

1.2.1

part B

Exam questions

Multiple-choice questions

1. (a) Which of the following best describe the effects of stimulants?

- A Increase muscle mass, develop bone growth, increase strength, allow athlete to train harder, increase aggression, aid rehabilitation
- B Allow athlete to train harder, relieve pain, hide pain of an injury, reduce the sensations of the central nervous system
- C Increase muscle mass, hide pain of an injury, increase strength, aid rehabilitation
- D Reduce the sensation of the central nervous system, increase aggression, relieve pain

(1)

(b) Which of the following best describe the effects of peptide hormones?

- A Develop muscle, relieve pain, reduce tiredness, increase red blood cells helping the endurance athlete
- B Make use of body fat, speed recovery from injury, aid rehabilitation, develop bone growth
- C Reduce tiredness, speed recovery from injury, make use of body fat, reduce the sensation of the central nervous system
- D Develop muscle, make use of body fat, reduce tiredness, speed recovery from injury, increase red blood cells helping the endurance athlete

(1)

(c) Which of the following best describe the effects of narcotic analgesics?

- A Relieve pain, reduce the sensation of the central nervous system, develop bone, increase muscle mass
- B Hide pain of an injury, increase strength, reduce tiredness, allow athlete to work harder
- C Relieve pain, hide pain of an injury, reduce the sensations of the central nervous system
- D Reduce the sensations of the central nervous system, increase aggression, relieve pain, make use of body fat

(1)

2. Which of the following sportspeople would be most tempted to use beta-blockers?

- A Darts player, diver, footballer, hockey player
- B Snooker player, skier, volleyball player, fencer
- C Darts player, snooker player, golfer, archer
- D Archer, bowler, rugby player, netball player

(1)

3. A warm-up benefits the performer by:

- A Increasing temperature gradually, gives an opportunity to see the opposition, gradually increases movement at joints, gradually increases the heart rate
- B Concentrates the mind, gradually increases movement at joints, gradually increases the heart rate, allows you to meet up with your friends
- C Gradually increases movement at joints, gradually increases the heart rate, a chance to take it easy, concentrates the mind
- D Increasing temperature gradually, concentrates the mind, gradually increases movement at joints, gradually increases the heart rate

(1)