

Year 12 A-Level PE
GCSE to A-Level Transition

The following questions are to be researched, answered and handed in (neat copy) on your first lesson in September.

Include a list of sources you use to acquire the answers.

Applied Anatomy and Physiology

1. Explain the differences between the following terms (6 marks):
 - Concentric and eccentric muscle contraction
 - Isometric and Isotonic muscle contraction
 - Agonist and antagonist muscle action
 - Fixator and synergist muscles
 - Extension and hyperextension
 - Lateral and medial rotation.

2. A warm-up is considered to be an essential element of a training programme. Explain how muscular and skeletal systems respond to a warm-up. Support your answer with details of intensity and duration of the warm up for a sport of your own choice. (15 marks)

3. Jodie Swallow is a top class female British Triathlete, and has a resting heart rate of 36bpm. Give reasons why such an athlete might have a low resting heart rate. (4 marks)

4. An unhealthy lifestyle is likely to lead to risky behaviours. Describe how smoking adversely affects the respiratory system. (5 marks)

Total: 30 Marks

In addition to these questions please also complete the following task;

Watch the film 'ICARUS' available on Netflix
Write a 500-word report on the wider impact of what Bryan Fogel stumbles upon and how this has impacted international sport. Use additional research to support your report.