

Name: _____

3.5 How to Optimise Training & Prevent Injury

3.6 The Effective Use of a Warm up & Cool Down/PEDs

4.1-34.3 Use of Data

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. When undertaking weight training in order to improve muscular endurance, how many reps should be completed per set? **(1 mark)**

- A** 6-8
- B** 10-12
- C** 12-15
- D** 15-18

Q2. Which of the following training seasons involves a large degree of rest and recovery? **(1 mark)**

- A** Pre-Season
- B** Playing Season
- C** Post-Season
- D** Season

Q3. State 3 ways that injuries can be prevented. **(3 marks)**

.....

.....

.....

Q4. Mila is a cricketer who is preparing to bat. Explain one way that she can use mental preparation as part of her warm-up. **(2 marks)**

.....

.....

.....

Q5. Mariam is 18, and has recently started interval training in order to improve her ability as a sprinter. Explain how you would work out Mariam’s anaerobic training zone? **(3 marks)**

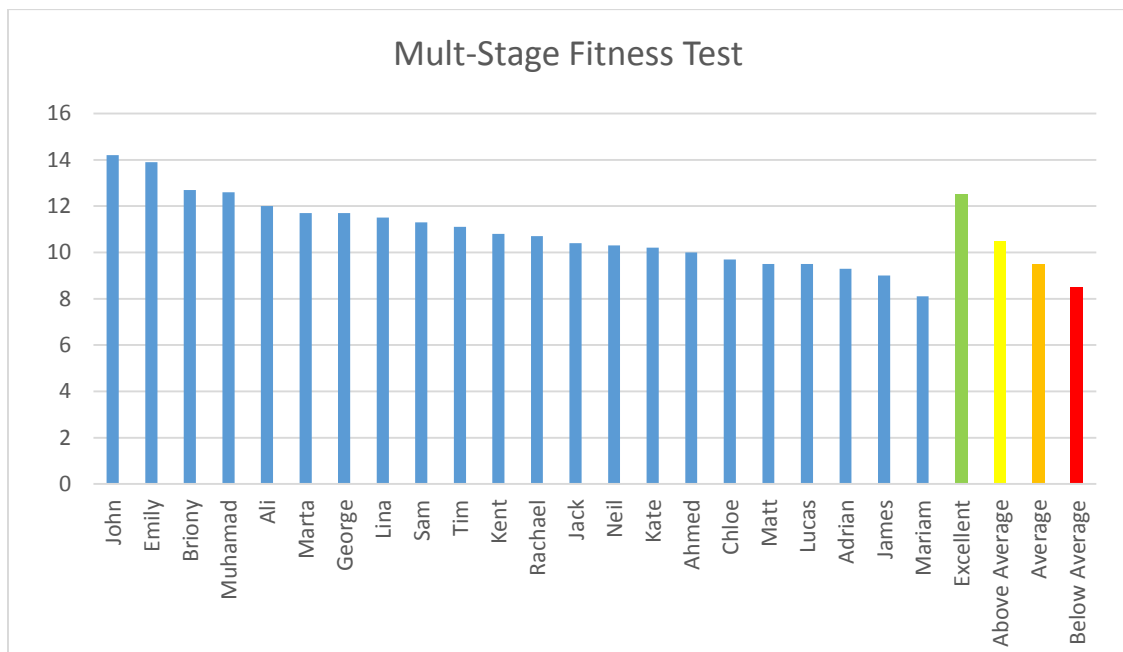
.....

.....

.....

.....

.....



Q6. The individuals shown in this bar chart have all take part in the multi-stage fitness test.

- i) Label the X and Y axis on the graph. **(1 mark)**
- ii) The data being shown in this graph can be described as **quantitative**. Name an advantage of using quantitative data. **(1 mark)**

.....

- iii) Emily was the only pupil to use a cool-down following the test. State one benefit of using a cool down. **(1 mark)**

.....

Q7. State two methods that can be used for collecting qualitative data. **(2 marks)**

.....
.....

Q8. Ava is a cricket player. Describe a type of protective equipment that she should use in a match and using an example, explain how this can prevent injury. **(3 marks)**

.....
.....
.....
.....
.....
.....

Q9. George has been taking part circuit training sessions. He would now like to make his circuit more **aerobic**? State two ways that he can do this. **(2 marks)**

- 1.....
- 2.....

Q10. A warm up is often used to prepare a performer for exercise. Why should a netball player include some light jogging in their warm up? **(2 marks)**

.....
.....
.....
.....

Q11. Use one example to explain why a skills specific practice be included within a warm up? **(2 marks)**

.....
.....
.....

