

Name: _____

1.3/1.4 Anaerobic & Aerobic Respiration/The Effects of Exercise

2.1/2.2 Lever Systems/Planes & Axes of Movement

Date: _____

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

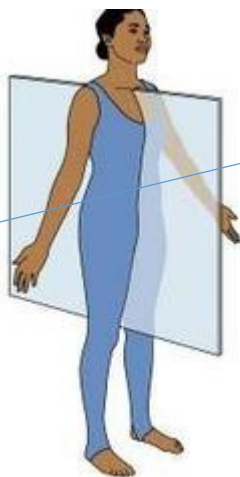
Q1. Which one of the following describes a first class lever system?

(1)

- A The load is at the right-hand end of the lever
- B The fulcrum is in the middle of the lever
- C The load is in the middle of the lever
- D The load and the fulcrum are at the same point on the lever

Q2.

Figure 1 shows one plane and one axis of the human body.



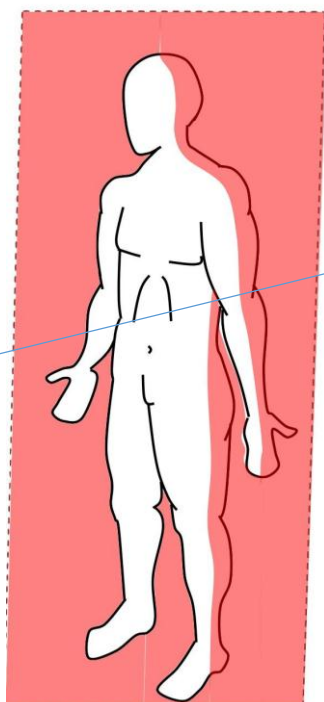
Sample exam questions:

Identify the plane and axis shown in the figure on the left (1)

.....

Give an example of a sporting action used at this plane and axis? (1)

.....



Q3. Identify the plane and axis shown in the figure on the left (1)

.....

Give an example of a sporting action used at this plane and axis? (1)

.....

Q4.

John takes has taken part in a six week exercise programme in order to improve his cardiovascular fitness. Name two long term effects of exercise that John may have experienced and explain how they may have helped his cardiovascular system to function.

1.
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.....
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.....
.....

(3 marks)

2.
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.....
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.....
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(3 marks)

Q5. Identify the **two** by-products released while producing energy aerobically. (2)

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Q6.

Figure 5 shows a man weight training.

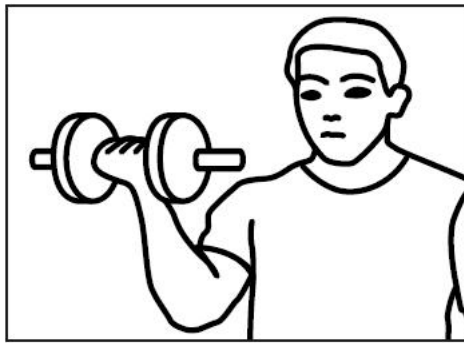


Figure 5

Analyse how the following parts of the lever system allow the weight trainer in **Figure 5** to lift the weight.

(i) Fulcrum

(2)

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

(ii) Effort

(2)

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

(Total for question = 4 marks)

Q7.

Heart rate is measured in beats per minute (bpm).

Table 3 shows a performer's heart rate at three different times during an exercise session.

156 bpm	72 bpm	80 bpm
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Table 3

(a) Identify from **Table 3** the heart rate values recorded just before exercise starts and during recovery.

(2)

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(b) Give reasons for your answers.

(2)

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