OCR
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GCSE Physical Education

J587/01 Physical factors affecting performance

Question Set 7
Section A: Physical Training

1 Name the fitness component that can be measured using the 'stork stand' test. **[1]**

2 Footballers will often use jogging as a pulse raiser and stretch various muscles to increase flexibility.

Other than pulse raising and stretching, complete **Table 1** below identifying **two** other key components of a warm up, giving a practical example for each component.

Table 1

Warm up component	Practical example
1.....	.....
2.....	.....

[2]

3 Which one of the following are the correct elements of FITT?

Put a tick (✓) in the box next to the correct answer.

(A) Frequency, Intensity, Time and Tedium ☐

(B) Frequency, Interval, Type and Time ☐

(C) Frequency, Intensity, Type and Tedium ☐

(D) Frequency, Intensity, Time and Type ☐

[1]

4 Using practical examples, describe **two** physical benefits of a cool down. **[2]**

5 Give **one** example of personal protective equipment that will help prevent injury in a physical activity. **[1]**

6 Complete **Table 2** below by using an example to explain how a performer can minimise injury by lifting and carrying heavy sports equipment safely in a fitness centre.

Table 2

Prevention of injury	**Example of how risk of injury can beminimised**
Lifting and carrying equipment safely	

[1]

7 Use **two** words from the box below to complete the description of plyometrics.

Plyometric exercises consist of ..... and .....

jogging	sprinting	bounding	flexing	frequency
hopping	intensity	extending	stretching	weight training

[1]

Total Marks for Question Set 6: 9

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