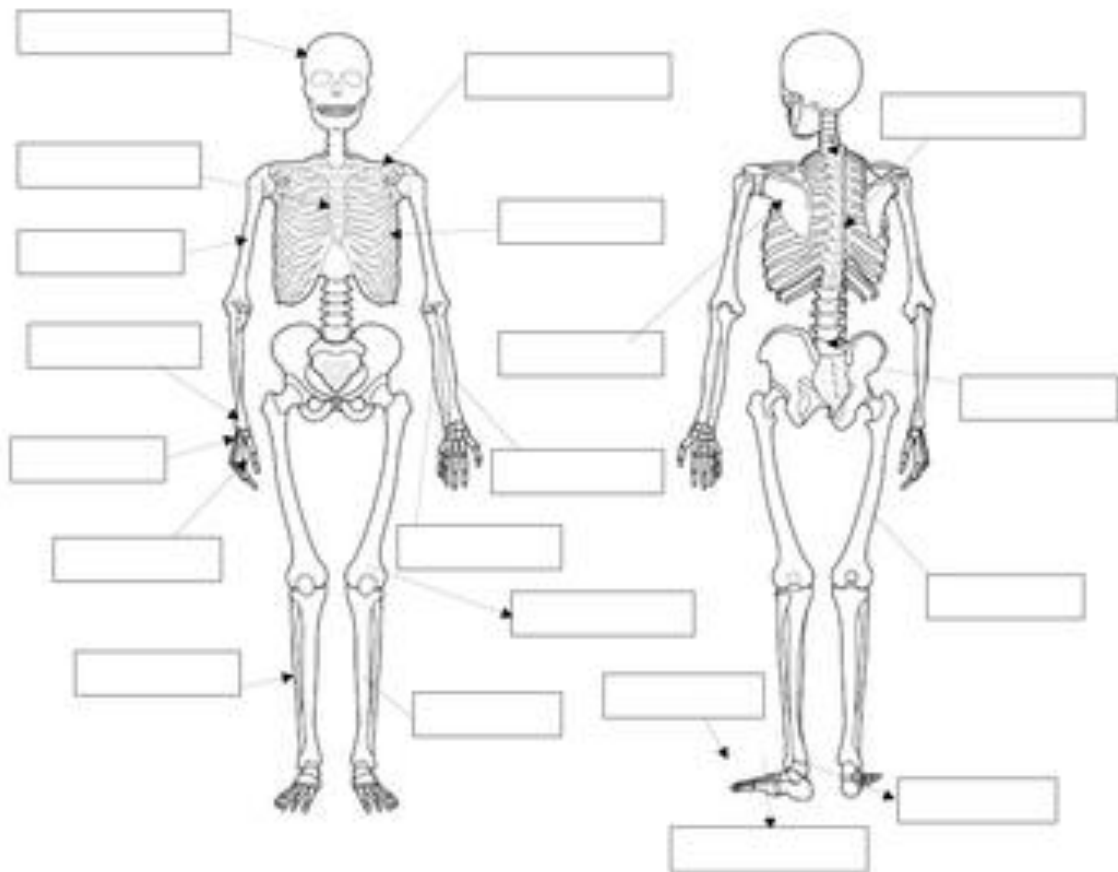
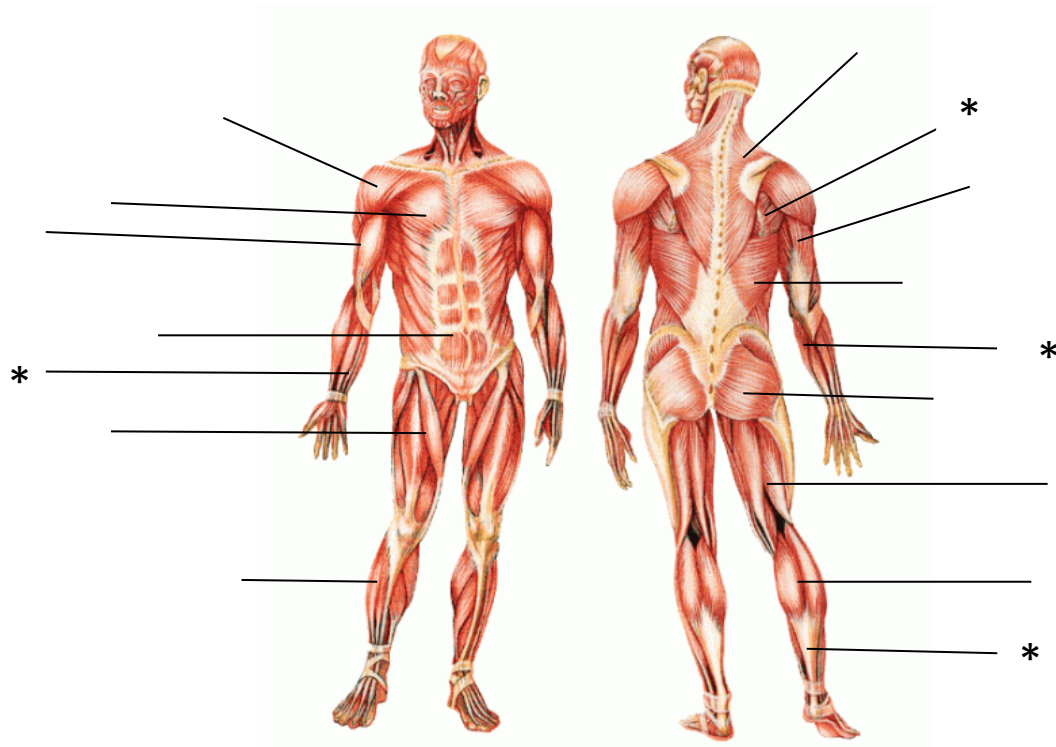


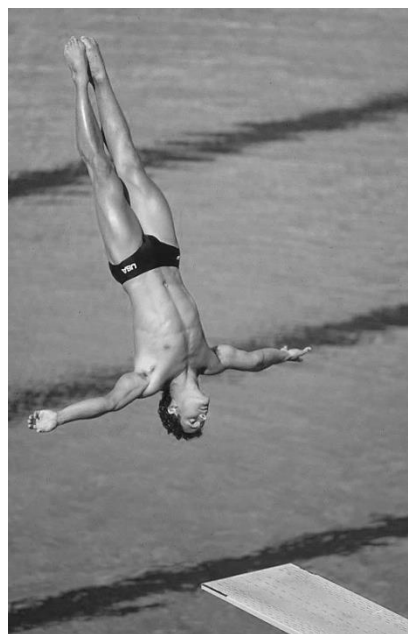
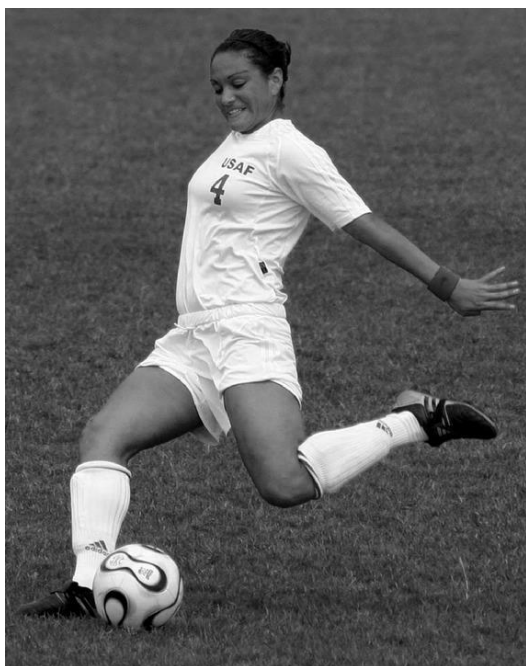
Label the Muscular and Skeletal Systems from your knowledge of GCSE

Research the topics to label the *'s.



Flexion, Extension, Rotation, Abduction, Adduction, Circumduction

From the images identify where these movements are taking place.



Identify the muscular contractions using the terms isometric, isotonic, concentric and eccentric

Biceps. Contraction:



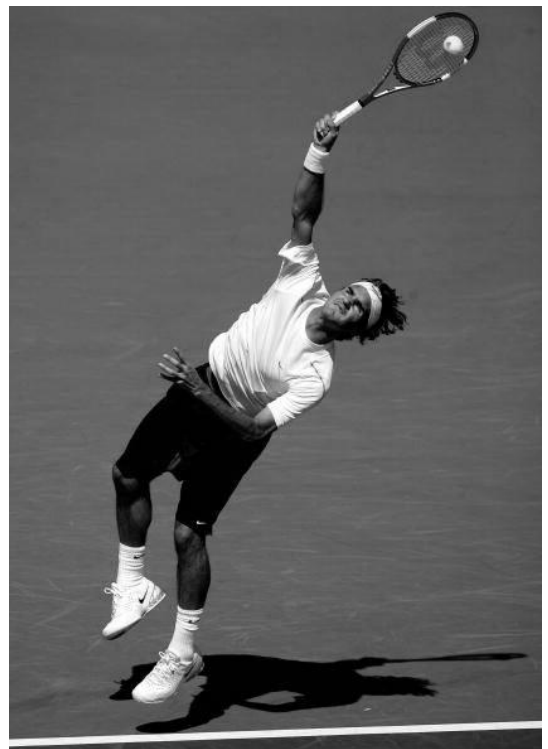
Quadriceps, Contraction:



Tricep: Contraction:



Pectorial. Contraction:

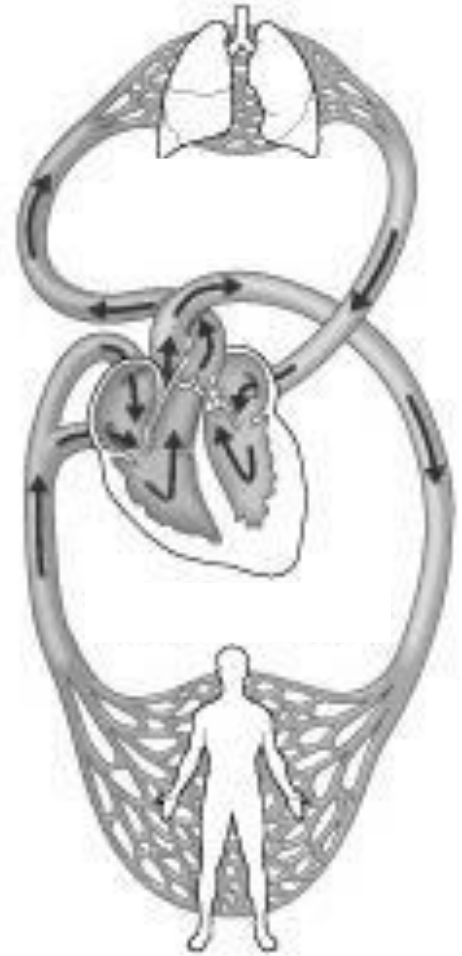
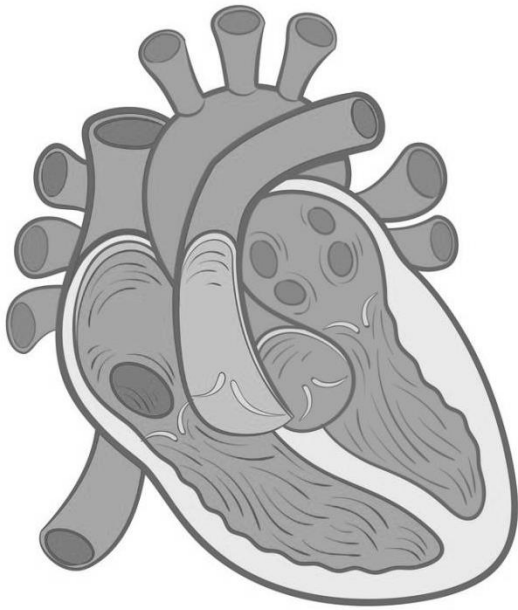


Gastrocnemius. Contraction:



The Cardiovascular System

Label the heart.



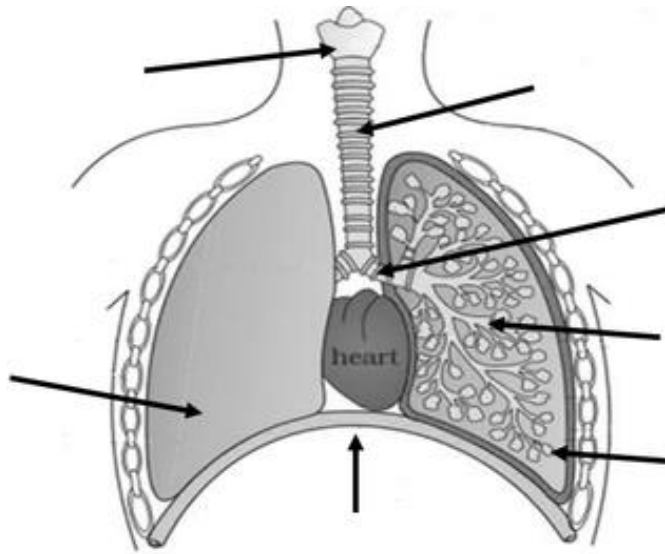
Complete the equation: Heart Rate (HR) x Stroke Volume (SV) = _____ (Q)

Explain the short term effects of Exercise:

Explain the long term effects of Exercise:

Respiratory System

Label the respiratory system.



When the diaphragm contracts this causes the chest cavity to _____.

When the diaphragm relaxes this causes the chest cavity to _____.

The two gases diffusing in gaseous exchange are:

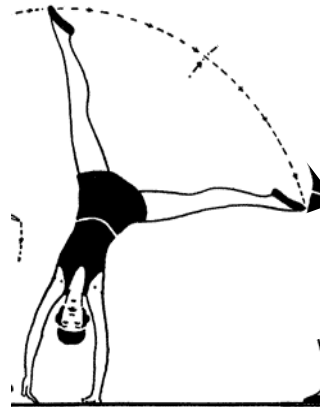
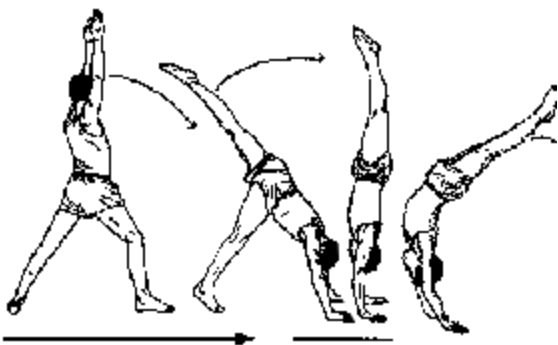
The alveoli allow for gaseous exchange for several reasons:

-
-
-

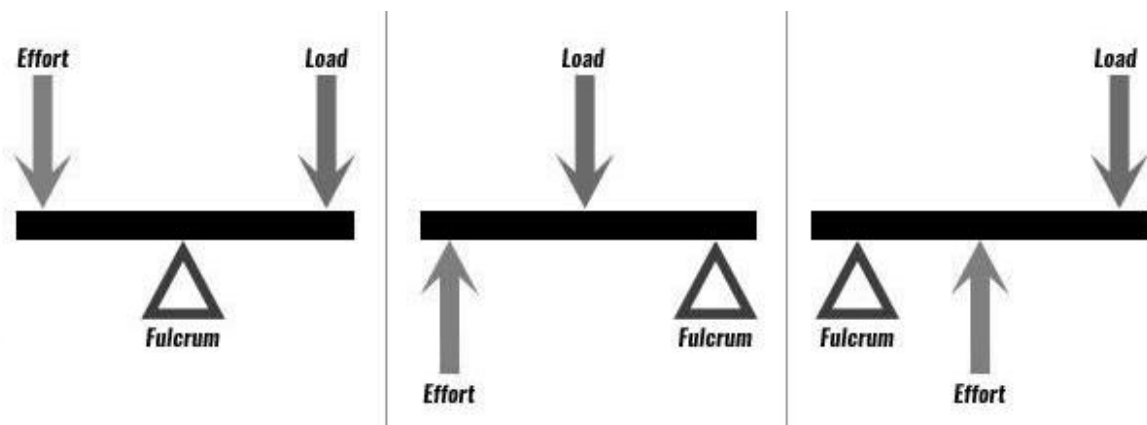
Planes, Levers and Axis

Sagittal Plane	Transverse Plane	Frontal Plane

Label the Axis of Rotation



Label the three Levers and highlight the one with a mechanical advantage.



Principles of Training

Define these terms and explain why they are important in a training programme.

M

R

Specificity -

Progression -

Overload -

Variance -

Injury Prevention

What are some of the factors that cause risk in sport?

We can assess Sports Injuries by using SALTAPS and PRICE.

S -

A -

L -

T -

A -

P -

S -

P -

R -

I -

C -

E -