

Open Book Questions

Q1

- Stretching before sports performance is important.
- What component of fitness will stretching help to develop? (1 mark)

A- Agility

B- Flexibility

C- Balance

D- Coordination

Q2

- All performers need to train to be at their best
- Below are some incomplete definitions about the Principles of Training.
- Complete the following definitions. (2 Marks)
- Select from the following: Reversibility, Specificity, Frequency, Variation, Progressive Overload
- ... Occurs when training is demanding enough to cause the body to adapt improving performance.
- ... will happen if training stops or training is not sufficient to cause adaptation.

Q3

- Josh is a track athlete who is a member of a local athletics club. Josh's coach is concerned about his performance. They have a discussion about it:

Josh: 'My performance on the track hasn't been that great recently'

Coach: 'Josh, you need to train at the club at least 3 times per week'

- Which part of the FITT principle has the coach referred to in his conversation with Josh? (1 mark)

A- Frequency

B- Intensity

C-Time

D- Type

Q4

- When working with free weights, it is important to exercise muscles in the correct order.
 - a) Name the type of exercises that should be completed before assistance exercises (1 mark)
 - b) Give one example of an assistance exercise that uses free weights (1 mark)

Q5

- Malcolm is 17 years old, his height is 1.74m and his weight is 82kg.
- a) Calculate Malcolm's body mass index (BMI) (3 Marks)
 - b) Using the information provided in the table below, interpret Malcolm's BMI result. (1 mark)

Rating	BMI
Underweight	<19
Desirable	20-25
Overweight	26-30
Obese	>31

Q6

- The scale (shown on the next slide) can be used in exercise training to determine exercise intensity.

a) What is the name of the scale? (1 mark)

A- 6-20 Regular Perceived Exertion Scale

B- 6-20 Rating of Physical Exertion Scale

C- 6-20 Rating of Perceived Exertion Scale

D- 6-20 Regular Physical Exertion Scale

b) Using this scale what ratings would a HR training zone of 142 to 181 bpm equate to? (1 mark)

Fig A

6	No exertion
7	Extremely light
8	
9	Very light
10	
11	light
12	
13	Somewhat hard
14	
15	Hard (Heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Q7

- Each picture (A and B) shows an athlete completing a different type of stretch.
- Select from the following to match the stretch to the technique the athlete is performing: Ballistic, Active, Continuous, Passive, Plyometric

A



B



Q8

- Free weights can be used to develop strength and muscular endurance.
 - a) If an athlete is working at 50-60% of their 1RM how many repetitions should they complete? (1 mark)
 - b) If an athlete wants to develop elastic strength, what would their intensity be and how many repetitions? (2 marks)

Q9

- The picture shows an athlete taking part in a fitness training method.
- Name the specific type of training the athlete is undertaking (1 mark)



Q10

- The image below shows a person preparing for BIA testing. The BIA test requires electrodes to be placed on the body.

a) Select the correct places the electrodes should be placed on the body (1 mark)

A- Right foot and left thigh

B- Chest and left arm

C- Right hand and Right foot

D- Left arm and right foot

b) Explain how the BIA test works (3 marks)