Answers

1. C – 15%
2. Eating plenty of CHO a week-24 hours before an endurance event i.e. marathon
3. Water, Fibre, Carbs, fat, protein, minerals, vitamins,
4. B
5. A muscle to opposes another muscle
6. Rotation, circumduction, flexion, extension, ab/adduction
7. Ball and socket, hinge, gliding, saddle,
8. Specificity, progression, overload, reversibility, tedium
9. Frequency, intensity, time
10. Overload
11. Warm up, fitness phase, skill phase, cool down,
12. Mental,Physical,Social
13. Speed
14. Difficult with external factors, decision making, pressure etc
15. No external factors can only be performed one way
16. Diaphragm relax’s and intercostal muscles relax causing high pressure/low volume. Air flows out due to high pressure inside and low pressure in ambient air.
17. Glycogen
18. Red/White
19. Veins – thin walls, low pressure, valves, low pressure,

Arteries – Thick walls, high pressure, small lumen,

Capillaries – extremely thin walls (1 cell thick), gaseous exchange, found at end of arteries and beginning of veins.

1. A feeling of extreme physical or mental tiredness brought on by extreme exertion.
2. Anxiety
3. Chronic, same exercise over and over without rest, tennis elbow,
4. Sit them down, sips of water, keep them warm, bandage over any cuts
5. Mental
6. Physical
7. Social
8. Muscle strength/endurance – to ensure correct tension throughout performance, be stronger to lift themselves into better positions
9. Power is the ability to use strength at speed. Muscular strength is the amount of force a muscle can exert against resistance.
10. Fitness Levels

30. Equipment can be changed, Size of Pitch, rules

31. Injury, religion, disability, gender

32. poor Media attention, not enough clubs, seen as masculine,

33. Vitamins, minerals

34.Progression

35. Meat, fish, cheese, beans, eggs, milk/yogurt, nuts

36. Protection, Shape, Blood cell production, Structure, Movement

37. Femur and it’s your thigh bone

38. Heavy breathing after anerobic exercise to remove lactic acid and co2

 39. C