



Create the Question Starter Resource

Below you will find some answers given to exam questions. Your task is to create the question.

**Mark One – Plantarflexion
Mark Two – Dorsiflexion**

**Mark One – Amount of air left in the lungs following forceful expiration.
Mark Two – Stays the same during exercise**

**Mark One – Improves heart function.
Mark Two – Enable the body to be more efficient in supplying the muscles with oxygen so a person feels more energised throughout the day.**

**Mark One - Monitor progress
Mark Two – Compare against national average
Mark Three - Inform training requirements**

**Mark One – When a large load can be lifted with relatively little effort.
Mark Two - $\text{Effort arm} \div \text{Resistance arm}$**

**Mark One – Blood thickening
Mark Two – Slows blood flow which decreases oxygen delivery rate to working muscles.**

Mark One – The loss of fitness gains when training is stopped.

**Mark One – Used to measure power
Mark Two – High jump.**

**Mark One - When a coach physically guides or supports a performer to show them how a skill should be performed.
Mark Two - For example, a coach may guide an athletes arm to mimic the action of a shot put throw.
Mark Three - This increases confidence of the performer to do the skill on their own.**

Mark One - Using dubious methods in a sporting competition in order to gain an advantage.

Mark Two - In football, deliberately falling after being tackled in the penalty area in order to get a penalty kick.