

COMPONENTS COVERED

<u>COMPONENT</u>	<u>Page</u>
1. Exercise Physiology and First Aid	2 - 6
2 Methodology	7 - 12
3 Athletics	13 - 14
4 Volleyball	15 - 17
5 Soccer	18 - 22
6 Hockey	23 - 25
7 Netball	26 - 29
8 Basketball	30 - 32
9 Rugby	33
10 Softball	34 - 35
11 Swimming	36 - 37

CHAPTER ONE

EXERCISE PHYSIOLOGY & FIRST AID

1. Name any two factors that determine body posture
 - ❖ Diet
 - ❖ Kind of exercise undertaken e.g. weight training
 - ❖ Heredity
2. Name the two methods of endurance training
 - ❖ Running, training, jogging
 - ❖ Weight training
 - ❖ Circuit training
 - ❖ Fatlek
 - ❖ Cross-country
3. Give two types of injuries that may occur due to each of the following:
 - (i) Low endurance:
 - ❖ Muscle pulls, Heat exhaustion
 - ❖ Muscle cramps, Breathlessness
 - ❖ Muscle strains, Nausea
 - ❖ Muscle tearing
 - (ii) Low flexibility
 - ❖ Dislocation
 - ❖ Nerve syndrome
 - ❖ Sprains
 - ❖ Tendonitis
 - (iii) Low strengths
 - ❖ Muscle tear, fractures
 - ❖ Sprains
 - ❖ Dislocations
 - (iv) Excessive flexibility
 - ❖ Nerve syndrome
 - ❖ Tendonitis
4. Give any two exercises that you would use to improve on:
 - (i) Flexibility
 - ❖ Dynamic stretching
 - ❖ Static stretching
 - ❖ Pendular movements
 - ❖ Twisting, swinging
 - (ii) Endurance
 - ❖ Continuous exercises (weight training, jogging, X-country, fartlek)
 - ❖ Swimming
 - ❖ Interval training
 - ❖ Circuit training
5. State any two factors that one should consider when selecting
 - (i) Sports uniform:
 - ❖ Should be those that absorb sweat (cotton) etc
 - ❖ Those that have bright colours (to reflect heat)