MINI MOCK ASSESSMENT 1

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| **Name :** | **MEG :** |
| **Total** |  **/ 50** | **%** |  | **Grade**  |  |
| **Staff Comments :** **+****-** |
| **what will I score:** | **Student Comments** |
|  |  |
| **AP score** | **AMS score** | **10 mark Q** |
|  |  |  |

**PHYSIOLOGICAL ASSESSMENT**

1. What is the effect of stimulating more motor units? **[1 Mark]**

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1. Which of the following is true?

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

1. Acetylcholine is a chemical neurotransmitter which helps to transmit nerve impulses across the synaptic cleft ☐

**B.** Acetylcholine is also known as a fast glycolytic muscle fibre ☐

**C**. Acetylcholine prevents oxygen being released to a muscle ☐

**D**. Acetylcholine supports a muscle fibre to recover quicker **☐**

 **[1 Mark]**

1. Fig.1 shows a gymnast holding a position on the rings. **(2 marks)**

. Name two muscles in the rotator cuff group which aid the stability of the shoulder joint.

**Fig. 1**

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1. In fig 2 an athlete completes a long jump. State the plane



 of movement and the muscles acting as the agonist at the

 left shoulder.

**(2 marks)**

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1. Sit ups are an exercise used to strengthen the iliopsoas muscle. Explain the types of muscular contraction being used in the iliopsoas muscle during the upward phase and the downward phase of a sit up. **(4 marks)**

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1. In terms of fibre type, the composition of muscle is largely genetically determined and can influence the activities in which people participate.

 Identify two structural and two functional characteristics of a slow oxidative muscle fibre.

If a person has a high percentage of slow oxidative fibres what type of physical activity are they more likely to participate in?  **(5 marks)**

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1. During the upward and downward phases of a press up. Explain the role of the triceps brachii in both the upward and downward phases of a press up. **4(marks)**

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1. **What type of muscle contraction is occurring in the biceps brachii during the downward phase of the bicep curl? (1 mark)**

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**Psychological Factors Affecting Performance**

**Mini Mock 1**

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ /40**

**Q1**

Using a practical example, describe what is meant by a complex skill in physical activity.

 **A complex skill is a skill that has many sub-routines, with many decisions to make,**

**[2 Marks]**

**Q2**

**Fig.1**

Fig 1.shows the different phases of a long jump. Using this example, explain how movement skills can be learned and practiced using the part progressive method.

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**[3 Marks]**

**Q3**

The learning of movement skills is divided into three phases.

Identify the three phases of learning movement skills, and describe each phase using practical examples.

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**[6 Marks]**

**Q4**

 Suggest ways of optimising positive transfer as a coach**.**

**Put a tick (☑) in the box next to the TWO answers you think are correct.**

1. Offer no form of demonstration **☐**

**B.** Using similar skills to promote transfer **☐**

**C**. Ensure clear and specific demonstrations **☐**

**D**. Teach two extremely similar skills in quick succession  **☐**

**[2 Marks]**

**Q5**

Describe the theory of operant conditioning when applied to the learning of motor skills.

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**[6 Marks]**

**Q6** Explain one factor which would influence the selection of the most appropriate and effective practice methods to improve the performance of movement skills.

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 **[1 Mark]**

**Q7** 

**[10 Marks]**

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