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| What are the three categories of a healthy active lifestyle?  (Physical, Social, Mental) | There are seven benefits for a healthy active lifestyle. Name three.  (Wellbeing, feel good, stress relief, self-esteem, enjoyment, good health, mental challenge) |
| Cooperation and Aesthetic appreciation are reasons why people take part in physical activity. Name another.  (Competition, Physical challenge, development of friendships) | What year is Britain hosting the Olympic Games?  (2012) |
| Who won Sports Personality of the year 2010?  (Ryan Giggs) | How many players are there on court in a volleyball team?  (6) |
| What influences young people on their involvement in sport? Name two and explain.  (People, Image, Cultural Factors, Resources, Health, Socio-economics) | Foundation is the base of the sports participation pyramid. What are the next three levels?  (Participation, Performance, Excellence) |
| Exercise is a form of activity which maintains or improves health and or/physical fitness. Define health.  (A state of complete mental, physical and social wellbeing and not merely the absence of disease and infirmity) | Complete the sentence. Fitness is the ability to meet the…………  (…demands of the environment) |
| Cardiovascular fitness and Body Composition are two components of health related exercise, name two more.  (Flexibility, Muscular strength, Muscular endurance) | Complete the definition: Cardiovascular fitness is the ability to exercise the entire body for...  (…long periods of time.) |
| Agility is a component of skill related fitness, name three more components.  (Balance, Coordination, Power, Reaction Time, Speed) | Complete the definition: Coordination is the ability to use two or...  (…more body parts together.) |
| A gymnast needs…......to maintain her position on the bar.  (…balance…) | Give an example of a physical activity that requires power. Explain your answer.  (Possible answer: Sprinting because drive their body out of starting blocks.) |
| How many Gold Medals did Britain win at Beijing 2008?  15 19 24  (19 Gold Medals) | Power is a combination of what?  (Strength and Speed) |
| As the reader of this question you can ask any sport or GCSE PE related question you wish. The only condition is you must know the answer! | Which two countries compete in cricket for the Ashes?  (England and Australia) |
| What questions might you ask during a PAR-Q?  (Medical conditions, Injuries, Blood Pressure, Diabetes, Asthma ect) | Name a test other than sit and reach that would measure health related fitness?  (Cooper, Hand grip, Harvard Step) |
| Specificity is a principle of training. What does this mean?  (Matching the training to the requirements of an activity) | Progressive overload is a principle of training. What does this mean?  (To gradually increase the amount of overload so that fitness gains occur, without injury.) |
| What does FITT stand for in relation to training principles?  (Frequency, Intensity, Time and Type) | When might an athlete go into a state of reversibility?  (Stopping training, possibly through injury.) |
| SMART stands for specific, measurable, achievable, realistic and time-bound. What term do we use that these words relate to?  (Goal Setting) | Name five football clubs that begin with B?  (Possible answers: Blackburn, Bolton, Birmingham, Bristol, Barnsley) |
| Bode Miller is a name from which sport?  Skiing Table Tennis  (Skiing) | Who scored a hat-trick in the 1966 World Cup Final?  Sir Geoff Hurst Bobby Moore  (Sir Geoff Hurst) |
| As the reader of this question you can ask any sport or GCSE PE related question you wish. The only condition is you must know the answer! | How can the FITT principle be applied to circuit training?  (Possible answer: Intensity can be adjusted through altering timings of rest and activity) |
| Interval and Continuous are methods of training, name two more.  (Fartlek, Circuit, Weight and Cross) | How do Fartlek and Continuous training differ?  (Fartlek takes place over different terrain, eg. hills) |
| Cross training does not mean a combination of activities. What does it mean?  (Cross training is using a combination of training methods) | Why is it important to consider the order of exercises when planning a circuit?  (Possible answer: Muscles will tire rapidly if same muscle groups are being worked consecutively) |
| An exercise session should have a warm up, main activity and what third element?  (Cool down) | Heart Rate is what?  (HR is the number of times that the heart beats in a minute) |
| How is a persons maximum HR calculated?  (220-age=MRH) | Does the term Aerobic exercise mean ‘with oxygen’ or ‘without oxygen’?  (With oxygen) |
| How would you calculate the target/training zone for a 16 year old athlete?  (220-age=MRH, 60%-80% of MRH) | The mineral Potassium is important to the functioning of cells. How are vitamins essential to our health?  (Good vision, Skin, Red blood cell formation, Healing, Healthy bones, Blood clotting) |
| Calcium and Iron are micro nutrients. What is there function for a healthy body?  (Calcium: growth in adolescence, bones and teeth. Iron: essential to blood, oxygen carrying, formation of red blood cells) | Why is protein important in an athletes diet?  (Enables muscle repair, growth) |
| Name a nutritional requirement of a balanced diet and explain how it helps to participate in sport?  (Possible answers: Carbohydrate: provides energy, Water: prevents dehydration) | Name an antagonistic pair of muscles?  (Possible answers: Bicep and Tricep, Quadricep and Hamstring) |
| Which food types might a person following a vegan diet eat for a source of protein?  (Nuts, Cereals and Pulses) | What are the physical characteristics of an endomorph and give an example of a sport their body type is suited to?  (Fatness, Sumo Wrestler) |
| What does somatotype mean?  (Classification of body type) | ‘A prolonged eating disorder due to loss of appetite’, is the definition for what named disorder?  (Anorexia) |
| Obese is a term that means what?  (A person who is very overfat) | How many feathers must an Olympic shuttle cock have?  10 14 18  (14) |
| What number did Michael Jordan wear for Chicago Bulls?  32 23 11  (23) | Susan Butcher was named outstanding World Female Athlete 1989, but in what discipline did she compete?  Dogsledding Hill running  (Dogsledding) |
| Drugs that mimic the male sex hormone testosterone and promote bone and muscle growth are known as what?  (Anabolic steroids) | Beta blockers could be prescribed for people with heart problems. They are banned in many sports. What effect do they have on the body?  (Used to control the heart rate and have a calming and relaxing effect) |
| Narcotics analgesics can be used to reduce pain. What side effects might taking these drugs have on an athlete?  (Loss of concentration, loss of balance, loss of coordination, emotional effects) | Name two recreational drugs?  (Alcohol, Caffine, Nicotine) |
| Explain two ways that competition can be balanced?  (Possible answers: Playing to the rules, Handicap system, Weight categories, Age) | A function of the cardiovascular system is to supply the body with oxygen and nutrient. What is the other?  (Remove waste products) |
| Which statement best describes cardiac output?   1. Amount of times your heart beats per minute. 2. The amount of blood leaving the heart per minute. 3. The amount of blood leaving the heart per beat. (C) | True or False: Regular training has an effect on the circulatory system.  (True) |
| True or False: Lactic acid build up is a cause of cramp?  (True) | Name three benefits of regular exercise on the cardiovascular system?  (Possible answers: Heart efficiency, Lower RHR, Return to RHR quicker, Veins and arteries become healthier) |
| When the body works hard it may need more oxygen than it can get. This is known as what?  (Oxygen Debt) | Cholesterol is a fatty substance carried in the blood by lipoproteins. HDL and LDL are examples, explain?  (High Density Proteins ‘good’, Low Density Proteins ‘bad’) |
| A gymnast’s muscles work to maintain an upright, stationary position. What muscle contraction is taking place?  Isometric Isotonic  (Isometric) | True or False: Tidal volume is the greatest amount of air that can be made to pass into and out of the lungs?  (False: The definition is correct for vital capacity) |
| Hypertrophy, what does it mean?   1. Stopping training 2. Increased muscle size   (B) | Muscle strains are a common sporting injury. How should they be treated?  (Rest, Ice, Compression, Elevation) |
| One function of the skeleton is to protect vital organs. The cranium protects the brain. State another function and example?  (Possible answer: Support, supports the body in standing) | The knee joint is the largest and most complex joint but what type of synovial joint is it?  (Hinge) |
| If the angle of a joint is getting smaller then the movement is called what?  Flexion Extension  (Flexion) | Fill in the missing word: If movement is around then the movement is called.......?  (Rotation) |
| Weight bearing exercise will reduce the risk of developing what condition later in life?  (Osteoporosis) | What type of injury is a twisted ankle?   1. Fracture 2. Sprain 3. Strain   (B) |
| What is aggravated when a sports person suffers from Tennis or Golfers elbow?  Tendon Ligament  (Tendon) | Which injury would normally be associated with badminton?  (Sprain) |
| There are several types of fracture. What are the symptoms of a fracture?  (Pain, Inability to move it, tenderness, swelling, deformity) | True or False: A dislocation is when a bone at a joint is forced out of its normal position?  (True) |
| How many shots would you have to play to score a 147 in snooker?  (36) | What is the perfect score in 10 pin bowling?  250 300 310  (300) |
| On a dart board, which number is located at nine o’clock?  9 11 17  (11) | Coopers Hill is the venue of which annual national event?   1. Cheese rolling Championship 2. Mountain Biking Championship 3. Worm Charming   (A) |
| How many million dollars are spent every year, world wide, on golf balls?  $400,000,000 $800,000,000  ($800,000,000) | Why are there five rings on the Olympic flag?  (Represent the continents of the World) |
| ‘You cannot be serious’ is a famous remark from which tennis player?  (John McEnroe) | In competition golf, what is the maximum time allowed to look for a ball?  5minutes 7minutes 8minutes  (5minutes) |
| Blood is sent to working muscles during exercise. Why then should an athlete eat 2-3 hours before exercising?  (Blood is needed around gut to digest food, cramps will occur if blood flow is not available) | Why is specificity an important principle of training to consider when planning a PEP?  (Match the training to the activity/sport you play) |