**Exam revision questions: Yr 11 ATAR**

**Question 2** **(4 marks)**

A coach can provide feedback in a number of different ways and at different times in relation to the performance. Discuss the difference between terminal and concurrent feedback and give an example of each. (4 marks)

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**Question 3 (5 marks)**

Athletes who participate in jumping events often suffer stress fractures of the foot.

1. Name the three different types of bones in the foot. (3 marks)

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The muscles of the lower leg produce the force at the ankle joint.

1. Name two muscles that can be found in the lower leg. (2 marks)

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**Question 4 (6 marks)**

Skilful coaches use a variety of cues to improve the performance of their players. Identify three different types of cues used by coaches and give an example of how each cue could be used to help a young player learn a new skill.

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**Question 5 (5 marks)**

Choose one motor skill e.g. a baseball hit and discuss the phases of information processing that occur during performance of that skill.

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**Question 6 (5 marks)**

The following diagram represents the location where gas is exchanged in the circulatory system.

The grey side represents de-oxygenated blood and the white side represents oxygenated blood.

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(a) Insert labels for the three structures indicated in the above diagram. (3 marks)

(b) Describe how gas exchange occurs at the alveoli. (2 marks)

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**Question 7 (3 marks)**

**Caitlin Basset is a member of the West Coast Fever Netball team. As an athlete, she is in the Autonomous Stage of the Fitts and Posner model of motor learning. During a game of netball, she is fluent in her execution of skills.**

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Describe three other characteristics of this stage. (3 marks)

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Question 8 (6 marks)**

Below is a picture of Sally Pearson who competes for Australia in the 100 metre hurdles. Her

personal best time is 12.28 seconds. She is exceptionally skilful in not letting her trail leg hit the

hurdles as she passes over them. Using the image, complete the following table in relation to the

trail leg as pictured.



|  |  |  |
| --- | --- | --- |
| **JOINT** | **ARTICULATING BONES** | **MOVEMENT** |
| HIP | 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| KNEE | 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Question 9** **(6 marks)**

Muscle fibres have many characteristics.

1. Describe what is meant by the term contractibility. (2 marks)

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1. Describe the role of the origin of a muscle and the insertion of the muscle during movement. Use an example to illustrate your answer. (4 marks)

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**Question 10 (6 marks)**

The heart receives blood returning from the body through the superior vena cava and the inferior vena cava.

Describe the journey the blood takes as it flows through the heart. (6 marks)

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Discuss how the following factors influence the throwing of a ball for maximum distance:

* + angle of release
  + height of release
  + velocity of release

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**Section 3: Extended answer**

**Question 1 (10 marks)**

Using examples, explain the differences between linear, angular and general motion. In your answer, identify the most common type of motion and provide three reasons for this.

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**Question 2 (10 marks)**

Motivation in sport enhances learning and performance of athletes. Describe 5 specific factors that may have an impact on the motivational level of athletes.

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**Question 3: (10 marks)**

1. Fitts and Posner described learning as a model which involves three phases.

Identify which phase of learning a beginner hurdler athlete would be in and discuss the characteristics of a typical athlete who is in this stage. (6 marks)

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1. How could the beginner hurdler increase his linear speed? (4 marks)

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**Question 1** **(9 marks)**

Classify the following activities as discrete, continuous or serial; fine or gross; and open or closed. Activities: a) running, b) bowling a cricket ball and c) putting in golf.

1. Running. (3marks)

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1. Bowling a cricket ball. (3 marks)

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1. Putting in golf. (3 marks)

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**Question 2** **(4 marks)**

A coach can provide feedback in a number of different ways and at different times in relation to the performance.

Discuss the difference between terminal and concurrent feedback and give an example of each.

(4 marks)

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**Question 3 (5 marks)**

There are many individual differences that affect individuals’ ability and motivation to participate in activities and to learn new skills (eg. Age, gender, training background, skill level, injury or disability). Using examples, describe how one of these factors would influence your coaching techniques in an activity of your choice. (5 marks)

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**Question 4 (18 marks)**

Movement and conditioning concepts for physical activity rely on us having a good knowledge and understanding of functional anatomy.

On the diagram below label:

1. The bones on the right hand side (9 marks)
2. The joints (location and type) on the left hand side (6 marks)

JOINTS BONES

 D

A E

F

G

H

B I (thumb side)

C J

K

L (big toe side)

**Joints:**  **Bones:**

A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ D \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

G \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

H \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

J \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

K \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

L \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Identify the type of movement/s possible at the joints you have labelled above.

(3 marks)

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| JOINT | MOVEMENT |
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**Question 5 (6 marks)**

Athletes who participate in jumping events often suffer stress fractures of the foot.

1. Name the three different types of bones in the foot. (3 marks)

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The muscles of the lower leg produce the force at the ankle joint.

1. Name three muscles that can be found in the lower leg. (3 marks)

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