



**SMITHDON HIGH SCHOOL**

**GCSE PE**

**YEAR 10 SUMMER EXAMS**

**RETRIVEAL PRACTICE QUESTIONS**



	Question	Answer	Topic
1	Identify two hinge joints on the body.	Elbow and knee	Applied Anatomy and Physiology
2	Identify five functions of the skeletal system	Blood Cell production, joints movement, protection, muscle attachment , mineral storage	Applied Anatomy and Physiology
3	Identify two ball and socket joints on the body.	Hip and shoulder	Applied Anatomy and Physiology
4	Which bones make up the elbow joint?	Radius, ulna, humerus	Applied Anatomy and Physiology
5	Define what is meant by abduction.	Movement of a body part away from the body	Applied Anatomy and Physiology
6	Define what is meant by adduction.	Movement of a body part towards the body	Applied Anatomy and Physiology
7	Define what is meant by flexion.	Decrease in the angle at a joint	Applied Anatomy and Physiology
8	Define what is meant by extension.	Increase in the angle at a joint	Applied Anatomy and Physiology
9	Give the function of a tendon	Attaches a muscle to a bone	Applied Anatomy and Physiology
10	Give the function of a ligament	Attaches bone to bone	Applied Anatomy and Physiology
11	Which movements are performed at ball and socket joints?	Flexion, extension, abduction, adduction, rotation, circumduction	Applied Anatomy and Physiology
12	Where does gas exchange take place?	Alveoli	Applied Anatomy and Physiology
13	Which structure in the lungs is one cell thick?	Alveoli	Applied Anatomy and Physiology
14	Describe gaseous exchange	Oxygen passes through alveoli into red blood cells in capillaries, oxygen combines with haemoglobin, enzyme breaks down carbon dioxide which passes through alveoli and is breathed out.	Applied Anatomy and Physiology
15	Which features assist with gaseous exchange?	Large surface area of alveoli, thin walls, large blood supply, short diffusion pathway, oxygen combines with haemoglobin, gas moves from high to low concentration	Applied Anatomy and Physiology
16	Name three blood vessels involved in the transport of blood?	Veins, arteries, capillaries	Applied Anatomy and Physiology
17	Define vasodilation	Widening of the diameter of a blood vessel to increase blood flow	Applied Anatomy and Physiology
18	Define vasoconstriction	Narrowing of the diameter of a blood vessel to decrease blood flow	Applied Anatomy and Physiology
19	Identify the formula for Cardiac Output (Q)	Cardiac Output (Q) = stroke volume x heart rate	Applied Anatomy and Physiology

20	What is meant by cardiac output?	The amount of blood pumped from the heart in one minute	Applied Anatomy and Physiology
21	What is meant by stroke volume?	Amount of blood pumped out of the heart by each ventricle during one contraction	Applied Anatomy and Physiology
22	Define heart rate	The number of times the heart beats (measured in BPM)	Applied Anatomy and Physiology
23	Define tidal volume	The volume of air inspired or expired in each breath	Applied Anatomy and Physiology
24	Describe the difference between aerobic exercise and anaerobic exercise.	Aerobic is with oxygen, anaerobic is without	Applied Anatomy and Physiology
25	Identify three immediate effects of exercise (during exercise)	Increased heart rate, increase in stroke volume, increase in cardiac output, increased blood pressure, increase in breathing	Applied Anatomy and Physiology
26	Identify three long term effects of exercise (months and years of exercise)	Cardiac hypertrophy, increased stroke volume, reduced resting heart rate, increased strength of intercostal muscles and diaphragm, increased alveoli, increased capillarisation	Applied Anatomy and Physiology
27	Define health.	A state of complete physical, mental and social well-being and not merely the absence of disease	Physical Training
28	Name a test for power	Vertical jump	Physical Training
29	How do you calculate somebody's maximum heart rate?	220-age	Physical Training
30	Identify a characteristic of a closed skill	Stable environment, self-paced, skill performed same way each time as not affected by environment	Sports Psychology
31	Give an example of a closed skill	Gymnastics routine, javelin throw, penalty in football	Sports Psychology
32	What does SMART stand for?	Specific, measurable, accepted, realistic, time bound	Sports Psychology
33	Describe what is meant by a specific goal.	Goal must be specific to the demands of the sport or the muscles/movement used	Sports Psychology
34	Describe what is meant by a measurable goal.	It must be possible to measure whether the goals set have been met	Sports Psychology
35	Describe what is meant by an accepted goal.	Goals that are accepted by the performer and others e.g. coach, parents, teacher	Sports Psychology
36	Describe what is meant by a realistic goal.	the goals must actually be possible to complete or achieve	Sports Psychology

37	Describe what is meant by a time bound goal.	A set period of time must be imposed e.g. by the end of the season	Sports Psychology
38	Explain verbal guidance	This involves using your sense of hearing and could involve listening to a coach give instructions.	Sports Psychology
39	Explain visual guidance	This involves the performer being able to actually see something using sight which could be a demonstration, a video, you tube clip or photograph, chart, court markings.	Sports Psychology
40	Explain mechanical guidance	This involves the use of objects or aids such as a harness in diving or floats in swim.	Sports Psychology
41	Explain manual guidance	This is where the performer can be assisted in a physical movement e.g. supporting somebody do a gym vault.	Sports Psychology
42	Give an example of visual guidance	Looking at a demo of how to serve in badminton, looking at pictures, watching you tube videos	Sports Psychology
43	Give an example of verbal guidance	Listening to a coach give instructions of how to move the arms in back crawl	Sports Psychology
44	Give an example of mechanical guidance	Using a float in swimming,	Sports Psychology
45	Describe extrinsic feedback	Received from outside of the performer e.g. coach	Sports Psychology
46	Explain mental rehearsal	This involves you practising the skill in your head before you perform it. It is used to focus and remember the technique correctly, it can help block out any distractions from the crowd increasing confidence, it can also allow you to visualise the performance being successful increasing chances of success.	Sports Psychology
47	Define massed practice	Practice where the skill is practiced as one without breaks.	Sports Psychology
48	Explain the advantages of using massed practice	Allows performer to quickly learn skill, can groove movements, works on a performers fitness levels.	Sports Psychology
49	Explain the disadvantages of using massed practice	Need good fitness and high motivation levels as no breaks, can only be used with experienced performers, no time to terminal feedback, cannot be used with dangerous skill as can cause injury	Sports Psychology
50	What is the Golden triangle?	The financial relationship between sport, sponsorship and the media	Socio-cultural influences
51	Define commercialisation	Managing or exploiting an organisation or activity in a way designed to make a profit	Socio-cultural influences
52	What is meant by sponsorship?	Where a company pays money to a team or individual in return for advertising their goods	Socio-cultural influences
53	Define sportsmanship	Appropriate, polite and fair behaviour while participating in a sporting event	Socio-cultural influences
54	Define gamesmanship	The use of dubious methods that are not strictly illegal to gain an advantage	Socio-cultural influences
55	Define deviant behaviour giving an example	Behaviour that goes against the rules and the morals of sport to gain an unfair advantage. Examples include taking performance enhancing drugs and match fixing.	Socio-cultural influences
56	Identify 5 factors that affect	Age, gender, socio-economic, disability, ethnicity	Socio-cultural influences

	involvement in physical activity		
57	What factors prevent a disabled person from being physically active	Access – may not be local clubs/ facilities available Image – people perceive they should not be physically active Cost – specialist equipment is expensive.	Socio-cultural influences
58	Identify 5 reasons for having good physical health and well being	Improves efficiency of body systems, reduces risk of illnesses, able to do everyday tasks, helps avoid obesity, improves heart function	Health, fitness and well-being
59	Identify 3 reasons for having good mental health and well being	Reduces stress/tension, able to control emotions, releases serotonin	Health, fitness and well-being
60	Identify four reasons for having good social health and well being	Cooperation, teamwork, socialise, make friends	Health, fitness and well-being
61	What is meant by a sedentary lifestyle?	An inactive lifestyle, lack of regular exercise	Health, fitness and well-being
62	What are the consequences of a sedentary lifestyle?	Weight gain/obesity, heart disease, diabetes, lethargy, poor sleep, poor self-esteem, hypertension	Health, fitness and well-being
63	What is the function of carbohydrates?	Main energy source of the body. Stored as glycogen in the liver and muscles.	Health, fitness and well-being
64	What is the function of protein?	Growth and repair of muscle tissue	Health, fitness and well-being
65	What is the function of fats?	A source of energy and help insulate the body	Health, fitness and well-being
67	Name 4 factors that affects optimum weight	Height, gender, muscle girth and bone structure	Health, fitness and well-being
68	Name 2 ways smoking can affect sporting performance	Damages the alveoli in the lungs affecting gaseous exchange, increases chances of lung cancer	Health, fitness and well-being