



Sixth Form Entrance 2018

PHYSICAL EDUCATION

1 hour

60 marks

Answer all questions

NAME:

CURRENT SCHOOL:

Mark:

Percentage.....

2).....
.....
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3).....
.....
..... [3]

5. Name **one** training principle that should be included in an exercise programme.
..... [1]

6. Describe **three** long-term effects of exercise on the heart and **three** long-term effects of exercise on the lungs.

Long-term effects of exercise on the heart

1).....
.....

2).....
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3).....
.....

Long-term effects of exercise on the lungs

1).....
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2).....
.....

3).....
..... [6]

7. One function of the skeleton is that it supports and gives shape to the body which is important for the performer.

(i) Identify **two** other functions of the skeleton that are important to the performer.

1

2

[2]

(ii) Explain the importance of these two other functions of the skeleton and relate to the performer.

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[2]

8. Using a practical example, explain how antagonistic pairs work.

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[2]

9. Define health.

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[1]

10. Explain how fast and slow twitch muscle fibres affect performance in a named physical activity.

Physical activity:

Fast twitch:

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Slow twitch:

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[2]

11. Different types of feedback in practice situations can often improve performance in physical activity.

Identify **two** different types of feedback and briefly explain how each may help improve performance in physical activity.

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[3]

12. What is the role of a ligament?

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[1]

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..... [8]

15. Flexibility is the amount or range of movement that you can have around a joint.

How can an athlete improve their flexibility?

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..... [2]

16. The following data is taken from a 20-year-old male taking the Cooper's 12-minute run test.

September 2015- ran 2,400 metres

December 2015- ran 2,500 metres

A. In which main component of fitness is he showing improvement?

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..... [1]

