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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? |