

1. Name one function of the skeleton.
2. What do red blood cells carry around the body?
3. White blood cells protect against disease and infection. True or False?
4. A joint is where two or more bones meet. True or false?
5. Cranium is also known as?
6. Example of a hinge joint is?
7. Example of a ball and socket joint is?
8. Name one antagonistic pair of muscles in the upper arm?
9. Name one antagonistic pair of muscles in the upper leg?
10. The antagonist is the muscle which contracts during movement. True or False?
11. Arteries carry blood away from the heart. True or False?
12. Capillaries are the smallest vessels. True or False?
13. Veins carry deoxygenated blood towards the heart. True or False?
14. Heart rate is the number of times the heart beats in one minute. True or False?
15. Name one short term effect of exercise?
16. Name one long-term effect of exercise?
17. Cooper 12 minute run test measures?
18. Stork test measures?
19. Ruler drop test measures?
20. Harvard step test measures?
21. Grip dynamometer test measures?
22. 30m sprint test measures?
23. Vertical jump test measures?
24. Sit and reach test measures?
25. One –minute sit up test measures?
26. One-minute press up test measures?
27. Principles of training. F.I.T.T means?
28. Fartlek training means?
29. Think of an example of a sports injury?
30. What does PAR-Q mean?
31. Give one example of a performance enhancing drug?
32. Give one reason why we warm up?
33. Give one reason why we cool down?
34. Etiquette means the correct way to behave while competing in sport. True or False?
35. Give an example of a performer demonstrating good Etiquette?
36. Name one sports programme on TV?
37. Name one sports magazine?
38. Exercise reduces the risk of diabetes. True or False?
39. A sedentary lifestyle increases the risk of coronary heart disease. True or False?
40. What are the 7 components of a healthy balance diet?