|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name :** | | | | | | **MEG :** | |
| **Total** | **/ 23** | | **%** |  | **Grade** | |  |
| **Staff Comments :**  **+**  **-** | | | | | | | |
| **what will I score:** | | **Student Comments** | | | | | |
|  | |  | | | | | |

**ASSESSMENT 4**

**Q1**

**[3 Marks]**

**Q2** Using your understanding of the muscle fibres, state the recovery time ratios for slow oxidative and fast glycolytic muscle fibres.

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

**[2 marks]**

**Q3** Which of the following is a true definition of Action Potential?

**Put a tick (☑) in the box next to the correct answer.**

1. A chemical neurotransmitter which helps to transmit nerve impulses

across the synaptic cleft. **☐**

**B.** All muscle fibres will be contracting or none at all. ☐

**C**. A muscle that works with the agonist muscle to produce movement ☐

**D.** The change in electrical potential associated with the passage

of an impulse along the membrane of a muscle cell or nerve cell.  **☐**

**[1 Mark]**

**Q4**

1. Developing movement or motor skills is important if you wish to follow a balanced, active and healthy lifestyle. Describe what is meant by fine, closed, high organisation and low organisation movement skills. Use examples of motor skills to support your answer. **[4marks]**

………………………………………………………………………………………………………………………………..

…………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………..

…………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………..

…………………………………………………………………………………………………………………………………

**Q5** The learning of movement skills is divided into phases. Identify the initial stage of learning. Using practical examples, describe the phase. **(3 marks)**

………………………………………………………………………………………………………………………………..

………………………………………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Q6** Practice conditions may need to be different for each activity or skill.

(i) What is variability of practice? [2 marks]

(ii) Describe massed practice. (2 marks)

(iii) Give the advantages of using distributed practice with a sports performer. (2 marks)

[**6 Marks**]

………………………………………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Cognitive theories of learning related to the work of the Gestaltists explain how we learn movement skills. Describe some of the key terms of cognitive theories of learning from Fig. 4 below**. (4 marks)**

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**(4marks)**