**Revision questions**

Chapter 1 – The participant as an individual

1. **How will training differ for an amateur and a professional sports performer? (4 marks)**

Commitment, Coaching expertise, Facility quality, pay to play, paid to play, training duration and frequency, fun vs job

1. **Explain, using an appropriate sporting examples, how a sport can be adapted to suit the disabled. (4 marks)**

Wheelchair basketball, Rule changes travelling rule not enforced but time allowed to hold ball for is applied, Equipment changes – new design to accommodate different demands for use

1. **How can a Leisure centre cater for the disabled? (3 marks)**

Disabled parking bays located close to the facility, Ramps, Lifts, Disabled toilets, Swimming group activities eg Boccia

1. **Describe 3 physical differences between Males and Females that can affect a sporting performance. (3 marks)**

Males have more strength, Females more flexibility, Males have larger heart and lungs, Females have menstrual cycles

1. **Explain, using two sporting examples, how increasing age can affect performance (4 marks)**

Strength decreases, losing speed and power, Flexibility reduces increasing risk of injury and point scoring in gymnastic events, Oxygen carrying capacity reduced making endurance events harder, recovery from injury takes longer, increased experience with age helping to make informed decisions

1. **For and Ectomorph, explain a sport or an event they would be suited to and explain why.**

**(3 marks)**

Endurance event such as a marathon. Ectomorphs are thin carrying little fat and muscle. This would be an advantage in endurance events as they have less work to do.

1. **How can a lack of funds affect the level of training for a sports performer? (3 marks)**

More money can mean better equipment, better coaching, afford travel costs, special diet supplements, specialist training/medical support

1. **In relation to training, explain the term periodisation. (4 marks)**

Breaking the season in to different parts. Trying to get peak performance at the right time Preseason , Competition, Post season

CHAPTER 2 – Physical and Mental demands of performance

1. **What is meant by the term fatigue? Explain how it can affect performance (3 marks)**

Feeling of tiredness. Mental or physical. Reduced performance level. Tired muscles. Less power. Reduced concentration. Risk of injury

1. **Explain how stress can have a positive effect on performance (3 marks)**

Increase focus/concentration. More alert. Give more effort improved perfomance, inspiring teamates

1. **Explain the term Gaseous Exchange (3 marks)**

The process where oxygen is taken from the air and exchanged with carbon dioxide. Takes place in Alveoli

1. **Explain the term ‘internally caused injury’. Give an example of how this might occur (2 marks)**

Caused by the perfomer. Overuse injury e.g stress fracture/tendonitis. Sudden injury e.g overstretching, twisting e.g pulled hamstring

1. **Explain the term’externally caused injury’. Give an example of how this might occur. (2 marks)**

Cause by someone/something else. Foul Play, Incorrect action. Impact injury. Equipment/clothing related. Accidental.

1. **How might a referee prevent injuries in team sports? (3 marks)**

Carry out a risk assessment/ Risk control eg check equipment/clothing. Enforcing rules. Punish players for foul play. Give feedback to players/warnings.

1. **Explain the tern Aerobic respiration. Give an example of an activity that uses Aerobic respiration.**

(3 marks)
Energy produced using oxygen. No harmful bi products (CO2 and Sweat). Activities carried out over long periods of time eg Distance running

1. **Explain the term Anaerobic respiration. Give an example of an activity that uses anaerboc respiration** (3 marks)

Energy produced without sufficient oxygen. Produces lactic acid. Activites that require short burst of energy. Explosive events. Cannot be performed for long without rest.

1. **Give examples of the characteristics of someone who is in the recovery period? (3 marks)**

Taking in extra oxygen after exercise. Increase breathing above resting rate. Increased heart rate above resting value. Persipiration. Red faced. Increased body temperature.

1. **What are the 3 functions of the circulatory system? (3 marks)**

Transportation of blood. Regulate body temperature. Protects against disease.

1. **What are the general differences between arteries and veins? (3 marks)**

Arteries have thick walls. Arteries do not have valves. Arteries carry oxygenated blood. Arteries are more elastic. Arteries have a pulse

1. **What are the short term effects of exercise on the body? (3marks)**

Increased breathing rate. Increased body temperature. Increased heart rate

1. **List 2 indicators of cardiovascular fitness (2 marks)**

Resting heart rate. Pulse recovery rate. Multistage fitness test scores

Chapter 3 – Leisure and Recreation

1. **Explain the term ‘Leisure time’ Give an example of both Active and Passive leisure activities (3 marks)**

Time where you can choose what to do. Active leisure involves exertion. Passive leisure involves little movement or difficulty

1. **How has Leisure time increased? (3 marks)**

Labour saving devices. Shorter working week. Higher levels of unemployment. More leisure facilities available.

1. **Explain the term ‘recreational activity’. Why might someone choose to participate in recreation activities? (3 marks)**

Time filled with activities of your choice**.** Intrinsic rewards. Stress release. Health and fitness benefits. Socialising

1. **Why are teachers trying to encourage pupils into lifelong sports? (3marks)**

Improved fitness. Improved body image. Socialise. Stress release. Reduce health risks

Chapter 4 – Diet

1. **Give an example both types of carbohydrate and explain their use to a sports performer (4marks)**

Simple carb – quick release engery . sugar, chocolate, Complex Carb – slow release energy pasta, bread

1. **Explain why a body builder might increase their protein consumption (3 marks)**

Important for growth and repair. Helps with muscle building improving strength. Improve recovery time from training

1. **Why is it important to have a balanced diet? Which 2 food groups make up the highest percentage of a normal diet? (3marks)**

Maintain good health, reduce risk of disease, Fruit andf Veg, Bread rice and pasta

1. **Why would a distance runner use ‘carbo-loading’ (3 marks)**

Increase carbohydrate in diet. Increase glycogen stores. Increase slow energy release. Delay tiredness when in aerobic zone. Improve performace

1. **For a named dietary deficiency/imbalance, explain what it is and how it is caused. (3 marks)**

Obesity – Overfat. Energy intake exceeds energy output. Fat/Carb rish diet. Too little exercise. Leads to health issues. Malnutrition – lack of vitamins and minerals. Poor diet. Weak, low energy levels pale skin, little muscle/fat. Anorexia – Fear of increasing

weight/size. Self starvation to avoid weight gain due to body image perception

Chapter 5 – Health, Fitness and Healthy active lifestyle

1. **Define Health (2 marks)**

A state of complete physical, mental and social well being. Not merely the absence of illness, disease or infirmity.

1. **Explain the harmful effects that Alcohol abuse and Smoking can have on the body (4 marks)**

Decrease fitness levels, reduced general health, increase risk of lung/liver/heart disease. Reduced coordination, vomiting

1. **Why is personal hygiene important to sports performers? How can it be maintained?(3 marks)**

Wash body regularly. Wash clothes regularly. Considerations of others. Reduce risk of infection/disease

1. **What are the benefits of exercise? (4marks)**

Improved Health, Improved Fitness, Improve confidence, Improved body shape, weight loss, Relieve stress, socialise, Improve sleep

1. **What are the functions of the Skeleton? (4marks)**

Support, Shape, protection, movement, blood cell reproduction

1. **Connective tissue plays an important role in movement. Explain the functions of tendons, ligaments and cartilage. (3 marks)**

Tendon attach muscle to bone, ligaments attach bone to bone, Cartilage protects bones, reduces friction, acts as a shock absorber

1. **For a named skill, give an example of a movement at a joint of your choice? (3marks)**

Basketball Free –throw, extension at hinge joint, elbow. Gymnastics -Star Jump, Adduction at ball and socket, hip/shoulder

1. **Using an example, explain why muscles work in pairs to produce movement. (3 marks)**

Muscle can only pull, one contracts the other relaxes to produce movement, The prime mover muscle eg bicep contracts as the antagonist muscle eg tricep

1. **For a named fitness test, explain what it measures and how it is performed (4 marks)**

Sit and reach test. Flexibility, Sit on floor with legs fully extended, bend from hip and reach forwards are far as possible and hold for 5 seconds. Distance is measured and noted.

1. **For a named example, describe a test that can measure power (3 marks)**

Standing broad jump, Sargent Jump/ Vertical Jump test. Two footed jump from standing. Body part closest to start mark measured. Note best of 3 jumps.

1. **Describe a factor of skill related fitness that could be needed in a team sport. (2marks)**

Agility – ability to change direction quickly, getting free to receive a pass in netball

1. **Name a test that could measure this. (1 mark)**

Illinois agility test.

Chapter 6 - Training

1. **Why is specificity an important principle of training? (3 marks)**

A weight lifter would train to increase strength and develop technique. Therefore training would need to be designed to match this. Endurance swimming would not be beneficial to weightlifting

1. **Explain the principle of progression and recommendations of how to implement it into training (4 marks)**

Training needs to be gradually increased so the body adjusts to the extra demands. Too much demand can result in injury and too little will see no adaptations

1. **Explain, using suitable examples, the acronym F.I.T. when referring to the principle of overload (6marks)**

Frequency – This would be increasing the amount of times you train in a typical week. E.g training 3 times a week instead of 2

Intensity – This would be to increase how hard you work in the training session. For example Completing 12 x10 m shuttles instead of the usual 10x10m shuttles

Time – This is to increase the duration of the training for example, using the treadmill for 35 mins instead of the usual 30 mins.

1. **Explain the term reversibility (3 marks)**

Loss of training affects due to inactivity. Gains are lost at a faster rate than they are initially achieved.

1. **Describe a complete warm up prior to physical activity (3marks)**

Pulse raiser to increase blood flow, Stretching dynamic and static, Skill drill to increase focus

1. **Explain the reasons why warming up is important (3 marks)**

Reduce risk of injury, physical readiness, mental readiness correct arousal levels

1. **Explain the benefits of monitoring heart rates (4 marks)**

Measures work rate intensity, Indicator of fitness, able to measure recovery rate, Allows for targeting of specific training zones.

1. **Explain why circuit training is a popular training method (3 marks)**

Little equipment needed, easy to set up, cheap to run, tailor to individual needs, wide variety of exercises

1. **Explain the advantages and disadvantages of circuit training ( 4 marks)**

+ Little equipment needed, easy to set up, cheap to run, tailor to individual needs, wide variety of exercises

- Can become boring, need large amount of space, lack of equipment can limit exercise choice

1. **What are the benefits of weight training? (4marks)**

Improved strength, improved muscular endurance, Improved body tone, improved body image, improved confidence, stress relief, aids recovery from injury

1. **Explain using examples the difference between sets and reps (4 marks)**

Reps – the number of times the weight if lifted. Eg 10 repetitions of bicep curls

Sets – the number of times you carry out the weight activity or group of reps e.g 3 lots of 10x bicep curls

1. **Describe 3 safety procedures used when weight training (3marks)**

Use a spotter/work in pairs. Use correct technique, use gradual progression to avoid injury

1. **What are possible drawbacks of using the weight training method? ( 3marks)**

Need specialist equipment, expensive, incorrect technique can be dangerous, need training

1. **Explain a training method that is designed to improve cardiovascular endurance (3 marks)**

Continuous training – maintaining high pulse rate for long periods of time. E.g using the cross trainer for 45 minutes. This would used to emulate distant events.

Interval training - Mixing work and rest periods. High intensity work. Can be tailored to individual needs. Mimics team sports intensities

Fartlek Training – Speed play. Mixing work and relief ratios. Can be tailored to individual needs. Mimics team sports intensities

Chapter 7 - School and Physical Education

1. **Why is PE a compulsory subject in secondary schools? (4marks)**

Improve health and fitness, Improve sports knowledge, create life long habits of physical activity, adds balance between academic and practical lessons, future qualifications in the subject, promote sportsmanship, etiquette, values etc. Explore feelings within around winning and losing

1. **What is the aim of the PESSCL strategy? (3 marks)**

Increase number of secondary schools experiencing 2 hours high quality PE to 75% by 2006 and 85% by 2008. All school children would be offered 4 hours sport a week. 2 from PE and 2 from clubs

1. **Name 3 from the 8 identified strands within the PESSCL strategy (3marks)**

Specialist sports colleges, SSCO’s and school partnerships, professional development, step into sport, School club links, G+T, Swimming charter, Pe and sport investigation

1. **Name 4 of the 10 strands from the PESSYP strategy (4 marks)**

Club links work with NGB, coaching, competitions, Disability, Extending activities, G+T, Infrastructure, Leadership and volunteering, Swimming

1. **Name the 4 core themes of the National Healthy Schools Programme (4 marks)**

Personal Social and Health Education, Health eating, Physical Activity, Emotional Health and well being

1. **Explain one of the core themes from the National Healthy Schools programme (3 marks)**

Physical Activity: Contributes to the 5 N.C outcomes for children, Provided range of opportunity to be physically active, Improves knowledge of how to be healthy, How Physical Activity can be part of everyday life

CHAPTER 8 Cultural and Social Factors

1. **There has been a rapid growth in the Leisure industry in recent years. Explain the Contributing factors that have increased the amount of Leisure time (4 marks)**

Higher levels of unemployment meaning more free time to participate in leisure, Shorter working week – finish work earlier or have weekends fee, Part time or shift work – free time during the day, Technological advancements – labour saving devices and working from home, Improved knowledge of health and well being.

1. **Explain the term ‘Etiquette’. Give an example of when etiquette should be demonstrated in sport (3 marks)**

Shaking hands before and after sport, kicking ball out if a player is injured, replacing divot in golf

1. **For a named social group, explain the positive and negative influences they may have on your participation in sport (5 marks)**

Family – Pay for kit, transport to events, similar interests, role models, lack of funds, lack of transport, lack of support, dislike your interests, embarrassing behaviour

Peers – play similar sports, help with travel, make new friends, may dislike your interests, may alter your view of sport or coach, pressure from peers hard to disagree

Gender – confidence building, challenge of same gender, safer participation, lack of opportunity in some sports, traditional sports can be gender biased, Negative perception from minority

Chapter 9 – Opportunities for further involvement

1. **Describe the qualities you might expect from an effective coach (4 marks)**

Good subject knowledge, Role model, confidence, good communication skills, Approachability , tactical knowledge, motivational

1. **Explain the qualities you might expect from an effective official (4 marks)**

Knowledge of the rules, Accurate application of the rules, Assertive, Good judgement, fitness if team game, fairness, communication,

1. **Discuss the term ‘professional sports person’ (3 marks)**

Get paid to play, activity is their job, high level of commitment, train often, state of the art equipment, top level coaching

1. **Discuss the term ‘amateur sportsperson’ (3 marks)**

Do not get paid/pay to play, usually have a full time job as well as their sporting hobby, play for enjoyment, low standard of coaching (if any), poor facilities

1. **Explain how an amateur might receive financial help towards their sport (3 marks)**

Sponsorship deal may provide money or equipment or use of facilities, an expenses account paying for food or transport costs, Scholarships to universities or colleges – tuition fees paid for based on academic or sporting potential

1. **What are the benefits of taking GCSE PE? (4 marks)**

Improved subject knowledge, More practical PE , Raised awareness of how to be healthy, Improve skill/performance in sports, Could lead to a PE related job

Chapter 10 – International Factors

1. **For a named example, explain what makes an event ‘high profile’ (3 marks)**

Wimbledon Tennis, Olympics, World Cup, Superbowl

Media Interest, Audience and TV viewing figures, profit making potential, Popularity

1. **Discuss the possible advantages and disadvantages of hosting an international sporting event**

**(6 marks)**

Chance for profit, raise profile of city/country, improve facilities, creation of jobs, Increase revenue, could lose money, potential political movements, increase pressure on city’s infrastructure, increased prices of local goods,

1. **Leagues are an effective type of competition, for a different named competition format; discuss its advantages and disadvantages. (4 marks)**

Knock out – Quick and easy to set up, Can have high starting numbers, Easy to implement/monitor results/ fixtures, limited number of games, need exact numbers to avoid issuing byes to teams.

1. **There are 6 Netball teams wanting to play in a competition. What type of competition would you use ? Explain what this would involve to make the competition run efficiently (6 marks)**

League – Create a fixture list, display fixture list, work out match venue(s), inform teams of match order, check team colours do not clash/ have alternate arrangement for colour clash, organise officials/referees, Explain rules changes or points of interest, Record match results, display results, have awards ceremony

Chapter 11 – Social Factors

1. **For a named form of media, discuss its advantages and disadvantages (4 marks)**

TV – mass audience, replays, increased coverage raises profile of sport/event, Entertaining, Premium channels (Formula1/Sky sports), can be costly (sky/virgin), poor commentators, Producers can be biased/political undertones

Radio – Cheaper, portable devices, use whilst operating machinery, No visuals, losing popularity

1. **The media can be extremely influential. Explain how the media can be a positive and negative influence (6 marks)**

Showing high quality performances, Creating Role models, Increase profile of sport, Increasing participation, Increase revenue, Educational, Entertaining

Edited coverage, biased opinion/stance, Undermines officials, Reduce live attendances, Rules/Timing changes due to TV coverage and sponsors commercials, Intrusive behaviour – paparazzi + journalism

1. **What is sponsorship and explain its role in sport? (4marks)**

Payments made by a company to an individual or team to advertise their product. E.g. Chelsea FC is sponsored by Samsung. Individuals can also receive help with expenses/ equipment/travel costs. Events can also be sponsored like the Virgin London Marathon. The provision of money to a club or an individual is to help them to improve. In sports such as athletics (amateur sport) this sponsorship is needed and can help the athlete to concentrate on athletics and not to have to work to pay for the travel and equipment costs..

1. **Explain why a local League Netball team might struggle to gain sponsorship (2marks)**

Low standard of performance, Limited popularity, little benefit for the sponsor

1. **What are the possible advantages and disadvantages of sponsoring an event? (5marks)**

Advertising product, increase sales, success of event can be related to product, Tax relief, promotion of the sport

Can dictate event timings and rule changes, Poor role models advertising product

1. **Describe the characteristics of a positive role model (3marks)**

Inspirational, Elite performer, Displays good morals/ethics, Positive attitude, Sets a good example

1. **Discuss ways you could prepare for safe participation in physical activity (5 marks)**

Risk assessment/control, Warm up , pulse raiser/stretching/skill drill, Correct clothing, use of specific safety equipment (helmet in cricket), correct dietary requirement specific to the activity, removal or jewellery, Tie hair back, clip nails in contact sports, understand rules, practise techniques,

1. **Giving relevant examples, explain how technology has improved performance in sport (4 marks)**

Football boots are lighter, have more grip on ball, studs have been redesigned to allow grip specific to the weather conditions, and some boots claim to be able to generate more power!

1. **Describe how a coach could use ICT to improve performances (4 marks)**

Video recording – showing correct technique

Recording performance for error detection and visual aid of techniques

Heart rate monitors – detect fitness levels and target heart rate zones

Prozone match analysis, dartfish , deja vu filming, hawkeye (cricket/tennis)