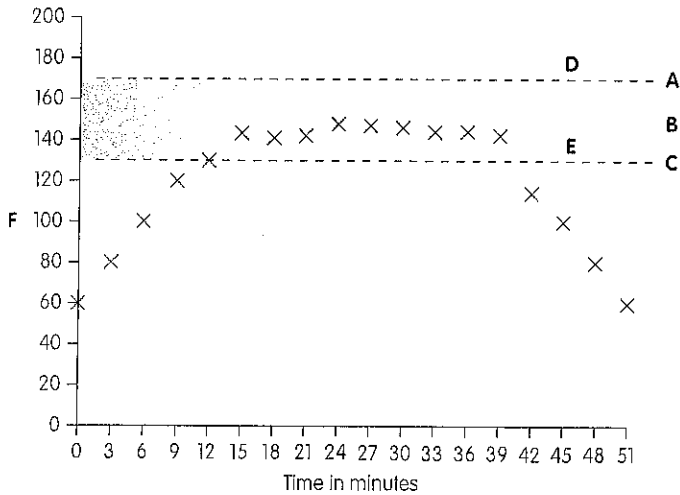


1.1.4

Part C

4. The following questions are related to the graph below.



(a) Which of the labels fits at A?

- A Training zone
- B Target zone
- C Threshold of training
- D 60–80% of heart rate

(1)

(b) Which of the labels fits at C?

- A Training zone
- B Target zone
- C Threshold of training
- D 60–80% of heart rate

(1)

5. Which training method does the recorded heartbeat indicate?

- A Interval training
- B Continuous training
- C Circuit training
- D Fartlek training

(1)

6. If the resting heart rate of the athlete is 60 bpm how long did it take to return to that rate after the exercise?

- A 10 minutes
- B 5 minutes
- C 24 minutes
- D 12 minutes

(1)

Short-answer questions

7. What is the average heart rate of an adult?

(1)

8. Which kind of respiration is used when lifting maximum weights?

(1)

9. What does the Harvard Step Test measure?

(1)

10. What test would you choose to test an athlete's flexibility?

(1)

Longer-answer questions

11. Interval training is used in training sessions and can be adapted to many activities. Devise an interval training session lasting 30 minutes for an activity of your choice.

(4)

12. Why would a performer use cross training in their training programme?

(4)

13. What test would be best suited to an outfield games player and why?

(3)