OCR
Oxford Cambridge and RSA

GCSE Physical Education

J587/01 Physical factors affecting performance

Question Set 5
Section A: Physical Training

1 A warm up prepares the body for physical activity by increasing the temperature of the muscles.

Describe **two** other physical benefits a warm up has on the muscular system. **[2]**

2 A wet and slippery floor in a sports hall is a potential hazard.

Identify **two** other hazards in a sports hall. **[2]**

3 Power is an important component of fitness required in many sports and can be measured by using the standing broad jump test.

Name another suitable test for power and describe **one** feature of this test. **[2]**

4 Describe the following key components of a warm up using a practical example for each.

Mobility:

Dynamic movements: **[2]**

5 Name the type of interval training used when a performer alternates between short bursts of speed followed by periods of recovery. **[1]**

6 Give **one** example of personal protective equipment that will protect the cranium. **[1]**

Total Marks for Question Set 5: 10

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