**Physiological Factors Affecting Performance ASSESSMENT 13**

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Q1** Give an average value for cardiac output for a performer at rest and during maximal exercise.

**[2 Marks]**

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**Q2** Describe how the heart’s conduction system controls the contraction and relaxation phases of the cardiac cycle.

[**5 Marks**]

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**Q4** Define stroke volume and give a resting value for the average adult.

**[2 Marks]**

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**Q5** Explain how the body controls the increased distribution of blood to the working muscles during exercise.

**[5 Marks]**

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**Q6** Heart rate changes for an athlete during sub-maximal exercise.

Describe the neural mechanisms which cause heart rate to change during exercise.

**[4 Marks]**

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**Q7** Venous return is the transport of deoxygenated blood to the right side of the heart.

Identify two mechanism s which help to maintain venous return during exercise.

**[2 Marks]**

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**Describe the types of transfer that can occur when learning and performing movement skills. (4)**

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