

Praising Star 'mini mock'

1. One of the following is not an alternative name for aerobic endurance. Circle which one.

- Stamina
- Endurance
- Cardiovascular

2. Out of the selection below, identify which athletes requires the highest amount of aerobic endurance

- 100m sprinter
- Gymnast
- Weightlifter
- Marathon runner

3. Define Aerobic Endurance

4. Why would a Footballer require good muscular endurance?

5. What is the difference between muscular endurance and muscular strength?

6. Body composition is broken down into 3 types.

Which type is often described as being *Tall, slim, very little body fat*?

7. Name a sport this body type may suit?

8. Describe why a high jumper would need good flexibility?

9. What is the usual measurement for speed?

10. Speed can be split up into 3 different types of speed. Name 2.

11. Describe a specific occasion in a sport of your choice when you would need to use agility?

12. Give one example of why balance is important in Netball?

13. Power = _____ x _____

14. Define reaction time.

15. Give 2 examples of when a cricket player would need to show good hand-eye co-ordination
