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Physical Education Studies - Exam Revision

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| **Across****2.** The lower leg when kicking in soccer is an example of which type of motion?**4.** A.k.a knee cap**5.** What muscle is located at your thigh?**8.** Aerobic means \_\_\_\_\_\_\_\_\_**12.** A.k.a collar bone**13.** A function of the skeletal system**18.** The type of motivation that is driven internally**21.** The blood vessel that carries blood to the heart**24.** The bones located on the top of your foot**25.** Prize money and public recognition are an example of what type of motivation?**28.** A.k.a your skull**29.** The heart is what type of muscle**32.** The energy system that is dominant for high intensity, short duration exercises**33.** A type of bone**36.** The bone on the thumb side of your forearm**37.** Power and Balance are examples of \_\_\_\_\_\_\_\_\_\_\_\_ related components of fitness**39.** What is the first stage of motor learning?**40.** Which somatotype gains weight easily?**42.** Which type of motion occurs in a straight line?**43.** The most common type of motion in sports**44.** Which plane divides the body into left and right?**45.** What type of fitness components are flexibility and body composition?**47.** Which blood vessel carries blood away from the heart?**48.** The strongest bone in your body **49.** A function of the muscular system**50.** You drive a car with your \_\_\_\_\_\_\_\_\_ which are located in your wrist**51.** A.k.a pelvis**52.** The muscle which helps neck rotation | **Down****1.** A.k.a shoulder blade**3.** To create movement, the brain sends a \_\_\_\_\_\_ \_\_\_\_\_\_ to muscles to respond**6.** Movement occurring towards the midline is known as \_\_\_\_\_\_\_\_**7.** A.k.a calf**9.** The first fuel type used by the Aerobic Energy System is \_\_\_\_\_\_\_\_, followed by fats then protein**10.** The type of bone that is shaped specifically for its function**11.** The \_\_\_\_\_\_\_\_\_ plane divides the body into top and bottom**14.** Resistance against disease and transporting chemicals are two functions of which system?**15.** Where is smooth muscle located?**16.** The thicker bone in your lower leg**17.** A.k.a your funny bone**19.** Part of the skeleton composed of the limbs**20.** Gas exchange and facilitating smell are two functions of which system?**22.** A 200m swim is an example of an event where the \_\_\_\_\_\_ \_\_\_\_\_\_ system would be dominant**23.** Which somatotype struggles to gain weight and muscle?**26.** A.k.a breast bone**27.** The respiratory system is made up of air passages, lungs and which muscle?**30.** What are somatotypes?**31.** The section of the skeleton that includes the spine and thorax**34.** The muscle that covers your shoulder**35.** Fibrous connective tissue joining bone to muscle**38.** A.k.a fingers and toes**41.** Using all your senses to create pictures of your performance in your mind**46.** What type of bone is the femur? |