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GCSE Physical Education

J587/01: Physical factors affecting performance

Question Set 6
Section A: Physical Training

1 Reversibility is a principle of training.

Using a practical example, explain what is meant by the term ‘reversibility’. **[2]**

2 Which **one** of the following shows the correct distances for the multi-stage fitness test and the test for speed?

A 30 m for the multi-stage fitness and 25 m for the speed test

B 20 m for the multi-stage fitness and 25 yards for the speed test

C 20 m for the multi-stage fitness and 30 m for the speed test

D 30 m for the multi-stage fitness and 30 yards for the speed test

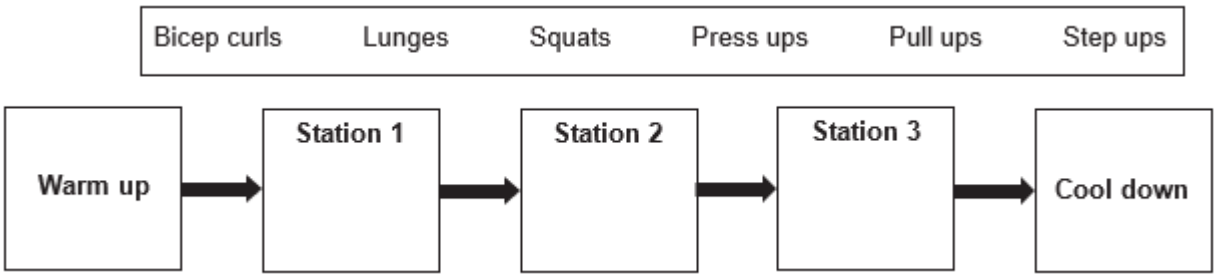
☐ **[1]**

3 Identify **two** potential hazards in a swimming pool. **[2]**

4 (a) Circuit training is a training method that consists of a series of exercise stations.

Describe **one** other feature of circuit training. **[1]**

4 (b) Design a simple circuit training session to overload the upper body by completing the diagram below, placing one of the named exercises in each station.



[1]

5 Which one of the following statements is false?

A Fixators help stabilise a joint and prevent unnecessary movement

B Most lever systems in the body are 3rd class

C A common hazard in rugby is concussion

D Fartlek training improves speed and endurance

☐ **[1]**

6 Describe a suitable cool down for a dancer. **[2]**

7 Give a practical example of how an appropriate level of competition can prevent injury to a performer in a sport or physical activity. **[1]**

Total Marks for Question Set 11:

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