

Physical Education Grade 11 Tutorial1

1. (i) Give one example of a synovial joint and its location.
(ii) Describe the role of the synovial membrane.
(iii) What is the role of the synovial fluid?
2. List and describe the types of muscle a human body have, and give one example of each.
3. What is the role of a synergist muscle?
4. There are 7 elements required for a balanced diet. Name 3 of these elements and the effects they have on the body.
5. Choose 2 components of skill related fitness and describe why they would be essential for a performer in gymnastic.
6. It may be possible to prevent some injuries by warming up properly. Describe 2 other ways that a warm up can help a performer.
7. Name and differentiate between the 2 types of personality.
8. (i) You are planning to use circuit training to help improve a player. Describe some of the benefits of using this method.

(ii) Give 2 ways that you can change a circuit to bring about an improvement in performance.
9. The body will respond to arousal by producing adrenaline. Describe 2 other physiological responses that the body will make when aroused.
10. When learning a new skill, describe how the coach will ensure that effective learning takes place.

11. Describe how the movement of adduction and abduction.

12. What type of muscle tissues would produce better results in long endurance activities?

13. Explain why an increase in a person's stroke volume could be linked to an improvement in performance.

14. The amount of energy needed by an individual varies. Describe 3 factors that will determine an individual's energy requirement.

15. If you are trying to test for cardiovascular fitness:

(i) Name an appropriate test.

(ii) Describe how you would administer the test and record the results.