

Revision Question GCSE PE

Unit 1 Anatomy and Physiology

1. With the aid of a diagram describe the flow of blood from the Vena Cava to the heart around the body and back to the heart. Provide as much detail as possible. 10 marks

2. Identify and explain the major functions of the skeleton 6 marks

3. What is Oxygen debt? Is there a way of preventing its onset? 6 marks

4. List 5 types of movement and provide a name of a joint that each one occurs at. 6 marks

5. Define

a. Concentric contraction

b. Synergist

c. Abduction

d. Gaseous exchange

e. Hypertrophy

f. Bradycardia 6 marks

6. Imagine you have taken a muscle biopsy of Paula Radcliffe's quadriceps and Mark Lewis Francis' gluteus maximus. Describe and explain the structural differences you would expect to see under the microscope. 6 marks

= 40 Marks

= 30 Marks / 2 for the diagrams = (15)

Overall marks available = 55