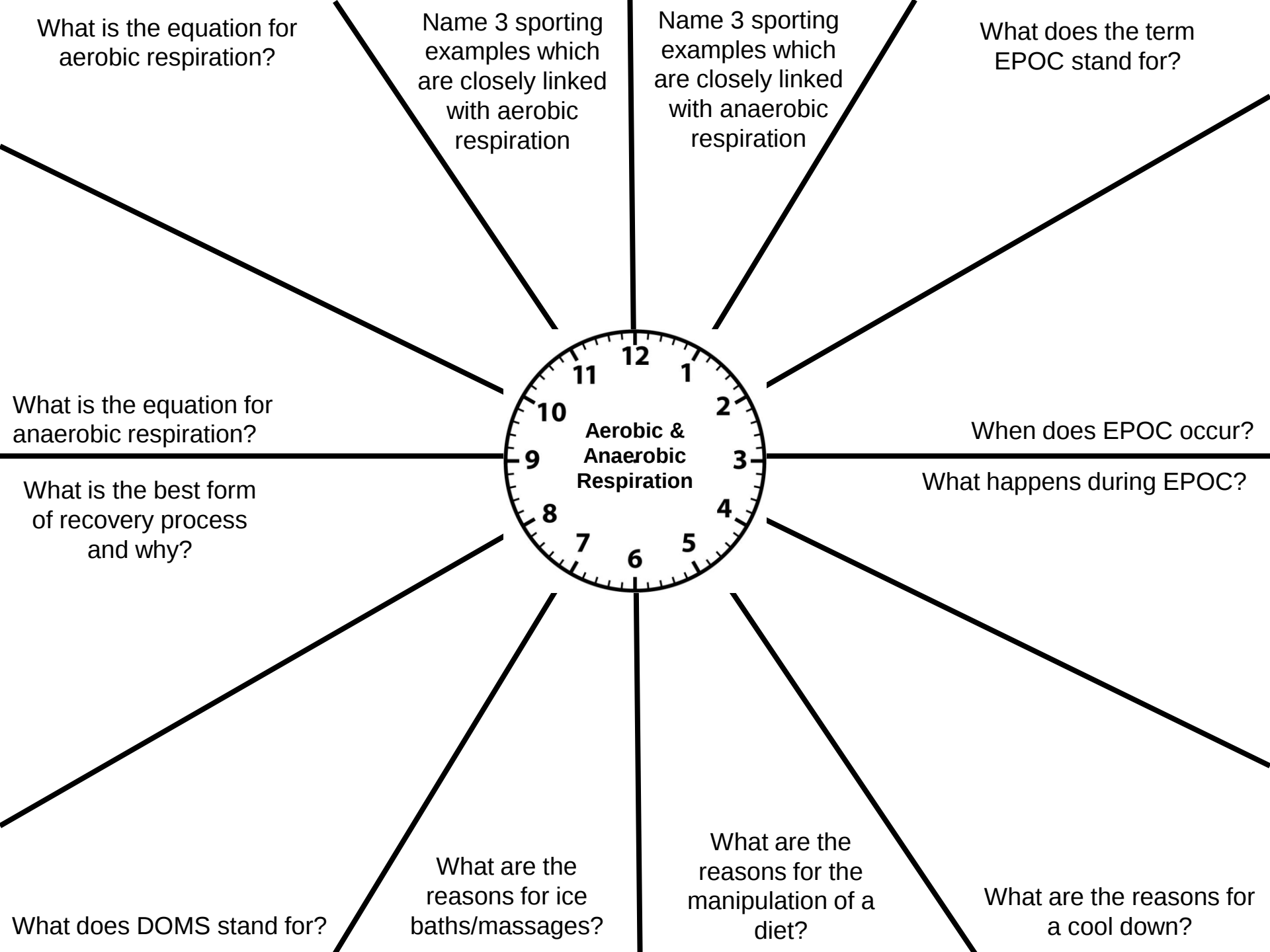
Label the spirometer trace



What is the definition of HR & MHR? What is meant by the term anticipatory rise?

What is the definition for stroke volume?

What is the equation for cardiac output?



What is the equation for aerobic respiration?

Name 3 sporting examples which are closely linked with aerobic respiration

Name 3 sporting examples which are closely linked with anaerobic respiration

What does the term EPOC stand for?

When does EPOC occur?

What happens during EPOC?

What are the reasons for the manipulation of a diet?

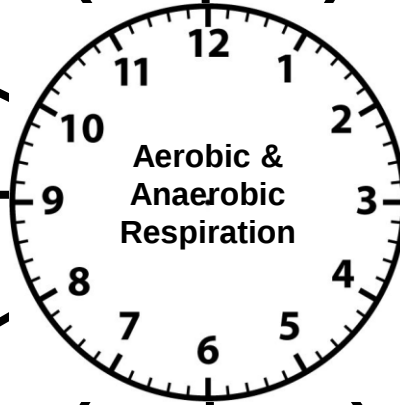
What are the reasons for a cool down?

What are the reasons for ice baths/massages?

What does DOMS stand for?

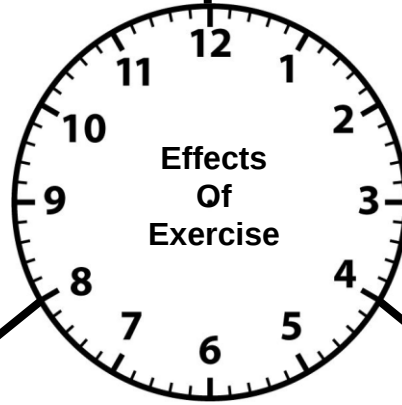
What is the best form of recovery process and why?

What is the equation for anaerobic respiration?

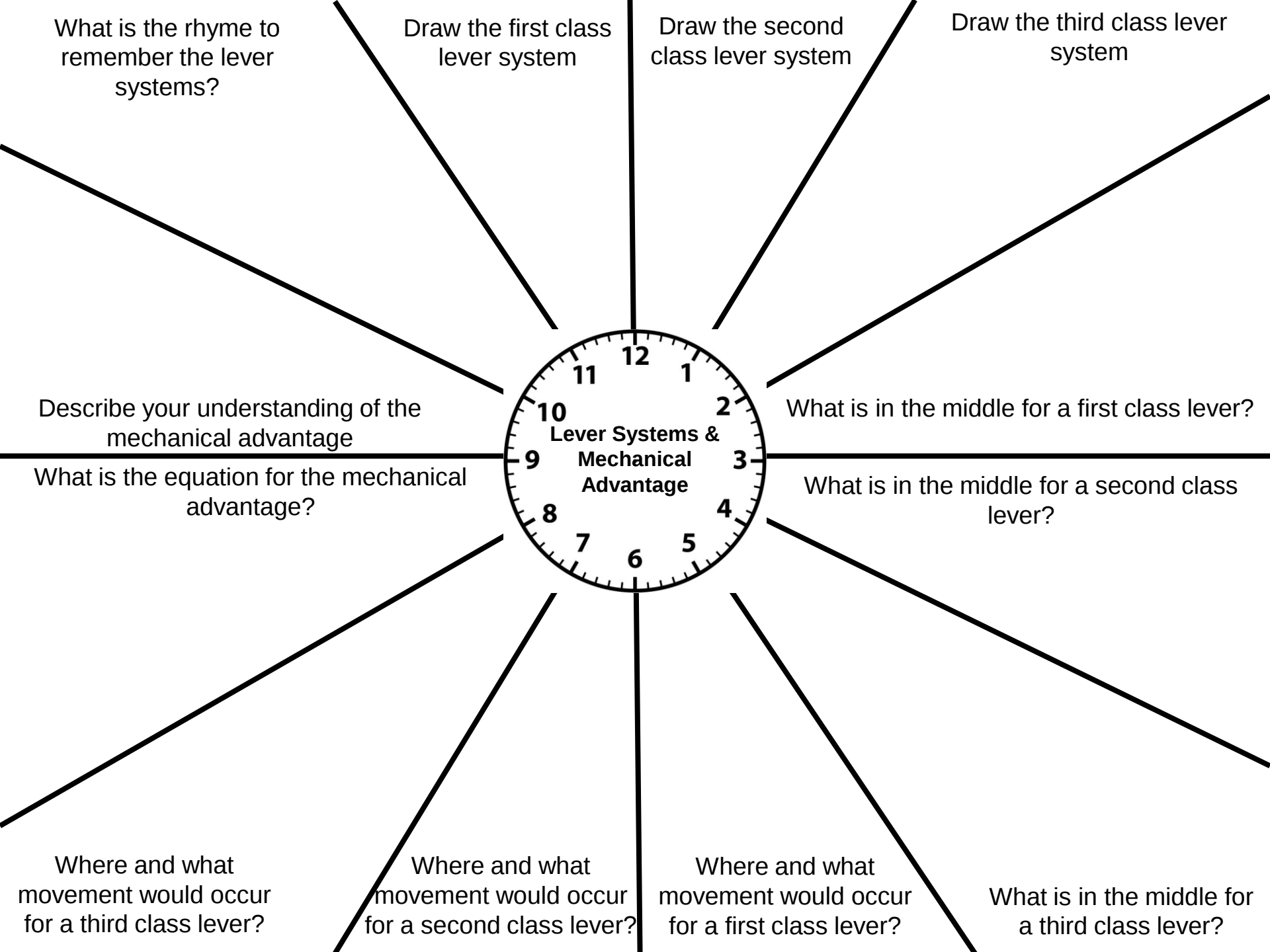


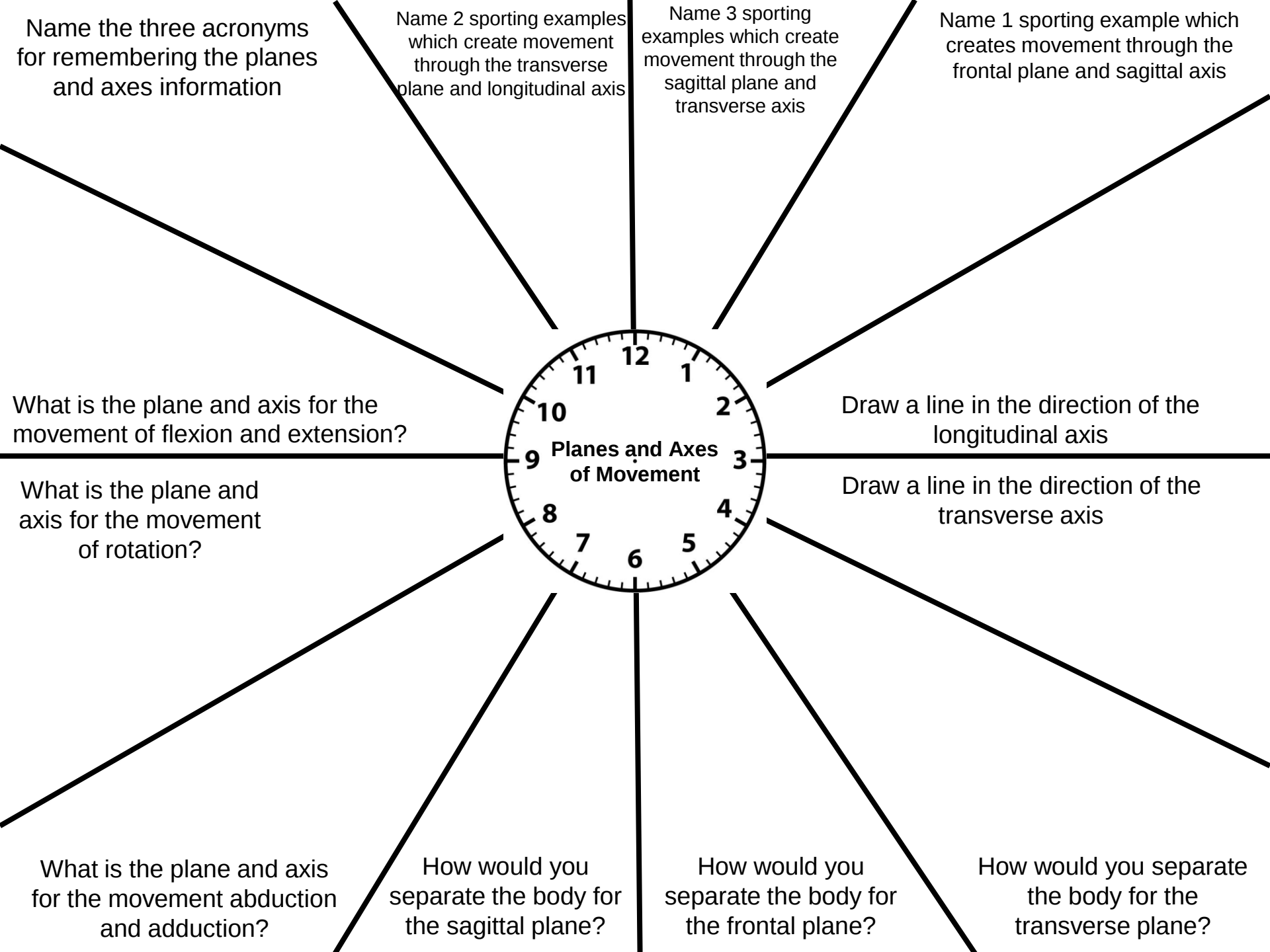
Immediate effects of exercise
(during exercise)

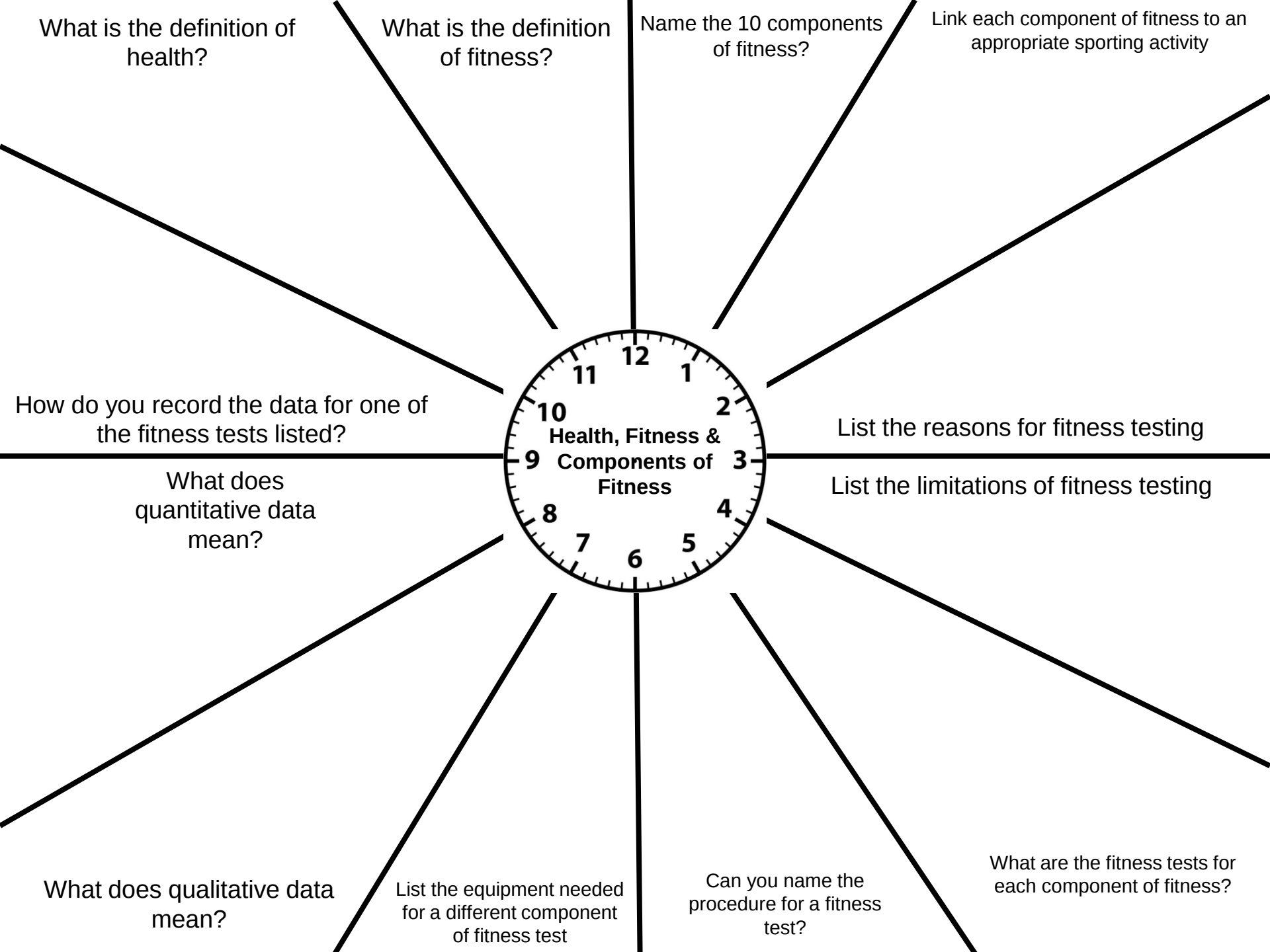
Short term effects of exercise
(24-26 hours after exercise)

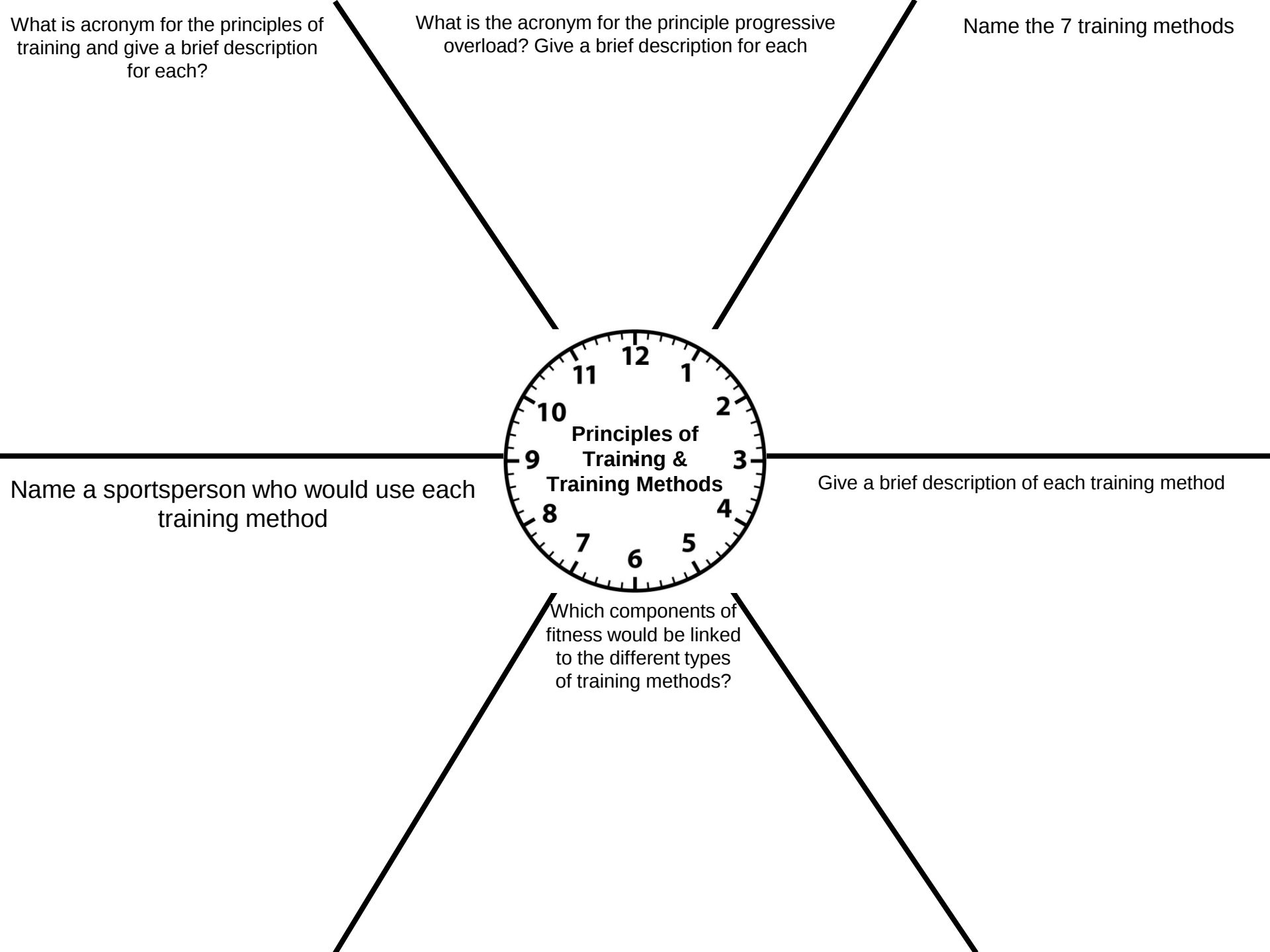


Long term effects of exercise
(months and years of exercising)







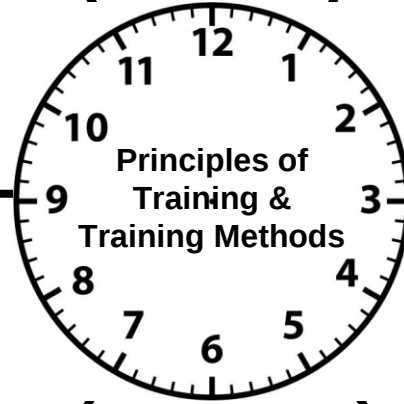


What is acronym for the principles of training and give a brief description for each?

What is the acronym for the principle progressive overload? Give a brief description for each

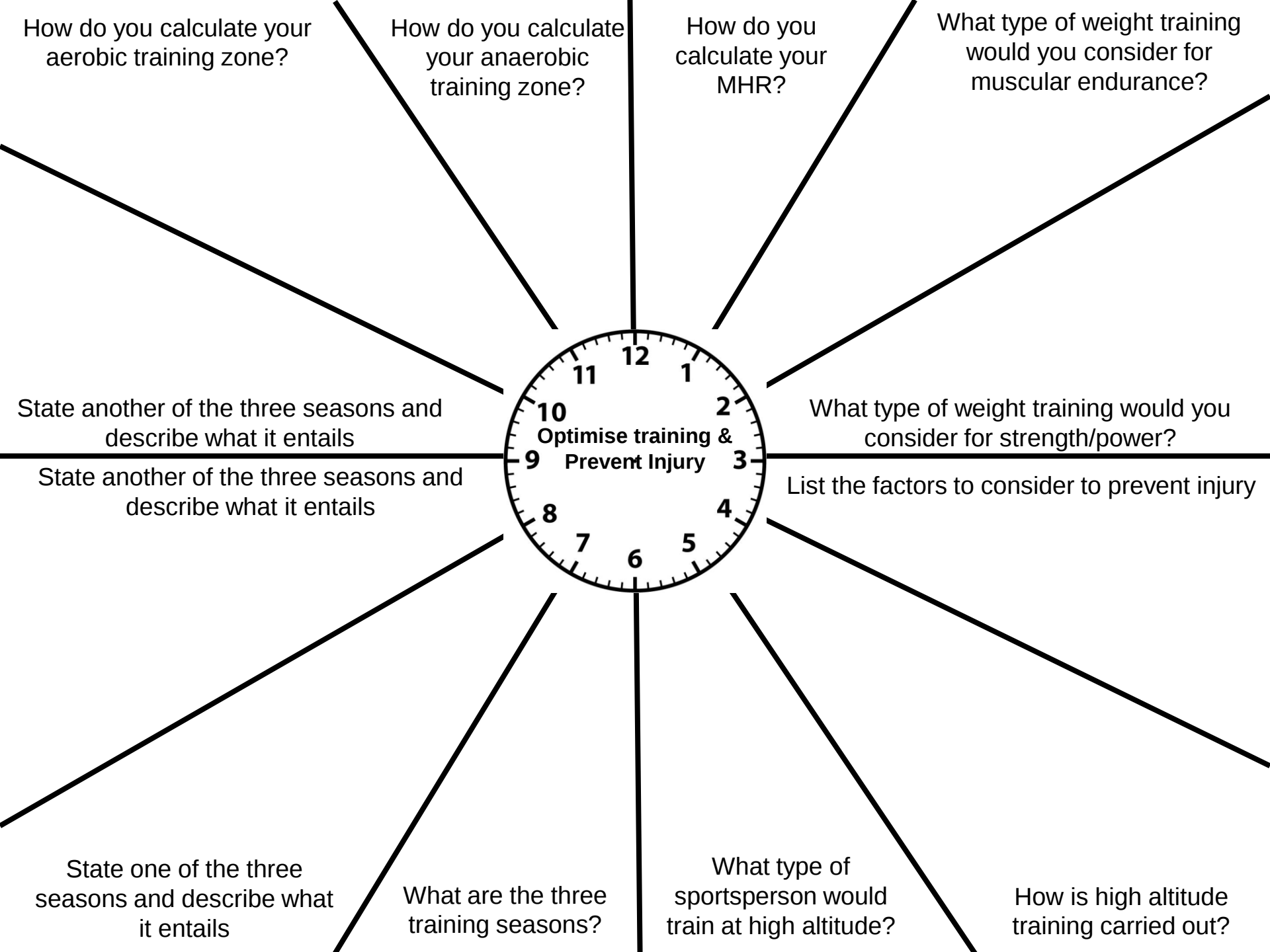
Name the 7 training methods

Name a sportsperson who would use each training method



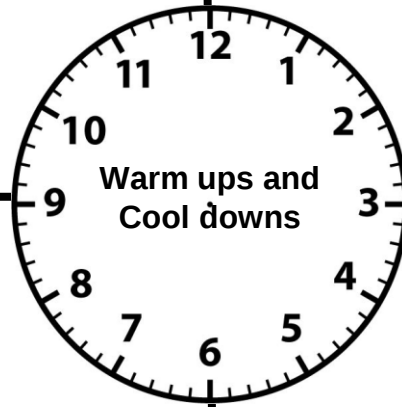
Give a brief description of each training method

Which components of fitness would be linked to the different types of training methods?



What are the phases of a warm up?

What are the phases of a cool down?



What are the benefits of a warm up?

What are the benefits of a cool down?