What are the three different types of joint? The three different types of joint are fixed, slightly moveable and freely moveable.

What is the role of the platelets? Platelets help blood to clot.

What type of joint is the wrist? The wrist is a condyloid joint.

What movement pattern is moving away from the midline of the body? Abduction is the movement pattern moving away from the midline of the body.

What is the role of ligaments? Ligaments connect bones to bones.
What are the characteristics of type I muscle fibres?

Type I muscle fibres use oxygen, are red, slow, and resistant to fatigue.

How many chambers does the heart have?

The heart has four chambers.

What does the vascular shunt mechanism do?

The vascular shunt mechanism re-distributes oxygenated blood to where it is most needed.

What are alveoli?

Alveoli are small air sacs where gases are exchanged.

What is tidal volume?

Tidal volume is the amount of air that enters the lungs during normal breathing when at rest.
What percentage of maximum heart rate would an athlete be working at if they are working in the aerobic zone?

An athlete’s heart rate would be between 60%–80% of their maximum heart rate when working in the aerobic zone.

What are the long term effects of exercise on the cardio-vascular system?

The heart gets larger and stronger, the heart has greater force, stroke volume increases, cardiac output increases, lower resting heart rate, blood pressure decreases, blood vessels become stronger.

What type of lever has the fulcrum in between the load and force?

The first class lever has the fulcrum between the load and force.

What plane separates the body into upper and lower parts?

The transverse plane separates the body into upper and lower parts.

Define body composition.

Body composition is the percentage of body weight that is muscle, fat and bone.
How many minutes do individuals have to run for on the Cooper run test?

Individuals must run for 12 minutes on the Cooper run test.

What does the vertical jump test measure?

The vertical jump test measures power.

What three things can overtraining cause?

Overtraining can cause injury, illness, and poor performance.

What can maximum heart rate be used for?

Maximum heart rate can be used to identify if someone is working aerobically or anaerobically.

Name examples of plyometric training.

Examples of plyometric training are bouncing, jumping, hopping, bounding.
What are the long term benefits of exercise to the musculo-skeletal system?

PARQ stands for Pre-Activity Readiness Questionnaire.

What does PARQ stand for?

Stage 1: pulse raiser
Stage 2: dynamic stretching
Stage 3: practice activities
Stage 4: mental preparation.

What are the four stages of a warm-up?

Secondary data is using previously published data.

What is secondary data?

Heart rate monitors, training diaries, fitness tests, and feedback can be used to evaluate the success of training.

What methods can be used to evaluate the success of training?
What are the government’s physical activity recommendations for children and young people?

The government recommends that children and young people undertake 60 minutes of physical activity a day.

What are the negatives of using nicotine?

Nicotine increases your risk of developing many cancers and lung diseases.

What is an individual at risk of if they are overweight?

Depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, poor posture, poor physical fitness.

Has obesity for males and females increased or decreased since 1995?

Obesity for males and females has increased since 1995.

Name the four macronutrients.

The four macronutrients are water, carbohydrates, protein and fibre.
**Classification of Skills**

- Use of Goal Setting and SMART Targets
  - What does SMART stand for?
  - The four types of feedback are intrinsic, extrinsic, concurrent and terminal.

**Guidance and Feedback on Performance**

- Engagement Patterns of Different Social Groups in Physical Activity and Sport 1
  - Explain how gender can affect participation in physical activity and sport.
  - Women do less sport than men, fewer opportunities for women, some women fear being judged, some women lack confidence. Opportunities for women in sport are increasing, but are still low in some areas and some religious values do not support women taking part.

- Mental Preparation for Performance
  - Positive self talk is where individuals use motivational and encouraging words to help them achieve improved performance.

- Guidance and Feedback on Performance
  - The four types of feedback are intrinsic, extrinsic, concurrent and terminal.

- Use of Goal Setting and SMART Targets
  - SMART stands for Specific, Measurable, Achievable, Realistic and Time-based.

**Use of Goal Setting and SMART Targets**

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**Engagement Patterns of Different Social Groups in Physical Activity and Sport 1**

- Describe an open skill.
  - The environment is constantly changing, so skills need to be constantly adapted.

**Mental Preparation for Performance**

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**Ethical and Socio-cultural Issues in Physical Activity and Sport**

**Use of Data**

36. Explain how **ethnicity** can affect participation in physical activity and sport.

37. What are the advantages of having **increased media involvement** in sport due to commercialisation?

38. What is **sportsmanship**?

39. What are the consequences of deviance in sport?

40. Name **four ways** in which data can be collected.

**Commercialisation of Physical Activity and Sport**

Participation by ethnic minorities in some instances is low, racist behaviour can prevent individuals from taking part in sport, lack of sufficient specific classes and role models. Participation is increasing.

Better-informed supporters, increased awareness of the sport, increased coverage and can be viewed globally.

Sportsmanship is displaying the qualities of fairness, following the rules and being gracious in defeat or victory.

Fines for clubs or individuals, negative image for participant(s) and sport, sponsors or commercial partners withdraw, negative media portrayal and loss of income to club/individual.

Data can be collected face to face, via telephone, using post and using the internet.