

GCSE P.E. questions and mark schemes

1 a Applied Anatomy and Physiology

1. Which one of the following is NOT a function of the skeleton?
- A. Allows movement at a joint
 - B. Gives the body shape
 - C. Pulls tendons
 - D. Provides a point of attachment for muscles

C

2. Which one of the following is NOT a function of the skeleton?
- A. Produces red blood cells
 - B. Stores calcium
 - C. Protects organs
 - D. Produces hormones

D

3. Which one of the following is NOT a function of the skeleton?
- A. Stores fat
 - B. Allows movement
 - C. Gives shape
 - D. Supports organs

A

4. Which one of the following correctly identifies the part of the skeleton that produces red blood cells?

- A. Flat bones
- B. Vertebrae
- C. Long bones
- D. Short bones

C

5. Which one of the following parts of a synovial joint produces the synovial fluid?

- A. Bursa
- B. Cartilage
- C. Synovial membrane
- D. Ligaments

C

6. Which one of the following parts of a synovial joint is a fluid-filled bag?

- A. Capsule
- B. Bursa
- C. Synovial membrane
- D. Ligaments

B

7. Which one of the following correctly identifies the function of the articular cartilage in a synovial joint?
- A. Attaches bone to muscle
 - B. Reduces friction between bones
 - C. Prevents dislocations
 - D. Produces synovial fluid

B

8. Which one of the following is NOT a function of cartilage?
- A. Absorbs shocks
 - B. Lubricates the joint
 - C. Protects the ends of bones
 - D. Reduces friction

B

9. Which one of the following facts is NOT true about the elbow joint?
- A. Contains three bones
 - B. Works as a second-class lever system
 - C. The triceps causes extension
 - D. Is a hinge joint

B

10. Which one of the following is correct about the elbow joint?
- A. Extension occurs due to the action of the triceps
 - B. Flexion occurs due to action of the triceps
 - C. Hyperextension occurs due to action of the triceps
 - D. Extension occurs due to action of the biceps

A

11. Which one of the following is NOT correct about the elbow joint?
- A. Formed from radius, ulna and humerus
 - B. Moved by triceps and biceps muscles
 - C. Type of ball and socket joint
 - D. Moves through the transverse plane

C

12. When the biceps contract, which one of the following is correct?
- A. The triceps also contracts
 - B. The biceps act as an antagonist muscle
 - C. Extension occurs
 - D. The angle at the hinge joint decreases

D

13. Which one of the following facts is NOT true about the shoulder joint?
- A. Contains three bones
 - B. Works as a third-class lever system
 - C. The deltoid causes abduction
 - D. Is a ball and socket joint

A

14. Which one of the following is correct about the shoulder joint?

- A. Abduction occurs due to the action of the triceps
- B. Adduction occurs due to action of the latissimus dorsi
- C. Flexion occurs due to action of the deltoid
- D. Extension occurs due to action of the pectorals

B

15. Which one of the following is NOT correct about the shoulder joint?

- A. Formed from clavicle, scapula and humerus
- B. Formed from the clavicle and humerus
- C. Formed from the humerus and scapula
- D. Formed from the clavicle and scapula

A

16. Which one of the following is NOT correct about the shoulder joint?

- A. The triceps contracts to cause flexion
- B. The rotator cuff muscles act as an agonist muscle during rotation
- C. Extension occurs when the latissimus dorsi contracts
- D. Abduction is when the arm moves away from the body

A

17. Which one of the following is NOT correct about the shoulder joint?

- A. It is a synovial joint
- B. It is formed from three bones
- C. It is a ball and socket joint
- D. It is easily dislocated

C

18. Which one of the following facts is NOT true about the knee joint?

- A. Contains two bones
- B. Works as a third-class lever system
- C. The quadriceps cause flexion
- D. Is a hinge joint

C

19. Which one of the following is correct about the knee joint?

- A. Extension occurs due to the action of the quadriceps
- B. Flexion occurs due to action of the quadriceps
- C. Extension occurs due to action of the hamstrings
- D. Flexion occurs due to action of the gluteals

A

20. Which one of the following is correct about the knee joint?

- A. Formed from tibia, fibula and femur
- B. Formed from tibia and femur
- C. Formed from patella, fibula and femur
- D. Formed from tibia, patella and femur

B

21. Which one of the following is correct about the knee joint?

- A. Formed from tibia, fibula and femur
- B. Moved by quadriceps and hamstring muscles
- C. Type of ball and socket joint
- D. Moves through the longitudinal plane

C

22. When the quadriceps contract, which one of the following is correct?

- A. The hamstrings also contract
- B. The quadriceps act as an antagonist muscle
- C. Extension occurs
- D. The angle at the hinge joint decreases

C

23. Which one of the following facts is correct about the hip joint?

- A. Contains two bones
- B. Works as a first-class lever system
- C. The gluteals causes flexion
- D. Is a hinge joint

B

24. Which one of the following is correct about the hip joint?

- A. Extension occurs due to the action of the quadriceps
- B. Flexion occurs due to action of the quadriceps
- C. Extension occurs due to action of the gluteals
- D. Flexion occurs due to action of the hamstrings

C

25. Which one of the following is correct about the hip joint?

- A. Formed from tibia and femur
- B. Moved by gluteal and hamstring muscles
- C. Type of ball and socket joint
- D. Moves through the longitudinal axis

C

26. When the gluteals contract, which one of the following is correct?

- A. The hip flexors also contract
- B. The quadriceps act as an antagonist muscle
- C. Extension occurs
- D. The angle at the hinge joint decreases

C

27. Which one of the following facts is NOT true about the ankle joint?

- A. Contains two bones
- B. Works as a second-class lever system
- C. The gastrocnemius causes plantar flexion
- D. Is a hinge joint

A

28. Which one of the following is correct about the ankle joint?
- A. Dorsi-flexion occurs due to the action of the gastrocnemius
 - B. Plantar flexion occurs due to action of the gastrocnemius
 - C. Extension occurs due to action of the tibialis anterior
 - D. Flexion occurs due to action of the tibialis anterior

B

29. Which one of the following is correct about the ankle joint?
- A. Formed from tibia and talus
 - B. Moved by tibialis anterior and gastrocnemius muscles
 - C. Type of ball and socket joint
 - D. Moves through the transverse plane

B

30. When the gastrocnemius contracts, which one of the following is correct?
- A. The tibialis anterior also contracts
 - B. The gastrocnemius acts as an agonist muscle
 - C. Extension occurs
 - D. The angle at the hinge joint decreases

B

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1 b Structure and Function of the Cardio-Respiratory System

5. Which one of the following describes the correct order of structures that air passes through before it enters the lungs?
- A. Mouth, bronchi; bronchioles; trachea
 - B. Mouth, trachea, bronchioles, bronchi,
 - C. Mouth, trachea, bronchi, bronchioles
 - D. Mouth, bronchioles, trachea, bronchi

C

6. Which one of the following is NOT a characteristic of bronchioles?
- A. Have rings of cartilage
 - B. Have cilia presence
 - C. Open into alveoli
 - D. Less than 1 mm in diameter

A

7. Which one of the following is NOT a characteristic of alveoli?
- A. Very thin membranes
 - B. Layer of moisture
 - C. Rich blood supply
 - D. Kept open by rings of cartilage

D

8. Which one of the following statements about gas exchange in alveoli is NOT true?
- A. Oxygen moves into blood down a concentration gradient
 - B. Carbon dioxide moves into alveoli down a concentration gradient
 - C. Oxygen moves into alveoli down a concentration gradient
 - D. Carbon dioxide moves out of blood down a concentration gradient

C

9. Which one of the following factors assist the process of diffusion?
- A. The large gap between alveoli and blood capillaries
 - B. The thick membranes
 - C. The layer of moisture
 - D. The lack of a good blood supply

C

10. Which one of the following is NOT a factor that increases the rate of gas exchange in alveoli?
- A. Thin membranes
 - B. Large surface area
 - C. Rich blood supply
 - D. Long distance between capillaries and alveoli

D

11. Which one of the following is the main way that oxygen is carried by haemoglobin in the blood?

- A. As oxyhaemoglobin
- B. As carboxyhaemoglobin
- C. As carbaminohaemoglobin
- D. As oxymyoglobin

A

12. Which one of the following is the correct sequence of events during normal breathing?

- A. Diaphragm relaxes; increased volume in chest; increased pressure in lungs; air sucked in
- B. Diaphragm contracts; increased volume in chest; reduced pressure in lungs; air sucked in
- C. Diaphragm relaxes; increased volume in chest; reduced pressure in lungs; air sucked in
- D. Diaphragm contracts; decreased volume in chest; reduced pressure in lungs; air sucked in

B

13. Which one of the following is the correct sequence of events during expiration at rest?

- A. Diaphragm relaxes; increased volume in chest; reduced pressure in lungs; air forced out
- B. Diaphragm contracts; decreased volume in chest; increased pressure in lungs; air forced out
- C. Diaphragm relaxes; decreased volume in chest; increased pressure in lungs; air forced out
- D. Diaphragm contracts; increased volume in chest; reduced pressure in lungs; air forced out

C

14. Which one of the following describes the mechanics of breathing during exercise?

- A. Pectoral muscles contract; increasing size of chest cavity; abdominals contract; forced expiration
- B. Pectoral muscles contract; decreasing size of chest cavity; abdominals contract; forced expiration
- C. Pectoral muscles contract; increasing size of chest cavity; abdominals relax; forced expiration
- D. Pectoral muscles contract; increasing size of chest cavity; abdominals contract; passive expiration

B

15. Which one of the following definitions of lung volumes is NOT correct?
- A. Tidal Volume is the amount of air entering the lungs during normal inspiration at rest.
 - B. The Inspiratory Reserve Volume can be as high as 3000ml.
 - C. The Expiratory Reserve Volume is the amount of extra air inspired
 - D. Residual Volume is the amount of air left in the lungs following a maximal expiration

C

16. Which one of the following definitions of lung volumes is incorrect?
- A. Tidal Volume is usually about 500 mls
 - B. The Inspiratory Reserve Volume is the amount of extra air inspired
 - C. The Expiratory Reserve Volume is the amount of extra air expired
 - D. Residual Volume is the amount of air left in the lungs following a maximal inspiration

D

17. Which one of the following is the lung volume that does not change during exercise?
- A. Residual volume
 - B. Expiratory reserve volume
 - C. Tidal volume
 - D. Inspiratory reserve volume

A

18. Which one of the following statements concerning blood vessels is correct?
- A. Veins carry blood away from the heart
 - B. Arteries carry blood towards the heart
 - C. Veins carry blood away towards the lungs
 - D. Arteries carry blood away from the heart

D

19. Which one of the following statements about blood flow is correct?
- A. Rings of muscle in the small arteries can relax, increasing their diameter; this is called vasoconstriction
 - B. Rings of muscle in the small arteries can contract, decreasing their diameter; this is called vasoconstriction
 - C. Rings of muscle in the small arteries can contract, increasing their diameter; this is called vasodilation
 - D. Rings of muscle in the small arteries can contract, decreasing their diameter; this is called vasoconstriction

B

20. Which one of the following statements concerning arteries is correct?
- A. Arteries have a small lumen, are elastic and have valves
 - B. Arteries have a large lumen, are elastic and have no valves
 - C. Arteries have a large lumen, are inelastic and have valves
 - D. Arteries have a small lumen, are elastic and have no valves

D

21. Which one of the following statements concerning veins is correct?

- A. Veins have a large lumen, are elastic and have valves
- B. Veins have a small lumen, are inelastic and have valves
- C. Veins have a large lumen, are inelastic and have no valves
- D. Veins have a large lumen, are elastic and have no valves

B

22. Which one of the following statements about capillaries is correct?

- A. Capillaries are thick-walled, wide and have valves
- B. Capillaries are thick-walled, narrow and have no valves
- C. Capillaries are thin-walled, wide and have valves
- D. Capillaries are thin-walled, narrow and have no valves

D

18. Which one of the following statements about the heart is correct?

- A. The right side of the heart takes in deoxygenated blood through the veins
- B. The right side of the heart takes in oxygenated blood through the veins
- C. The left side of the heart takes in deoxygenated blood through the arteries
- D. The left side of the heart takes in oxygenated blood through the arteries

A

19. Which one of the following statements about the cardiac cycle are correct?

- A. In systole, the heart ventricles are relaxed and the heart empties blood
- B. In diastole, the heart ventricles are relaxed and the heart fills with blood.
- C. In systole, the heart ventricles contract and the heart fills with blood
- D. In diastole, the heart ventricles contract and the heart empties blood

B

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20. Which one of the following statements about the cardiac cycle are correct?

- A. During systole, the atria and ventricles are relaxed and the A-V valves are closed
- B. During diastole, the atria and ventricles are relaxed and the A-V valves are closed
- C. During systole, the atria and ventricles are relaxed and the A-V valves are open
- D. During diastole, the atria and ventricles are relaxed and the A-V valves are open

D

21. Which one of the following statements about the cardiac cycle are correct?

- A. During systole the right ventricle contracts, forcing blood along the pulmonary vein towards the lungs
- B. During systole the left ventricle contracts, forcing blood along the pulmonary artery towards the lungs
- C. During systole the right ventricle contracts, forcing blood along the pulmonary artery towards the lungs
- D. During systole the left ventricle contracts, forcing blood along the pulmonary artery towards the lungs

D

22. Which one of the following statements about the heart is correct?

- A. Cardiac Output is the volume of blood that the heart is able to pump out in one beat
- B. Cardiac Output is the volume of blood that the heart is able to pump out in one minute
- C. Stroke volume is the volume of blood that the heart is able to pump out in one minute
- D. Stroke volume is the volume of blood that the heart is able to take in one beat

B

23. Which one of the following statements about the heart is correct?

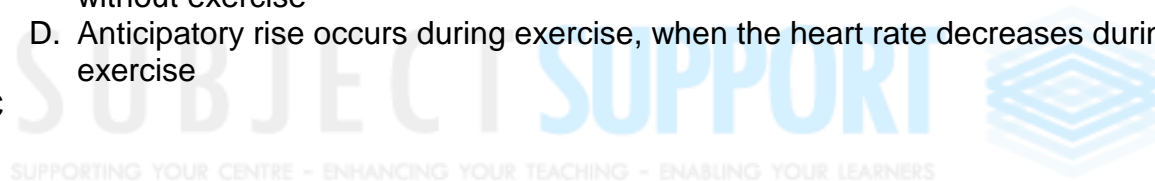
- A. Cardiac Output [Q] = Heart Rate [HR] + Stroke Volume [SV]
- B. Cardiac Output [Q] = Heart Rate [HR] x Stroke Volume [SV]
- C. Cardiac Output [Q] = Heart Rate [HR] - Stroke Volume [SV]
- D. Cardiac Output [Q] = Heart Rate [HR] ÷ Stroke Volume [SV]

B

24. Which one of the following concerning anticipatory rise is correct?

- A. Anticipatory rise occurs before exercise, when the heart rate increases during exercise
- B. Anticipatory rise occurs during exercise, when the heart rate decreases without exercise
- C. Anticipatory rise occurs before exercise, when the heart rate increases without exercise
- D. Anticipatory rise occurs during exercise, when the heart rate decreases during exercise

C



1 c Anaerobic and Aerobic Exercise

1. Which one of the following statements is correct about aerobic energy?
- A. Aerobic energy for muscle contractions is supplied by breaking down glucose using oxygen
 - B. Aerobic energy for muscle contractions is supplied by breaking down muscle using oxygen
 - C. Aerobic energy for muscle contractions is supplied by breaking down glucose without using oxygen
 - D. Aerobic energy for muscle contractions is supplied by breaking down muscle without using oxygen

A

2. Which one of the following statements is correct about anaerobic exercise?
- A. Anaerobic exercise is where the exercise happens in the absence of oxygen
 - B. Anaerobic exercise is where the energy needed for exercise is provided in the presence of oxygen
 - C. Anaerobic exercise is where the energy needed for exercise is provided in the absence of oxygen
 - D. Anaerobic exercise is where energy is not needed for exercise

C

3. Which one of the following statements is correct about aerobic and anaerobic physical activities?
- A. Road cycling and golf putting are examples of activities where the energy is provided anaerobically
 - B. Sprinting and shot putting are examples of activities where the energy is provided anaerobically
 - C. Walking and pole vaulting are examples of activities where the energy is provided aerobically
 - D. Squash and rock climbing are examples of activities where the energy is provided aerobically

B

4. Which one of the following statements concerning team games is correct?
- A. During team games the activities are mainly anaerobic
 - B. During team games the activities are mainly aerobic
 - C. During team games the activities are often both aerobic and anaerobic
 - D. During team games the activities are rarely anaerobic

C

5. Which one of the following reactions summarising aerobic energy production is correct?
- A. $\text{Glucose} + \text{Oxygen} \rightarrow \text{Carbon Dioxide} + \text{Water}$
 - B. $\text{Glucose} \rightarrow \text{Energy} + \text{Carbon Dioxide} + \text{Water}$
 - C. $\text{Glucose} + \text{Oxygen} \rightarrow \text{Energy} + \text{Carbon Dioxide}$
 - D. $\text{Glucose} + \text{Oxygen} \rightarrow \text{Energy} + \text{Carbon Dioxide} + \text{Water}$

D

6. Which one of the following reactions summarising anaerobic energy production is correct?

- A. Glucose \rightarrow Energy + Oxygen
- B. Sucrose \rightarrow Energy + Lactic Acid
- C. Glucose + Oxygen \rightarrow Energy + Carbon Dioxide
- D. Glucose \rightarrow Energy + Lactic Acid

D

7. Which one of the following correctly identifies E.P.O.C?

- A. Extra Pure Oxygen Calories
- B. Extra Pure Oxygen Consumption
- C. Excess Post-Exercise Oxygen Consumption
- D. Excess Post-Exercise Oxygen Calories

C

8. Which one of the following statements about EPOC is correct?

- A. EPOC occurs because of aerobic exercise
- B. EPOC removes lactic acid
- C. EPOC occurs in anticipation of exercise
- D. EPOC prevents sweating

B

9. Which one of the following statements about the immediate effects of exercise is NOT correct?

- A. Heart rate increases
- B. Breathing rate increases
- C. Oxygen levels increase
- D. Temperature increases

C

10. Which one of the following statements about the short-term effects of exercise is NOT correct?

- A. You get fatigued
- B. You get DOMS
- C. You get dizzy
- D. You get hydrated

D

11. Which one of the following statements concerning a cool down is NOT correct?

- A. Helps prevent the clearing of waste products
- B. Reduces the potential for DOMS
- C. Allows breathing rate to return to resting levels
- D. Allows the heart rate to return to its resting rate

A

12. Which one of the following statements concerning a cool down is NOT correct?

- A. Reduces the potential for DOMS
- B. Reduces the flexibility of muscles
- C. Reduces the chances of dizziness or fainting
- D. Allows the heart rate to return to its resting rate

B

13. Which one of the following is NOT a benefit of massage following exercise?

- A. Helps reduce the pain caused by too much physical activity
- B. Assists rehydration
- C. Relieve delayed onset muscle soreness
- D. Reduce the swelling in muscles that may be causing the stiffness in newly exercising muscles.

B

14. Which one of the following is NOT a long-term effect of regular exercise?

- A. Improved stamina
- B. Improved flexibility
- C. Improved health
- D. Improved strength

C

15. Which one of the following is correct about hypertrophy?

- A. Hypertrophy is an increase in bone density
- B. Hypertrophy is a decrease in fat content
- C. Hypertrophy is an increase in heart mass
- D. Hypertrophy is an increase in prize money

C

16. Which one of the following is correct about bradycardia?

- A. Bradycardia is a reduced resting heart rate
- B. Bradycardia is an increased stroke volume
- C. Bradycardia is an increased cardiac output
- D. Bradycardia is an increase in heart muscle

A

17. Which one of the following statements about the long-term effects of exercise is NOT correct?

- A. Hypertrophy occurs
- B. Bradycardia occurs
- C. Dehydration occurs
- D. Maturation occurs

D

18. Which one of the following statements about the long-term effects of training is NOT correct?
- A. Strength may improve
 - B. Stamina may improve
 - C. IQ may improve
 - D. Flexibility may improve

C



2 Movement Analysis

1. Which one of the following are correct about levers systems?
- A. First class levers contain a resistance between the effort and the fulcrum
 - B. Second class levers contain fulcrum a between the effort and the resistance
 - C. Third class levers contain an effort between the fulcrum and the resistance
 - D. None of the above are correct

C

2. Which one of the following are correct about first class lever systems?
- A. The resistance is in-between the effort and fulcrum
 - B. An example is when extension occurs at the knee
 - C. The resistance and effort are either side of the fulcrum
 - D. An example is plantar flexion at the ankle

C

3. Which one of the following are correct about second class lever systems?
- A. The resistance is in-between the effort and fulcrum
 - B. An example is when extension occurs at the knee
 - C. The resistance and effort are either side of the fulcrum
 - D. An example is dorsi flexion at the ankle

A

4. Which one of the following are correct about third class lever systems?
- A. The resistance is in-between the effort and fulcrum
 - B. An example is when extension occurs at the knee
 - C. The resistance and effort are either side of the fulcrum
 - D. An example is plantar flexion at the ankle

B

5. Which one of the following describes mechanical advantage?
- A. The rapid movement of the ankle joint
 - B. The limited range of movement at the elbow
 - C. The large force that can be applied at the ankle
 - D. The slow movement at the elbow

C

6. Which one of the following describes mechanical advantage?
- A. The slow movement of the ankle joint
 - B. The large range of movement at the elbow
 - C. The small force that can be applied at the ankle
 - D. The slow movement at the elbow

B

7. Which one of the following is correct about levers systems?
- A. The effort arm is the distance between the effort and the resistance
 - B. The resistance arm is the distance between the resistance and the load
 - C. The effort arm is the distance between the resistance and the fulcrum
 - D. The resistance arm is the distance between the fulcrum and the load

D

8. Which one of the following is correct about actions in the arm?

- A. When the biceps contract the arm straightens
- B. When the triceps contracts the arm bends
- C. When the biceps contract the arm bends
- D. When the triceps and biceps contracts the arm straightens

C

9. Which one of the following is correct about actions in the arm?

- A. When the biceps contracts, the arm bends and the biceps is the antagonist
- B. When the triceps contracts, the arm straightens and the triceps is the antagonist
- C. When the biceps contracts, the arm bends and the biceps is the agonist
- D. When the triceps contracts, the arm straightens and the biceps is the agonist

C

10. Which one of the following is correct about tendons and ligaments?

- A. Tendons attach muscles to bones
- B. Ligaments attach bones to muscles
- C. Tendons attach bones to joints
- D. Ligaments attach muscles to joints

A

11. Which one of the following is correct about muscle contractions?

- A. During eccentric contractions the muscle lengthens
- B. During concentric contractions the muscle lengthens
- C. During isometric contractions the muscle shortens
- D. During isometric contractions the muscle lengthens

A

12. Which one of the following is correct about leg action?

- A. Leg action during running takes place in the frontal plane and around a longitudinal axis
- B. Leg action during running takes place in the transverse plane and around a frontal axis
- C. Leg action during running takes place in the longitudinal plane and around a sagittal axis
- D. Leg action during running takes place in the sagittal plane and around a transverse axis

D

13. Which one of the following is correct about planes and axes?

- A. Arm action during a cartwheel takes place in the frontal plane and around a sagittal axis
- B. Arm action during a cartwheel takes place in the transverse plane and around a frontal axis
- C. Arm action during a cartwheel takes place in the sagittal plane and around a longitudinal axis
- D. Arm action during a cartwheel takes place in the longitudinal plane and around a transverse axis

A

14. Which one of the following is correct about planes and axes?
- A. Body action during an ice skating spin takes place in the longitudinal plane and around a frontal axis
 - B. Body action during an ice skating spin takes place in the transverse plane and around a longitudinal axis
 - C. Body action during an ice skating spin takes place in the frontal plane and around a sagittal axis
 - D. Body action during an ice skating spin takes place in the sagittal plane and around a transverse axis

B

15. Which one of the following is correct about the elbow joint?
- A. Flexion occurs when the triceps contracts
 - B. Extension occurs when the triceps contracts
 - C. Flexion occurs when the biceps relaxes
 - D. Extension occurs when the biceps contracts

B

16. Which one of the following is correct about the shoulder joint?
- A. Flexion occurs when the latissimus dorsi contracts
 - B. Extension occurs when the deltoid relaxes
 - C. Flexion occurs when the deltoids contracts
 - D. Extension occurs when the latissimus dorsi relaxes

C

17. Which one of the following is correct about the shoulder joint?
- A. Abduction occurs when the latissimus dorsi contracts
 - B. Adduction occurs when the deltoid relaxes
 - C. Abduction occurs when the deltoids contracts
 - D. Adduction occurs when the latissimus dorsi relaxes

C

18. Which one of the following is correct about the knee joint?
- A. Flexion occurs when the hamstrings contract
 - B. Extension occurs when the quadriceps relax
 - C. Flexion occurs when the quadriceps contract
 - D. Extension occurs when the gluteals contract

A

19. Which one of the following is correct about the hip joint?
- A. Flexion occurs when the hip flexors contract
 - B. Extension occurs when the hamstrings relax
 - C. Flexion occurs when the hamstrings contract
 - D. Extension occurs when the hip flexors relax

A

20. Which one of the following is correct about the ankle joint?

- A. Dorsiflexion occurs when the gastrocnemius contracts
- B. Plantar flexion occurs when the gastrocnemius relaxes
- C. Dorsiflexion occurs when the tibialis anterior contracts
- D. Plantar flexion occurs when the quadriceps relax

C

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3 Physical Training

1. Which one of the following is the correct definition of health?
- A. A state of freedom from disease
 - B. A state of well-being that includes the absence of disease
 - C. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
 - D. A state of physical, mental and social well-being

C

2. Which one of the following is the correct definition of fitness?
- A. The ability to deal with everyday things
 - B. The ability to cope with the demands of the environment
 - C. The ability to perform exercise without stress
 - D. The ability to manage the demands of your sport

B

3. Which one of the following statements concerning the relationship between fitness and health is correct?
- A. Increasing your fitness will also increase your health
 - B. You need good health in order to be fit
 - C. Being unhealthy does not necessarily mean being unfit
 - D. Health and fitness go hand in hand

C

4. Which one of the following fitness components is defined as the ability to change direction quickly?
- A. Speed
 - B. Agility
 - C. Balance
 - D. Co-ordination

B

5. Which one of the following is the correct definition of agility?
- A. The ability to control movements with directional changes
 - B. The ability to change direction with control
 - C. The ability to quickly change direction
 - D. The ability to change direction quickly with control

D

6. In which one of the following activities is agility an important fitness component?
- A. 100-metre sprint
 - B. Springboard diving
 - C. Long jumping
 - D. Rowing

B

7. Which one of the following fitness components is defined as the ability to maintain the centre of mass over the base of support?
- A. Flexibility
 - B. Agility
 - C. Balance
 - D. Co-ordination

C

8. Which one of the following is the correct definition of balance?
- A. The ability to keep your mass stable
 - B. The ability to keep your base of support in the centre of your balance
 - C. The ability to maintain your base of support table
 - D. The ability to maintain the centre of mass over the base of support

D

9. In which one of the following activities is balance an important fitness component?
- A. 100-metre sprint
 - B. Springboard diving
 - C. Gymnastics beam routine
 - D. Rowing

C

10. Which one of the following fitness components is defined as the ability of the heart and lungs to supply oxygen to the working muscles?
- A. Flexibility
 - B. Cardio-vascular endurance
 - C. Balance
 - D. Co-ordination

B

11. Which one of the following is the correct definition of cardio-vascular endurance?
- A. The ability of the heart and lungs to supply oxygen to the working muscles
 - B. The ability of the heart and blood to supply oxygen to the working muscles
 - C. The ability of the blood to deliver oxygen to the working muscles
 - D. The ability of the lungs, heart and blood to deliver oxygen to the working muscles

A

12. In which one of the following activities is cardio-vascular endurance an important fitness component?
- A. 100-metre sprint
 - B. Springboard diving
 - C. Gymnastics beam routine
 - D. Rowing

D

13. Which one of the following fitness components is defined as the ability to use different (two or more) parts of the body together smoothly and efficiently?
- A. Flexibility
 - B. Reaction time
 - C. Balance
 - D. Co-ordination

D

14. Which one of the following is the correct definition of co-ordination?
- A. The ability to catch and hit balls efficiently
 - B. The ability to use the arms and legs to move efficiently
 - C. The ability to use different parts of the body together smoothly and efficiently
 - D. The ability to move easily and quickly into positions

C

15. In which one of the following activities is co-ordination an important fitness component?
- A. Goalkeeping
 - B. Springboard diving
 - C. Gymnastics beam routine
 - D. Rowing

C

16. Which one of the following fitness components is defined as the range of movement possible at a joint?
- A. Flexibility
 - B. Reaction time
 - C. Balance
 - D. Co-ordination

A

17. In which one of the following activities is flexibility an important fitness component?
- A. Goalkeeping
 - B. Springboard diving
 - C. Gymnastics beam routine
 - D. Rowing

C

18. Which one of the following fitness components is defined as the ability of a muscle to undergo repeated contractions avoiding fatigue?
- A. Flexibility
 - B. Muscular endurance
 - C. Balance
 - D. Co-ordination

B

19. Which one of the following is the correct definition of muscular endurance?
- A. The ability of a group of muscles to contract efficiently
 - B. The ability of a muscle group to delay fatigue
 - C. The ability of a group of muscles to contract repeatedly
 - D. The ability of a muscle to undergo repeated contractions and avoid fatigue.

C

20. In which one of the following activities is muscular endurance an important fitness component?

- A. Goalkeeping
- B. Springboard diving
- C. Gymnastics beam routine
- D. Rowing

D

21. Which one of the following fitness components is defined as the product of strength and speed?

- A. Flexibility
- B. Muscular strength
- C. Power
- D. Co-ordination

C

22. Which one of the following is the correct definition of power?

- A. The product of strength and speed
- B. The sum of strength and speed
- C. The product of stamina and speed
- D. The sum of strength and suppleness

A

23. In which one of the following activities is power NOT an important fitness component?

- A. Rugby scrum
- B. Springboard diving
- C. Gymnastics balance
- D. Rowing

C

24. Which one of the following fitness components is defined as the time taken to initiate a response to a stimulus?

- A. Flexibility
- B. Reaction time
- C. Power
- D. Co-ordination

B

25. Which one of the following is the correct definition of reaction time?
- A. The time taken to complete a response
 - B. The time taken to initiate a stimulus
 - C. The time taken to react
 - D. The time taken to initiate a response to a stimulus

D

26. In which one of the following activities is reaction time an important fitness component?
- A. Rugby scrum
 - B. Springboard diving
 - C. Basketball shooting
 - D. Rowing

C

27. Which one of the following fitness components is defined as the maximum rate at which an individual is able to perform a movement?
- A. Speed
 - B. Reaction time
 - C. Power
 - D. Co-ordination

A

28. Which one of the following is the correct definition of speed?
- A. The maximum rate at which an individual is able to perform a movement
 - B. The maximum time it takes to complete a movement
 - C. The maximum rate at which a movement is made
 - D. The maximum movement that can be made in a certain time

A

29. In which one of the following activities is speed an important fitness component?
- A. Rugby scrum
 - B. Marathon running
 - C. Table tennis
 - D. Rowing

C

30. Which one of the following fitness components is defined as the ability to overcome a resistance?
- A. Speed
 - B. Reaction time
 - C. Power
 - D. Strength

D

31. Which one of the following is the correct definition of strength?

- A. The ability to overcome an opponent
- B. The ability to resist an opponent
- C. The ability to oppose a resistance
- D. The ability to overcome a resistance

D

32. In which one of the following activities is strength an important fitness component?

- A. Rugby scrum
- B. Marathon running
- C. Table tennis
- D. Gymnastics routine

A

33. Which one of the following is another name for explosive strength?

- A. Speed
- B. Power
- C. Muscle
- D. Dynamic

B

34. Which one of the following defines static strength?

- A. Using strength when moving
- B. Using strength when balanced
- C. Using strength repeatedly
- D. Using strength without moving

D

35. Which one of the following is NOT a reason why people undertake fitness tests?

- A. To identify strengths and weaknesses
- B. To measure fitness
- C. To see improvements in fitness
- D. To change the training programme

D

36. Which one of the following is NOT a reason why people undertake fitness tests?

- A. To compare to others
- B. To motivate people
- C. To make people repeat tests
- D. To improve fitness

C

37. Which one of the following statements is NOT correct about the Illinois agility test?

- A. The performer starts face down on the floor
- B. The test involves running round the cones
- C. It is a sub-maximal test
- D. It is timed in seconds

B

38. Which one of the following is NOT correct about the stork balance test?

- A. You start balanced on one leg
- B. It is measured in seconds
- C. You balance on your toes
- D. You use your hands for balance

D

39. Which one of the following is NOT correct about the multistage fitness test?

- A. You run quicker every shuttle
- B. Each shuttle is 20 metres long
- C. It is a maximal test
- D. It measures cardio-vascular fitness

A

40. Which one of the following is NOT correct about the Anderson ball-catch test?

- A. It is a test for co-ordination
- B. It lasts 60 seconds
- C. It involves throwing a ball against a wall
- D. You can only use one hand

B

41. Which one of the following is NOT correct about the sit and reach test?

- A. You sit on the floor with your feet against the box
- B. You stretch as far as possible
- C. The further you stretch the greater your flexibility
- D. It measures flexibility in your arms

D

42. Which one of the following is NOT correct about the abdominal curl conditioning test?

- A. You do sit ups in time to the beep
- B. A partner holds your feet
- C. It measures muscular strength
- D. The test is maximal

C

43. Which one of the following is NOT correct about the vertical jump test?

- A. It measures explosive strength
- B. You push the slider up as high as you can stretch
- C. You jump as high as you can
- D. The height you jump measures your power

D

44. Which one of the following is NOT correct about the ruler drop test?

- A. The further the ruler drops the better your score
- B. Your partner drops the ruler on your signal
- C. It measures reaction time
- D. The equipment needed is simply a metre ruler

A

45. Which one of the following is correct about the one rep max test?

- A. It involves a standard weight-lifting exercise
- B. It measures muscular endurance
- C. You are allowed three attempts at each weight
- D. The result is the weight you cannot lift

A

46. Which one of the following is NOT correct about the 30-metre sprint test?

- A. It measures speed
- B. You use a running start
- C. You should complete it in under 4 seconds
- D. You are allowed three attempts

C

47. Which one of the following tests would you use to measure reaction time?

- A. A stork balance
- B. A ball-catch test
- C. A ruler drop test
- D. A 30 metre sprint

C



48. Which one of the following tests would you use to measure power?

- A. A curl conditioning test
- B. A multistage fitness test
- C. A one rep max test
- D. A vertical jump test

D

49. Which one of the following best describes the fitness components needed by a goalkeeper?

- A. Stamina, agility and strength
- B. Agility, balance and speed
- C. Reaction time, power and strength
- D. Balance, co-ordination and agility

D

50. Which one of the following best describes the fitness components needed by a trampolinist?

- A. Stamina, agility and strength
- B. Agility, balance and speed
- C. Reaction time, power and strength
- D. Flexibility, co-ordination and agility

D

51. Which one of the following best describes the fitness components needed by a discus thrower?

- A. Stamina, agility and strength
- B. Agility, balance and speed
- C. Reaction time, power and strength
- D. Flexibility, co-ordination and stamina

B

52. Which one of the following identifies some of the main principles of training?

- A. Stamina, overload and reversibility
- B. Overload, reversibility and tedium
- C. Specific, frequency and progression
- D. Frequency, intensity and type

B

53. Which one of the following correctly explains the S in the principles of training?

- A. Specific to the activity and the performer
- B. Suitable to the performer and the season
- C. Safe for the performer
- D. Special for the activity concerned

A

54. Which one of the following correctly explains the principle of overload?

- A. Working so hard it causes DOMS
- B. Working harder than normal
- C. Working the same as normal
- D. Working with heavy weights

B

55. Which one of the following correctly explains the principle of reversibility?

- A. Doing the training exercises in reverse order
- B. Reserving a time and place for training
- C. Losing fitness because of not training
- D. Resting in order to allow training to have an effect

C

56. Which one of the following correctly explains how to overload?

- A. Increase frequency, intensity and time
- B. Increase fitness, intensity and type
- C. Increase frequency, interval and time
- D. Increase fitness, interval and type

A

57. Which one of the following types of training would be best for a road cyclist?

- A. Circuit training
- B. Plyometrics
- C. Continuous training
- D. Fartlek training

C

58. Which one of the following types of training would be best for a gymnast?

- A. Circuit training
- B. Weight training
- C. Continuous training
- D. Fartlek training

A

59. Which one of the following types of training would be best for a shot putter?

- A. Circuit training
- B. Weight training
- C. Continuous training
- D. Fartlek training

B

60. Which one of the following types of training would be best for a 400-metre runner?

- A. Circuit training
- B. Weight training
- C. Plyometrics
- D. Fartlek training

C

61. Which one of the following activities might benefit from a period of altitude training?

- A. Sprint cyclist
- B. Pole vaulter
- C. Long distance runner
- D. Table tennis player

C

62. Which one of the following usually results from training at altitude?

- A. Increased numbers of white blood cells
- B. Increased numbers of red blood cells
- C. Reduced numbers of white blood cells
- D. Reduced numbers of red blood cells

B

63. Which one of the following is NOT a possible reason why altitude training is not always successful?

- A. Fitness may be lost
- B. Performers may get sick
- C. It is often very cold
- D. The effects wear off very quickly

C

64. Which one of the following is NOT a benefit of a warm up?

- A. Increases blood flow
- B. Increases psychological preparation
- C. Increases fitness
- D. Increases range of movement

C

65. Which one of the following correctly describes the sequence of activities that should be included in a cool down?

- A. Lying down to stop blood flowing too quickly
- B. Stretching, jumping and running exercises
- C. Exercises of gradually increasing intensity
- D. Jogging to reduce heart rate and static stretching

D



4 Sports Psychology

1. Which one of the following is correct about the formation of skills and abilities?
- A. Skills and abilities are both learned
 - B. Skills are learned; abilities are inherited
 - C. Skills are inherited; abilities are learned
 - D. Skills and abilities are both inherited

B

2. Which one of the following correctly classifies the skill of badminton serving?
- A. Closed, basic, self-paced
 - B. Closed, complex, externally-paced
 - C. Open, basic, externally-paced
 - D. Open, complex, self-paced

A

3. Which one of the following correctly classifies the skill of passing in netball?
- A. Closed, basic, self-paced
 - B. Closed, complex, externally-paced
 - C. Open, basic, externally-paced
 - D. Open, complex, self-paced

D

4. Which one of the following correctly classifies the skill of swimming start?
- A. Closed, complex, self-paced
 - B. Closed, basic, externally-paced
 - C. Open, basic, externally-paced
 - D. Open, complex, self-paced

B

5. Which one of the following correctly classifies the skill of archery?
- A. Closed, fine, self-paced
 - B. Closed, gross, externally-paced
 - C. Open, fine, externally-paced
 - D. Open, gross, self-paced

A

6. Which one of the following correctly identifies the reasons why a free-throw in basketball is a closed skill?
- A. There are opposition
 - B. There are spectators
 - C. There is the same environment
 - D. There is a different court

C

7. Which one of the following correctly identifies the reasons why a pass in football is an open skill?
- A. There are opposition
 - B. There are spectators
 - C. There is the same environment
 - D. There is a different pitch

A

8. Which one of the following is an example of a performance goal for a 100-metre sprinter?
- A. Winning the race
 - B. Getting a good start
 - C. Beating their personal best
 - D. Being in front at half way

C

9. Which one of the following is an example of an outcome goal for a footballer?
- A. Scoring a goal
 - B. Completing a hat trick
 - C. Making 50% of tackles
 - D. Winning the match

D

10. Which one of the following is the correct meaning of the A in the acronym SMARTER?
- A. Agreed
 - B. Assured
 - C. Achievable
 - D. Accredited

A

11. Which one of the following is the correct meaning of the M in the acronym SMARTER?
- A. Manageable
 - B. Measureable
 - C. Meaningful
 - D. Mature

B

12. Which one of the following places the four components of information processing in the correct order?
- A. Decision-making; output; feedback; input
 - B. Input; decision-making; output; feedback
 - C. Feedback; decision-making; input; output
 - D. Output; feedback; decision-making; input;

B

13. Which one of the following is NOT a sense used in input during physical activity?

- A. Sound
- B. Vision
- C. Balance
- D. Taste

D

14. Which one of the following NOT an example of feedback during physical activity?

- A. Seeing the ball hitting the back of the net
- B. Hearing the crowd cheer
- C. Feeling that you made perfect contact with the ball
- D. Wearing the correct size boots

D

15. Which one of the following definitions of types of guidance is incorrect?

- A. Visual - seeing a demonstration
- B. Verbal - hearing the coach's instructions
- C. Manual - Feeling the movement
- D. Mechanical - using an aid to help performance

C

16. Which one of the following correctly identifies the four types of guidance that may be used by a teacher?

- A. Visual, verbal, manual, mechanical
- B. Manual, physical visual, verbal
- C. Verbal, mechanical social, visual
- D. Mechanical, verbal, mental, manual

A

17. Which one of the following is the best form of guidance to use with beginners learning a safe new skill?

- A. Verbal
- B. Visual
- C. Manual
- D. Mechanical

A

18. Which one of the following is the best form of guidance to use with beginners learning a dangerous skill?

- A. Verbal
- B. Visual
- C. Mechanical
- D. Physical

C

19. Which one of the following is a form of manual guidance?
- A. Using arm bands to help a performer swim
 - B. Using a trampoline harness to assist a beginner somersault
 - C. Guiding a tennis stroke by holding the performers wrist
 - D. Using a bowling machine to improve batting technique in cricket

C

20. Which one of the following is a form of mechanical guidance?
- A. Using a kicking tee in rugby
 - B. Teaching the triple jump down in three stages
 - C. Placing a target on the court when practising serving in badminton
 - D. Wearing fins to improve swimming speed

D

21. Which one of the following is a form of negative feedback?
- A. Missing a shot in football
 - B. The crowd shouting
 - C. The teacher saying what you did wrong
 - D. Dropping a catch in cricket

C

22. Which one of the following is NOT a form of knowledge of results?
- A. Being chosen to take the penalty flick in hockey
 - B. The crowd cheering a successful basketball shot
 - C. The umpire signalling that you hit a boundary in cricket
 - D. Being told the distance you achieve in the long jump

A

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23. Which one of the following correctly identifies the types of feedback being received when a player hears the crowd cheer as they make a good tackle?
- A. Extrinsic; knowledge of results
 - B. Intrinsic; knowledge of results
 - C. Extrinsic; knowledge of performance
 - D. Intrinsic; knowledge of performance

A

24. Which one of the following correctly identifies the types on feedback being received when a golfer feels that their swing was correct?
- A. Extrinsic; knowledge of results
 - B. Intrinsic; knowledge of results
 - C. Extrinsic; knowledge of performance
 - D. Intrinsic; knowledge of performance

D

25. Which one of the following correctly identifies the type of guidance and feedback needed by a beginner?

- A. Visual and extrinsic
- B. Mechanical and knowledge of performance
- C. Visual and knowledge of results
- D. Mechanical and intrinsic

A

26. Which one of the following correctly identifies the type of guidance and feedback needed by an elite performer?

- A. Manual and intrinsic
- B. Verbal and knowledge of performance
- C. Manual and knowledge of results
- D. Verbal and extrinsic

B

27. Which one of the following is a correct definition of arousal?

- A. An intent to harm
- B. The drive to succeed
- C. The way a person behaves
- D. A state of excitement

D

28. Which one of the following is a correct definition of motivation?

- A. A state of excitement
- B. An intent to harm
- C. The drive to succeed
- D. The way a person behaves

C

29. Which one of the following is a correct definition of aggression?

- A. The drive to succeed
- B. An intent to harm
- C. The way a person behaves
- D. A state of excitement

B

30. Which one of the following is a correct definition of personality?

- A. A state of excitement
- B. An intent to harm
- C. The drive to succeed
- D. The way a person behaves

D

31. Which one of the following is NOT true of the inverted U theory of arousal?

- A. Different skills require different levels of arousal
- B. As arousal increases, so does performance
- C. There is an optimal level of arousal
- D. Too much arousal will cause a decrease in performance

B

32. Which one of the following statements concerning arousal is correct?

- A. Fine skills need high levels of arousal
- B. Gross skills need low levels of arousal
- C. Fine skills need low levels of arousal
- D. Gross skills need medium levels of arousal

C

33. Which one of the following statements concerning arousal is correct?

- A. Archery would need high levels of arousal
- B. Rugby tackling would need low levels of arousal
- C. Putting in golf would need low levels of arousal
- D. Shot putting needs medium levels of arousal

C

34. Which one of the following is NOT a method of controlling arousal?

- A. Positive self-talk
- B. Deep breathing
- C. Mental rehearsal
- D. Jogging

D

35. Which one of the following is NOT an example of positive self-talk?

- A. A footballer telling a colleague that they are playing well
- B. A golfer reassuring herself that she can hole a putt
- C. An athlete in the blocks telling themselves that they are good enough to win
- D. A netballer quietly encouraging herself to score, for example 'Come on you can do this'

A

36. Which one of the following is NOT an example of the use of mental rehearsal?

- A. Controlling arousal by thinking about a successful rugby conversion
- B. Controlling arousal by pretending to place a penalty into one corner of the goal
- C. Controlling arousal by imaging playing a cricket shot
- D. Controlling arousal by visualizing the action of throwing a javelin.

B

37. Which one of the following is correct about aggression?

- A. Indirect aggression is making contact with an opponent without being seen
- B. Direct aggression involves physical contact
- C. Indirect aggression involves physical contact
- D. Direct aggression is trying to make contact with an opponent, but missing

B

38. Which one of the following is correct about personality types?

- A. Extroverts tend to play sports where play is slow
- B. Introverts tend to play individual sports
- C. Extroverts rarely become captains
- D. Introverts need high levels of arousal

B

39. Which one of the following is NOT a characteristic of an introvert?

- A. Easily over-aroused
- B. Shy
- C. Thoughtful
- D. Prefer team sports

D

40. Which one of the following is NOT a characteristic of an extrovert?

- A. Prefer team games
- B. Enthusiastic
- C. Easily bored
- D. Quiet

D

41. Which one of the following is correct about intrinsic and extrinsic motivation?

- A. Intrinsic motivation comes from others
- B. Extrinsic motivation comes from within
- C. Intrinsic motivation comes from within
- D. Extrinsic motivation is better than intrinsic

C

42. Which one of the following is NOT a reason for suggesting that intrinsic motivation is more powerful than extrinsic?

- A. Performers can become too reliant on extrinsic motivation
- B. Excessive intrinsic motivation can lead to insufficient extrinsic motivation
- C. Intrinsic motivation is more likely to lead to continued effort
- D. The overuse of extrinsic motivation can undermine the strength of intrinsic motivation

B

5a Socio-cultural Influences

1. Which one of the following is NOT a stereotypical view of women?
- A. They lack the strength to do the same sports as men
 - B. They should be in the house looking after the children
 - C. They should avoid sport as activity might damage their ability to give birth
 - D. They are unable to play sport because of a lack of opportunities

D

2. Which one of the following is a barrier to increasing participation by women?
- A. There are some really good facilities for women's activities
 - B. Women get the same levels of media coverage as men
 - C. Most families are very supportive of female participants
 - D. Sport is primarily male dominated

D

3. Which one of the following is the most likely reason for the high number of ethnic minority players in the England football team?
- A. Ethnic minority performers have more opportunity to play football
 - B. Ethnic minority performers have more fast-twitch muscle fibres
 - C. Ethnic minority performers have more role models in football
 - D. Ethnic minority performers have more muscles in their legs

A

4. Which one of the following explains how a person's socio-economic group may be a factor affecting participation?
- A. Participation is free to those still in school
 - B. Teenagers usually leave home after finishing school
 - C. There is a financial cost for participating in adult life
 - D. Older people tend to regularly participate because its cheap

D

5. Which one of the following explains how age may be a factor affecting participation?
- A. Young children tend to spend time in front of the television
 - B. Teenagers usually leave home after finishing school
 - C. There is a post-school drop out
 - D. Older people tend to regularly participate to maintain their fitness

D

6. Which one of the following explains how peer group may be a factor affecting participation?
- A. Young children tend to spend time in front of the television
 - B. Many people play the same sport as their friends
 - C. Teenagers usually leave home after finishing school
 - D. Many people regularly participate in sport to maintain their fitness

B

7. Which one of the following explains how role models may be a factor affecting participation?
- A. Young children tend to spend time in front of the television
 - B. Teenagers usually leave home after finishing school
 - C. Young people often take up a sport that they see on television
 - D. Many people regularly participate in sport to maintain their fitness

C

8. Which one of the following is NOT a type of disability?
- A. Dental impairments
 - B. Mobility impairments
 - C. Sensory impairments
 - D. Mental impairments.

A

9. Which one of the following is NOT an example of an adapted sport?
- A. Wheelchair basketball
 - B. Amputee football
 - C. Goalball
 - D. Blind cricket

C

10. Which one of the following is NOT a benefit of integration for disabled people?
- A. More adapted sports
 - B. Reduced possibilities of discrimination
 - C. Less stereotyping
 - D. Fewer barriers.

A

11. Which one of the following is NOT a barrier to participation?
- A. Sexism at facilities
 - B. Cultural restrictions
 - C. Lots of media coverage
 - D. Lack of leisure time

C

12. Which one of the following is NOT a barrier to participation?
- A. Lack of familiarity with an activity
 - B. Limited educational opportunities
 - C. Low levels of disposable income
 - D. Lots of family support

D

13. Which one of the following is NOT a barrier to participation?
- A. A negative attitude to participation
 - B. No suitable role models
 - C. Difficult access to facilities
 - D. Limited costs to participate

D

14. Which one of the following is a positive effect of media coverage?

- A. Attendances fall
- B. Minor sports are not shown
- C. Loss of privacy for performers
- D. Encourages participation

D

15. Which one of the following is a positive effect of media coverage?

- A. Easier to attract sponsorship
- B. Changes to timing of events
- C. Sensational media coverage
- D. Changes to rules

A

16. Which one of the following is a negative effect of media coverage?

- A. Develops role models
- B. Supporters are better informed
- C. Encourages participation
- D. Changes to the playing season

D

17. Which one of the following is a negative effect of media coverage?

- A. Spectators want to see best players
- B. Only a few sports shown
- C. Develops personalities
- D. Multiple cameras to aid experience

B

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18. Which one of the following is a correct definition of discrimination?

- A. Unjust treatment of a group of people
- B. Involving everybody in participation
- C. Preconceived opinion not based on reason
- D. Making sports available for everybody

A

19. Which one of the following best describes the influence of leisure time on participation?

- A. Time when free from commitments
- B. Limited time due to long working hours
- C. Shorter working week
- D. More leisure time means more opportunity

D

20. Which one of the following identifies a factor that may limit a school's PE programme?

- A. Tradition
- B. Good facilities
- C. Variety of PE teacher's expertise
- D. Sufficient funding

A

5b Commercialisation of physical activity and sport

1. Which one of the following correctly identifies the parts of the 'golden triangle'?
- A. Media, sport, spectators
 - B. Sport, sponsors, business
 - C. Business, spectators, media
 - D. Sponsors, media, business

C

2. Which one of the following correctly defines commercialisation?
- A. Where a company pays money in return for advertising
 - B. Introducing a product to the market
 - C. A form of communication
 - D. Trying to benefit others

B

3. Which one of the following identifies the role of spectators in commercialisation?
- A. They watch sport
 - B. They support their team
 - C. They attend the matches
 - D. They wear a teams' shirt

D

4. Which one of the following identifies the role of sponsorship in commercialisation?

- A. Sponsors attend matches
- B. Sponsors invite guests to matches
- C. Sponsors are associated with the team
- D. Sponsors drive company cars

C

5. Which one of the following is NOT a reason why sponsors sponsor sport?
- A. Philanthropy
 - B. Investment
 - C. Tax deductions
 - D. Publicity

B

6. Which one of the following is NOT a main reason why sport is often shown on TV?
- A. Cheap to show
 - B. Lots of excitement
 - C. Few breaks
 - D. Bright colours

D

7. Which one of the following is NOT an effect that media coverage on sport?
- A. Changes to kick off times
 - B. Changes to seasons
 - C. Changes to rules
 - D. Changes to weather

D

8. Which one of the following is a reason why sport is popular for television companies?
- A. Competitive
 - B. Complex rules
 - C. Matches last over an hour
 - D. Simple to show

B

9. Which one of the following forms of media is the most interactive?
- A. Social media
 - B. Radio
 - C. Newspapers
 - D. Television

A

10. Which one of the following is NOT a media for watching live sport?
- A. Games consoles
 - B. Internet
 - C. You tube
 - D. Mobile phones

C

11. Which one of the following is a negative aspect of commercialisation for a performer?
- A. Sponsors demands
 - B. High income
 - C. Becoming a role model
 - D. Free kit

A

12. Which one of the following is a benefit of commercialisation to a performer?
- A. Loss of privacy
 - B. Limitations of contracts
 - C. Media intrusion
 - D. Improved performance

D

13. Which one of the following is a benefit of commercialisation for a sport?
- A. Improved training facilities
 - B. Sponsors influence strategic decisions
 - C. Money is only for the 'big' sports
 - D. New kits are worn every year

A

14. Which one of the following is a negative aspect of commercialisation for a sport?

- A. Improved performances
- B. Improved facilities
- C. More TV coverage
- D. More advertising demands

D

15. Which one of the following is a negative effect of commercialisation for officials?

- A. Become professionals
- B. Increased media coverage
- C. Travel the world
- D. Career opportunities

B

16. Which one of the following is a negative effect of commercialisation on spectators?

- A. Better standards of performance
- B. Improved facilities
- C. More interaction
- D. Increased attendance costs

D

17. Which one of the following is NOT a positive impact of technology on the performer?

- A. Improved performance
- B. Better PEDs
- C. Faster recovery from injury
- D. Better safety equipment

B

18. Which one of the following is NOT a positive impact of technology on the sport?

- A. Increased costs
- B. Better equipment
- C. More accurate decisions
- D. Better spectating experience

A

19. Which one of the following is NOT a positive impact of technology on the officials?

- A. More correct decisions
- B. Improved communications
- C. Delays to decisions
- D. Professional officials

C

20. Which one of the following is NOT a positive impact of technology on the spectators?

- A. Improved viewing experience
- B. Frequent postponements
- C. More informed spectators
- D. Choice of what to view

B

21. Which one of the following is NOT a positive impact of technology on the sponsors?

- A. More opportunities to advertise
- B. More gamesmanship
- C. On-pitch logos
- D. Increased profits

B

SUBJECT SUPPORT

SUPPORTING YOUR CENTRE - ENHANCING YOUR TEACHING - ENABLING YOUR LEARNERS



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5c Ethical Issues

1. Which one of the following is the correct definition of gamesmanship?
- A. Bending the rules to gain an advantage
 - B. Breaking the rules to gain an advantage
 - C. Obeying the rules to gain an advantage
 - D. Changing the rules to gain an advantage

A

2. Which one of the following is the correct definition of sportsmanship?
- A. Using dubious methods to gain an advantage
 - B. Breaking the rules to gain an advantage
 - C. Playing to the strict letter of the rules
 - D. Playing fair

B

3. Which one of the following is an example of gamesmanship?
- A. A 'professional' foul
 - B. Sledging in cricket
 - C. Diving in football
 - D. Arguing with the referee

B

4. Which one of the following is an example of sportsmanship?
- A. Appealing for a throw-in
 - B. Time-wasting
 - C. Kicking the ball out for an injured player
 - D. Arguing with the referee

C

5. Which one of the following is the correct definition of the contract to compete?
- A. Agreeing to play by the rules, trying to win and allowing your opponent to play
 - B. Signing on to play for a certain team
 - C. Being selected for the GB Olympic team
 - D. Changing your mind and deciding to play for another club

A

6. Which of the following types of PEDs are most likely to be used by an endurance athlete?
- A. Anabolic agents
 - B. Beta-blockers
 - C. Stimulants
 - D. Peptide hormones

D

7. Which of the following types of PEDs are most likely to be used by a sprinter?
- A. Anabolic agents
 - B. Beta-blockers
 - C. Stimulants
 - D. Narcotic analgesics

A

8. Which of the following types of PEDs are most likely to be used by a golfer?
- A. Anabolic agents
 - B. Beta-blockers
 - C. Stimulants
 - D. Peptide hormones

B

9. Which of the following types of PEDs are most likely to be used by a boxer?
- A. Anabolic agents
 - B. Diuretics
 - C. Stimulants
 - D. Blood doping

B

10. Which one of the following is a potential harmful effect of blood doping?
- A. Dehydration
 - B. Slow heart rate
 - C. Increased blood viscosity
 - D. Liver and heart damage

C

11. Which one of the following is a potential harmful effect of stimulants?
- A. Dehydration
 - B. Slow heart rate
 - C. Increased blood viscosity
 - D. Addiction

D

12. Which one of the following is a potential harmful effect of anabolic agents?
- A. Dehydration
 - B. Slow heart rate
 - C. Increased blood viscosity
 - D. Liver and heart damage

D

13. Which one of the following is a potential harmful effect of taking narcotic analgesics?
- A. Possible coma
 - B. Slow heart rate
 - C. Increased blood viscosity
 - D. Liver and heart damage

A

14. Which one of the following is a potential advantage for a performer taking PEDs?

- A. Risk of getting caught
- B. Better performance
- C. Potential loss of earnings
- D. Damage to reputation

B

15. Which one of the following is a potential disadvantage for a performer taking PEDs?

- A. Unlikely to get caught
- B. Better performance
- C. Increased earnings
- D. Damage to reputation

D

16. Which one of the following is NOT a potential disadvantage to a sport of a performer taking PEDs?

- A. Loss of income from sponsors
- B. Loss of credibility
- C. Loss of fixtures
- D. Loss of role models

C

17. Which one of the following correctly identifies the benefits of home-field advantage?

- A. Playing under pressure to win
- B. Intimidating atmosphere for the visitors
- C. Increased levels of arousal
- D. Hearing your name being shouted out

B

18. Which one of the following correctly identifies hooliganism?

- A. Violent behaviour by football players
- B. Bad behaviour by fans at rugby matches
- C. Long queues at matches
- D. Violent behaviour by football fans

D

19. Which one of the following is NOT a potential cause of hooliganism?

- A. Adverts breaking up sports on TV
- B. Rivalry between local teams
- C. Frustration with refereeing decisions
- D. Gang culture

A

20. Which of the following is NOT a possible cure for hooliganism?

- A. All-seater stadia
- B. Alcohol ban
- C. Segregation of fans
- D. Playing matches in mid-week

D

21. Which of the following is NOT a possible cure for hooliganism?

- A. More police
- B. Playing matches on a Sunday
- C. Banning travelling fans
- D. CCTV cameras

B

SUBJECT SUPPORT

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6 Health and Fitness

1. Which one of the following correctly identifies the components of health?
- A. Physical, social and environmental
 - B. Social, environmental and mental
 - C. Mental, physical and social
 - D. Environmental, social and physical

C

2. Which one of the following correctly defines fitness?
- A. The ability to keep going
 - B. The ability to cope with the demands of the environment
 - C. The ability to push yourself to win
 - D. The ability to cope with physical, mental and social demand

B

3. Which one of the following is NOT a physical health benefit of taking part in physical activity?
- A. Improves your heart
 - B. Reduces the risk of diabetes
 - C. Increases stress
 - D. Provides enjoyment

D

4. Which one of the following is NOT a benefit of physical activity on mental health?
- A. Reduces stress
 - B. Release of feel-good hormones
 - C. Allows emotions to be controlled
 - D. Increased fitness

D

5. Which one of the following is NOT a benefit of physical activity on social health?
- A. Opportunities to socialise
 - B. Danger of injuries
 - C. Encourages working with others
 - D. Learn to co-operate

B

6. Which one of the following is NOT a 'lifestyle choice'?
- A. Smoking
 - B. Alcohol
 - C. Exercise
 - D. Education

D

7. Which one of the following is NOT a consequence of a sedentary lifestyle?
- A. Gaining weight
 - B. High blood pressure
 - C. Friendship groups
 - D. Insomnia

C

8. Which one of the following is NOT a consequence of a sedentary lifestyle?
- A. Diabetes
 - B. Obesity
 - C. Lethargy
 - D. Income

D

9. Which one of the following is NOT a method for estimating whether a person is obese?
- A. Weight
 - B. Body Mass Index
 - C. Percentage body fat
 - D. Percentage above standard weight for height

A

10. Which one of the following is NOT an effect of obesity on health?
- A. Heart disease
 - B. Buoyancy
 - C. Diabetes
 - D. Hypertension

B

11. Which one of the following is a suitable activity for an ectomorph?
- A. Javelin
 - B. Shot put
 - C. High jump
 - D. 100m sprint

C

12. Which one of the following best describes the body shape of a mesomorph?
- A. Very tall
 - B. Wedge-shaped body
 - C. High fat content
 - D. Narrow shoulders

B

13. Which one of the following best describes the body shape of an endomorph?
- A. Very tall
 - B. Wedge-shaped body
 - C. High muscle content
 - D. Round middle

D

14. Which one of the following is the average number of Calories required by an adult female?
- A. 1000
 - B. 2000
 - C. 3000
 - D. 4000

B

15. Which one of the following is not a factor affecting the number of Calories required by an individual?
- A. Gender
 - B. Age
 - C. Activity
 - D. Income

D

16. Which one of the following correctly defines what is meant by the term balanced diet?
- A. Eating plenty of food
 - B. Eating lots of fruit and vegetables
 - C. Eating different food-types to provide suitable nutrients
 - D. Eating equal quantities of different food-types

C

17. Which one of the following identifies the recommended percentages of different food-types?
- A. 35% carbohydrates; 25% fat and 40% protein
 - B. 60% carbohydrates; 25% fat and 15% protein
 - C. 40% carbohydrates; 35% fat and 25% protein
 - D. 25% carbohydrates; 45% fat and 30% protein

B

18. Which one of the following correctly identifies the main function of carbohydrate in the body?
- A. It is the body's main source of fluids
 - B. It is the main muscle producing food source
 - C. It is the main food source for the skeleton
 - D. It is the body's preferred energy source

D

19. Which one of the following correctly identifies the main function of fat in the body?
- A. It is the body's main source of fluids
 - B. It is the main muscle producing food source
 - C. It is the main food source for some vitamins
 - D. It is the body's preferred energy source

C

20. Which one of the following correctly identifies the main function of protein in the body?

- A. It is the body's main source of fluids
- B. It is the main muscle producing food source
- C. It is the main food source for the skeleton
- D. It is the body's preferred energy source

B

21. Which one of the following correctly identifies the main difference between vitamins and minerals?

- A. Minerals are inorganic; vitamins are organic
- B. Minerals are from plants; vitamins are from animals
- C. Minerals are from fruit; vitamins are from vegetables
- D. Minerals are soluble; vitamins are insoluble

A

22. Which one of the following correctly identifies an effect of dehydration?

- A. You gain weight
- B. Your temperature drops
- C. Heart rate slows
- D. Blood thickens

D

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7 Use of data

1. Which one of the following correctly identifies the cardiac output of a performer whose heart rate is 80 bts/min and whose stroke volume is 80 mls?

- A. 160 mls/min
- B. 6400 mls/min
- C. 60 mls/min
- D. 640 mls/min

B

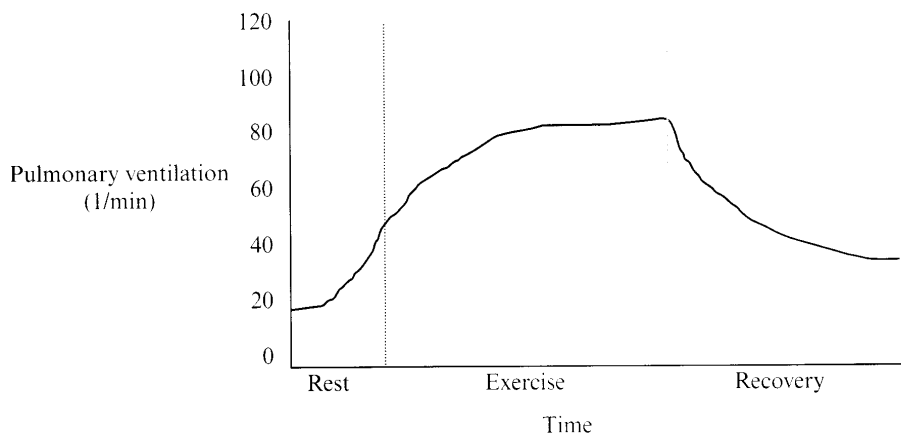
2. Which one of the following is correct about the information in the table?

	% inhaled air	% exhaled air at rest	% exhaled air during exercise
Percentage oxygen	20.00	16.00	14.00
Percentage carbon dioxide	0.04	4.00	6.00

- A. The table shows that more oxygen is exhaled during exercise
- B. The table shows that less oxygen is inhaled during rest
- C. The table shows that more carbon dioxide is exhaled during exercise
- D. The table shows that more carbon dioxide is inhaled during rest

C

3. Which one of the following statements is correct about the graph?



- A. The maximum pulmonary ventilation is 20 L/min
- B. There is an anticipatory rise due to adrenaline being released
- C. The pulmonary ventilation increases during recovery
- D. The pulmonary ventilation is never more than 60 L/min

B

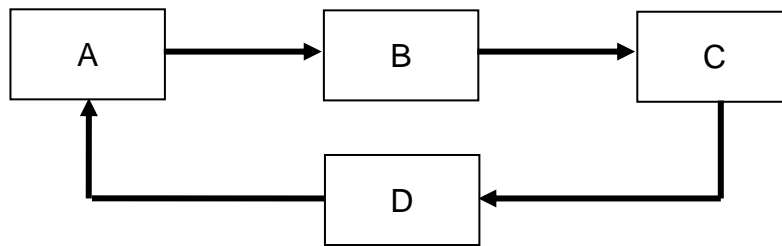
4. Which one of the following is correct about the information in the table?

	Systole (seconds)	Diastole (seconds)
During exercise	0.2	0.13

- A. The heart rate is 180 bts/min
- B. The heart rate is 33 bts/min
- C. The heart rate is 213 beats/min
- D. The heart rate is 132 bts/min

A

5. Which one of the following correctly identifies the output stage in an information processing model?

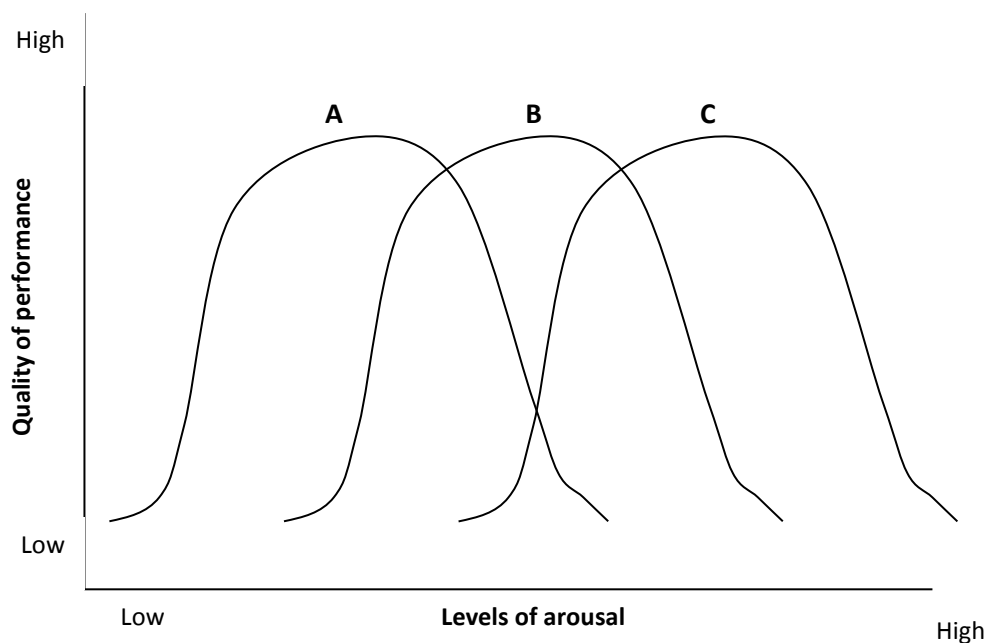


- A. A
- B. B
- C. C
- D. D

C



6. Which one of the following correctly identifies the level of arousal needed for a rugby tackle?



- A. A
- B. B
- C. C
- D. Either A or B

C

7. Which one of the following statements is correct about the information in the table?

	1975	1995	2015
Time spent at work – mins per day	275	248	246
Time spent on leisure – mins per day	42	66	69
Disposable income - £ per head per year	3712	6195	8453
Disposable income as a percentage of total income	31	42	40
% of population who regularly play a team sport	30	72	63
% of workforce employed in the leisure industry	6.5	7.6	8.0

- A. More people are playing team sports
- B. People have more money to spend on leisure
- C. People are working longer hours
- D. Leisure use is decreasing

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8. Which one of the following statements about the information in the table is correct?

Ethnic Group	Average Level	Black Caribbean	Indian	Pakistani	Bangladeshi	Black African	'Black Other'
Participation level % (Men)	54	39	47	42	46	60	80
Participation level % (women)	39	34	31	24	19	34	45

- A. Black Caribbean women have a higher participation rate than 'lack other' groups
- B. Indian men have a lower participation rate than Bangladeshi men
- C. Pakistani men have a lower participation rate than black African men
- D. Bangladeshi women have higher participation rate than Indian women

C

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