OCR
Oxford Cambridge and RSA

GCSE Physical Education

J587/01 Physical factors affecting performance

Question Set 2
Section A: Applied Anatomy and Physiology

1 Describe the function of alveoli. **[2]**

2

.Fig. 1 below shows a diagram of a heart.

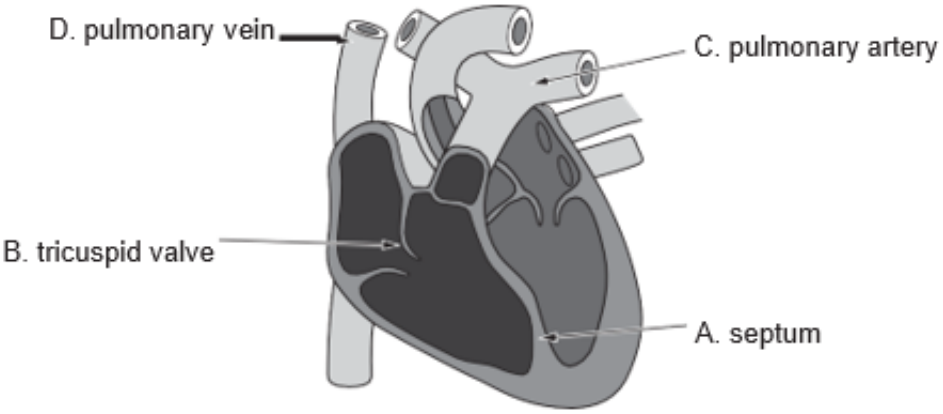

Fig. 1

Identify the part of the heart that is labelled incorrectly in **Fig. 1.** **[1]**

3 Give a definition of a synovial joint. **[1]**

4 A rugby player will use their shoulder joint when making a tackle. **[2]**

Name the **two** articulating bones in the shoulder joint that are at risk of injury during a rugby tackle.

5 **Fig. 2** shows a diagram of the lower leg.

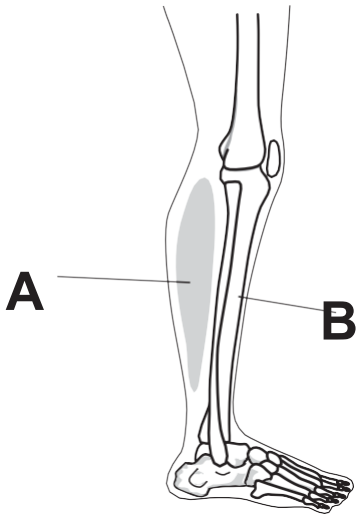

Fig. 2

Identify muscle **A** and bone **B**.

(a) Muscle **A**

(b) Bone **B** **[2]**

6 Using practical examples, explain the difference between the transverse and longitudinal axes of rotation. **[3]**

7 Give a practical example where aerobic endurance is important in sport. **[1]**

8 Cartilage plays an important role in the skeletal system.

Assess how cartilage helps a marathon runner during performance. **[2]**

9 Which class of lever will a weightlifter be using when performing a bicep curl? **[1]**

10 The performer in **Fig. 3** below has performed a movement that has passed through the frontal plane.

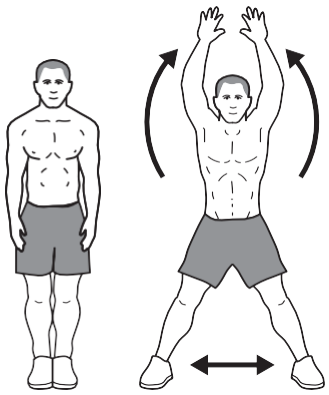

Fig. 3

Is this statement true or false? Draw a circle around your answer.

True **False** **[1]**

11 **Fig. 4** shows a diagram that highlights one plane of movement.

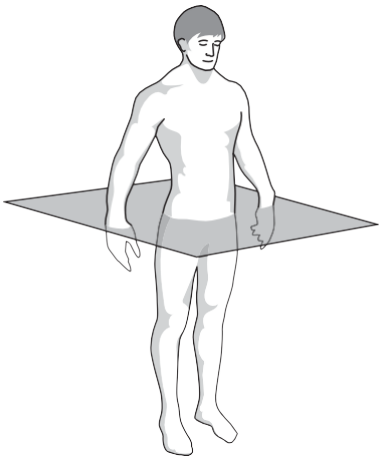

Fig. 4

Name the movement plane highlighted in **Fig. 4** above. **[1]**

12 Fig. 5 shows a picture of the foot of a long jumper taking off.

Label Arrows A and B to correctly identify the components of this lever system.

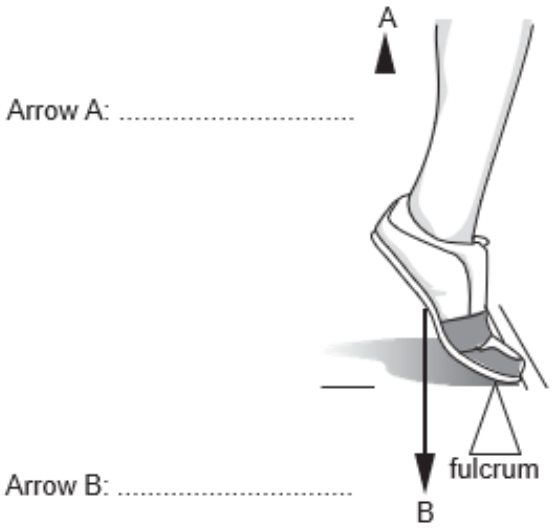

Fig. 5 **[1]**

13 The human heart is part of a single-circulatory system.

Is this statement true or false? Draw a circle around your answer.

True **False** **[1]**

Total Marks for Question Set 2: 19

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