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##### Question/Answer Booklet

Name:

PHYSICAL EDUCATION STUDIES

**PES GENERAL: Exercise Physiology Test**

Working time for paper: 45 mins

###### *To be provided by the candidate*

Standard items: pens, pencils, eraser, correction fluid, ruler, highlighter

This paper consists of:

|  |  |  |
| --- | --- | --- |
| Questions | Number of questions available | Marks available |
|  |  |  |
| 12 | 12 | 45 |
|  |  |  |
|  |  |  |

1. Provide a definition of what fitness is. **(2)**

1. Fitness can be divided into two categories; Health related and Performance related fitness.

Complete the table below indicating the different components of fitness. **(10)**

|  |  |
| --- | --- |
| **Health Components of Fitness** | **Performance Components of Fitness** |
| a | f |
| b | g |
| c | h |
| d | i |
| e | j |

1. Provide 2 reasons why fitness testing is important for an elite performance athlete? **(2)**

1. Examine the list of fitness tests below and name which fitness component is being tested. **(6)**

VO2 max test:

Skinfold measure:

Bouncing 2 basketballs:

Sit and reach test:

Receiving a tennis serve: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tennis Rally: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the 3 elements of a training session? **(3)**

1. When we exercise there are 7 circulatory responses. Name and describe 3 responses. **(6)**

1. Our body provides energy for movement from the breakdown of ATP. How does the body recreate ATP? In order to answer this question you need to name the 3 energy systems.
2. Name the 3 energy pathways in order from quickest to slowest (give approx. time) and give example of sport for each.

**(3)**

1. What are the main fuel source for each energy system? **(3)**

1. Consider a Tour de France cyclist and the training required for this event. Name the energy system the cyclist would develop and name the type of training required for such an event. Use your knowledge of fitness testing to assist you. **(2)**

8. [Correct scorekeeping order in tennis is:](https://www.helpteaching.com/questions/11428/correct-scorekeeping-order-is) **(1)**

1. 45, 35, 20, 10
2. love, 15, 30, 40
3. 15, 30, 45, love
4. 15, 30, 40, love

9. If the ball lands on the line it is IN. **(1)**

a. True

b. False

10. In Tennis, what does the term DEUCE mean? **(1)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. Name 4 ways you can win a point?  **(2)**

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12. Draw a tennis court with the relevant lines. Name the base line, serving box and the net. **(3)**