

What are the three different **types of joint**?

1

The three different types of joint are **fixed**, **slightly moveable** and **freely moveable**.

1

What is the role of the **platelets**?

2

Platelets help blood to clot.

2

What **type of joint** is the wrist?

3

The wrist is a **condyloid joint**.

3

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

4

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

4

What is the role of **ligaments**?

5

Ligaments connect bones to bones.

5

What percentage of **maximum heart rate** would an athlete be working at if they are working in the **aerobic zone**?

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10

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

10

What is **tidal volume**?

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Tidal volume is the amount of air that enters the lungs during normal breathing when at rest.

9

What are **alveoli**?

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Alveoli are small air sacs where gases are exchanged.

8

What does the **vascular shunt mechanism** do?

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7

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

7

What are the characteristics of **type I muscle fibres**?

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6

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

6

The Short- and Long-term Effects of Exercise

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

11

The Short- and Long-term Effects of Exercise

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.

11

Lever Systems

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

12

Lever Systems

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

12

Planes and Axes of Movement

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What **plane** separates the body into upper and lower parts?

13

Planes and Axes of Movement

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

13

The Relationship between Health and Fitness

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Define **body composition**.

14

The Relationship between Health and Fitness

Body composition is the percentage of body weight that is muscle, fat and bone.

14

Components of Fitness Data Interpretation 1

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How many minutes do individuals have to run for on the **Cooper run test**?

15

Components of Fitness Data Interpretation 1

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

15

What does the **vertical jump test** measure?

16

The vertical jump test measures **power**.

16

What three things can overtraining cause?

17

Overtraining can cause **injury, illness, and poor performance**.

17

What can **maximum heart rate** be used for?

18

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

18

Name examples of **plyometric training**.

19

Examples of plyometric training are **bouncing, jumping, hopping, bounding**.

19

What are the **long term benefits** of exercise to the **musculo-skeletal system**?

20

Increased bone density, muscles getting bigger, muscles getting stronger, increased tendon strength and increased ligament strength.

20

What does **PARQ** stand for?

21

PARQ stands for Pre-Activity Readiness Questionnaire.

21

What are the four stages of a **warm-up**?

22

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

22

What is **secondary data**?

23

Secondary data is using **previously published data.**

23

What methods can be used to evaluate the **success of training**?

24

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

24

What are the government's **physical activity recommendations** for children and young people?

25

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

25

The Consequences of a Sedentary Lifestyle 1

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What are the negatives of using **nicotine**?

26

The Consequences of a Sedentary Lifestyle 1

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

26

The Consequences of a Sedentary Lifestyle 2

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

27

The Consequences of a Sedentary Lifestyle 2

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

27

The Consequences of a Sedentary Lifestyle 2

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

28

The Consequences of a Sedentary Lifestyle 2

Obesity for males and females has **increased** since 1995.

28

Energy Use, Diet, Nutrition and Hydration

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Name the four **macronutrients**.

29

Energy Use, Diet, Nutrition and Hydration

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

29

Classification of Skills

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Describe an **open skill**.

30

Classification of Skills

The environment is constantly changing, so skills need to be **constantly adapted**.

30

What does **SMART** stand for?

31

SMART stands for **Specific, Measurable, Achievable, Realistic** and **Time-based**.

31

What are the **four types of feedback**?

32

The four types of feedback are **intrinsic, extrinsic, concurrent** and **terminal**.

32

What is **positive self-talk**?

33

Positive self-talk is where individuals use **motivational and encouraging words** to help them achieve **improved performance**.

33

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

34

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.

34

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

35

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.

35

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

36

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

36

What is **sportsmanship**?

37

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

37

What are the consequences of **deviance in sport**?

38

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.

38

There are many reasons for **hooliganism in sport**, identify **three reasons** for this occurring.

39

Rivalry, media hype, consumption of alcohol, use of drugs, gang culture, frustration, display of masculinity.

39

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

40

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

40