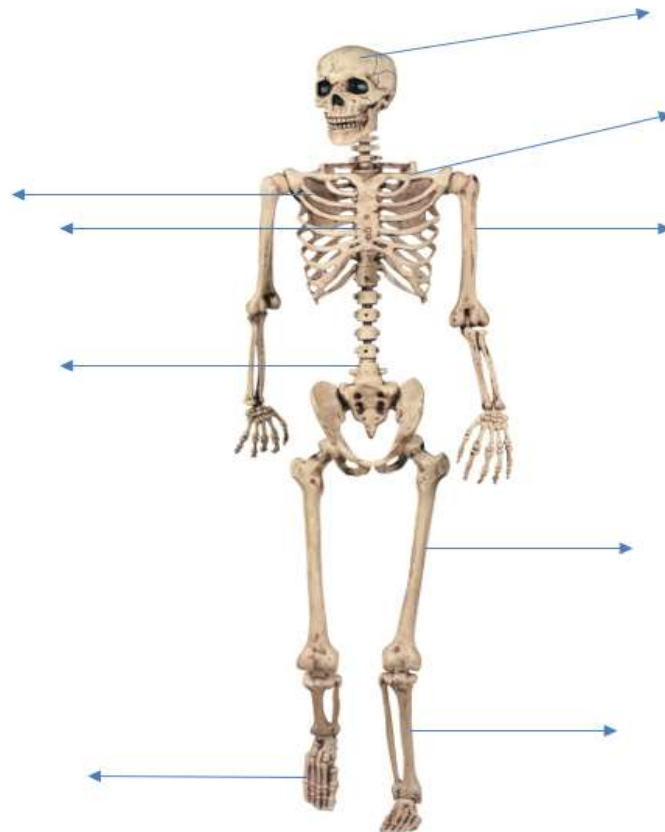
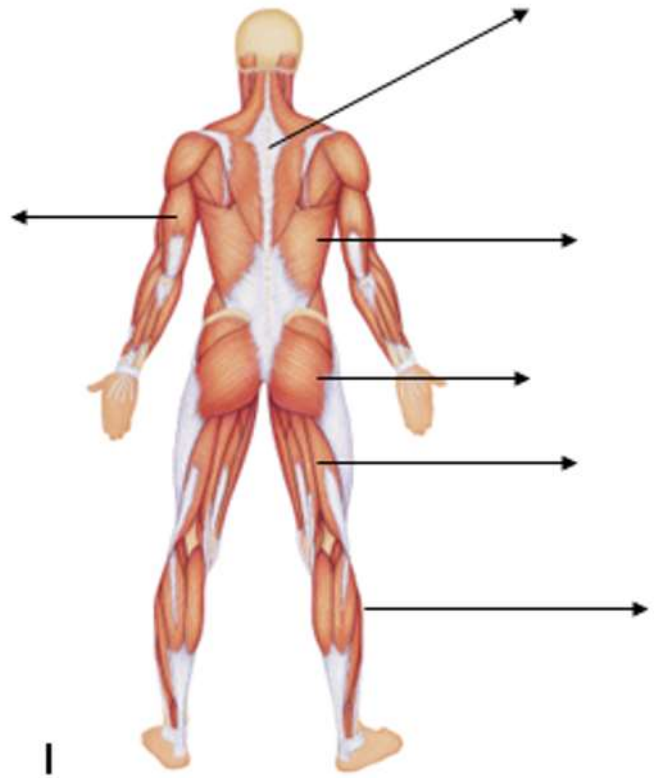
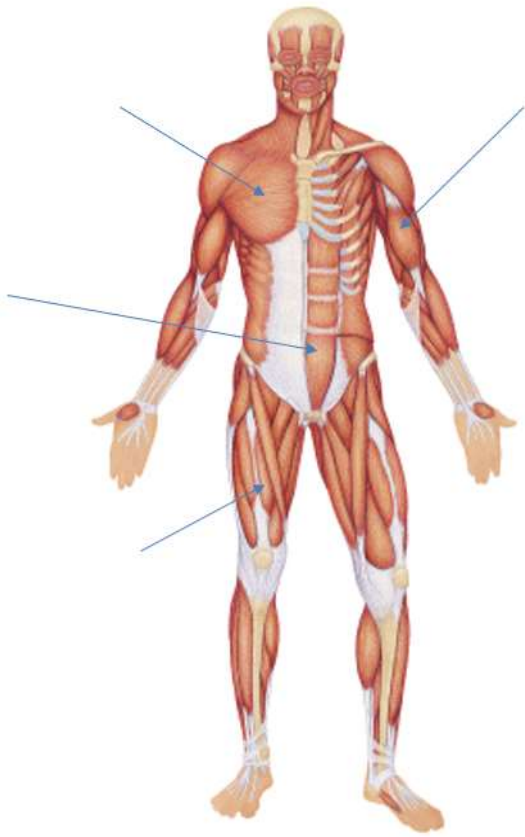


Task1: Using the information on the next page, name the muscles and bones and shade them in different colours or patterns



Task 2: Knowing Basic First Aid and how to treat an injury.



1. Name 3 common sports injuries.
2. Using the image on the top right, explain the benefits of using the R.I.C.E method to treat a sprained ankle.
3. How should we treat an Astroturf friction Burn?
4. What should you do if you find a person unconscious (Breathing but not responding to speaking and touching)
5. You have been hit in the head by a rounders ball and feel sick, how should you treat this injury?
6. What do the doctors do if they think you have broken a bone?
7. Why is it important to wear a gum shield in hockey and shin pads in football?
8. In any chosen sport, please can you list the protective equipment needed to ensure all participants and players are protected and risks are reduced when playing the game.

Task 3 Fitness Quiz

1. What is the missing word from this sentence?

..... is your body's ability to meet daily demands.

- a. Emotional Fitness
- b. Physical Fitness
- c. Health
- d. Fitness

2. Aerobic exercise strengthens your.....

- a. Heart
- b. Mind
- c. Soul
- d. Body

3. What are the chemicals that create a sense of wellbeing and reduce feelings of stress?

- a. Food
- b. Calories
- c. Endorphins

4. Aerobic Exercise provides muscles with more...

- a. Calories
- b. Oxygen
- c. Flexibility
- d. Water

5. Aerobic exercise builds up and improves what aspect of your body the most.

- a. A healthy heart
- b. A healthy waist line
- c. Layers of fat
- d. Improved muscle size

6. Which of the following exercises are not a form of aerobic exercise?

- a. Running
- b. Biking
- c. Lifting weights
- d. Swimming

7. Which of the following components of fitness is classed as a skill related component?

- a. Muscular Strength
- b. Muscular Endurance
- c. Agility
- Body Composition

8. Which of the following statements are true. Exercise has been proven to..

- a. Reduce cardiac injury during a heart attack
- b. Reduce the risk of diabetes

- c. Increase bone mass
 - d. All of the above
9. Which component of fitness does this definition relate to? The maximal ability of a muscle to generate force is:
- a. Muscular strength
 - b. Muscular Endurance
 - c. Optimal Health
 - d. Strength training
10. Which is NOT a component of Physical Fitness?
- a. Flexibility
 - b. Balance
 - c. Body Composition
 - d. Aerobic Endurance
11. Which of the Following affects range of motion around a joint?
- a. Muscular Strength
 - b. Muscular Endurance
 - c. Speed
 - d. Flexibility
12. Which of the statements is true?
- a. Exercise promotes physical well-being
 - b. Regular exercise reduces the risk of diabetes
 - c. Regular exercise improves quality of life
 - d. All of the above
13. Loss of bone mass and strength is called what?
- a. Osteoporosis
 - b. Diabetes
 - c. Calcium overload
 - d. Glucose
14. Health is
- a. Physical well being
 - b. Mental well being
 - c. Social well being
 - d. All of the above
15. The ability to change direction quickly and precisely and yet retain balance is the definition of which component of fitness?
- a. Agility
 - b. Balance
 - c. Co-ordination
 - d. Flexibility