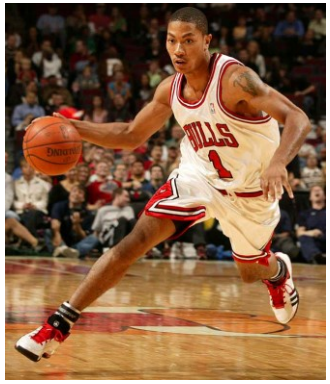
Roger is 52 years old and likes playing tennis and lawn bowls amongst other sports. Explain how the **reasons and benefits** of taking part in such activities will contribute to maintaining his healthy, active lifestyle. (6 marks)

Jack is 16 and enjoys playing rugby. As well as playing for the school team he also plays for his local club. Describe the different factors that have **influenced** Jack in his participation and choice of sport. (6 marks)

Sir Chris Hoy (cyclist) and Rebecca Addlington (swimmer) reached the pinnacle of their respective sports when they won Gold medals at the 2008 Beijing Olympics. Explain how the '**Sports Participation Pyramid**' represents their progress from grass roots level up to achieving success at a national level. (6 marks)

Discuss agility as a **component of fitness** and its relative importance to each of the types of participant below. (6 marks)



Basketball Player

High Jumper

100m sprinter

Discuss muscular strength as a **component of fitness** and its relative importance to each of the types of participant below. (6 marks)

Tennis Player serving

Javelin Thrower

Long Distance Runner

Jodie has not done any physical activity for 5 years due to work and family commitments and has entered a half marathon race as an incentive to start. She is going to join the gym next week and has booked in a session with a Personal Trainer to help her. Discuss what her Personal Trainer will need to do before the first session and the fitness tests that he will do in that first session to **assess fitness levels**. (6 marks)

George has entered the London marathon. In preparation for the event he designs a Personal Exercise Programme to help improve his cardiovascular fitness and muscular endurance. How would George apply the '**Principles of Training**' to help him design his training programme? (6 marks)

Rob is 16 and enjoys playing football. To help him improve his performance he has decided to design a Personal Exercise Programme to improve his Cardiovascular Fitness. Explain how Rob would use different **methods of training** to help him achieve his goal. (6 marks)

Dave is using Circuit training as a **method of training** to improve his fitness. Describe the characteristics of circuit training, identify the advantages of using circuit training and how they will help him to improve components of health related exercise and skill related fitness. (6 marks)

Callum has just become a football coach and is due to begin coaching his local junior football team. What would he include in his **exercise session**? 6 marks)

Amy is planning a Personal Exercise Programme to help improve her fitness. Explain how a **balanced diet** will help her stay healthy and support her training programme.
(6 marks)

Below are three very different sports performers. Describe their different **body shapes** and explain how their body shape is suited to the sport that they perform. (6 marks)

Sumo Wrestler

High Jumper

Tennis Player

You are involved in a work placement at the local health centre and knowing your interest in sport they want you to inform clients of the 5 different weight related conditions that can affect people as a result of diet and exercise. Explain these **weight related conditions**. (6 marks)

The GCSE class are considering risk assessments in their practical PE lessons and have focused on this at the start, during and at the end of their PE lesson. Discuss the different things that must be considered to ensure that injuries to the pupils are minimised. (6 marks)

Two students in the GCSE PE class have recently just been injured in sport. Aidan has dislocated his shoulder playing rugby, whilst Hannah has sprained her ankle playing netball. What potential **injuries** can occur to both the muscular system and the skeletal system and what treatment may be given as a result? (6 marks)

In her GCSE PE theory lessons, Georgina has just been studying drugs in sport. Describe the **performance enhancing drugs** that some athletes still take in their sports. What are the advantages of taking these drugs and what sports might they be associated with? (6 marks)

Jessica has just taken part in a Fartlek training session within her PE lessons. Describe the **immediate effects** this has had on Jessica's body systems. (6 marks)

Jonny has started following a 6 week training programme of continuous and circuit training to improve his fitness and his health. Explain the **long term benefits** of regular participation in exercise and physical activity to the body systems. (6 marks)

Jacob is very active and plays sport or goes to the gym at least 4 times a week. His body will benefit greatly from the quantity of exercise that he takes part in. With examples explain how **lifestyle factors** can also have an effect on his cardiovascular and muscular system. (6 marks)