

BTEC SPORT – MUSCLES

- 1. Name 3 types of muscle and give an example of each. (6)**
- 2. Which muscles create movement in the lower leg? (2)**
- 3. Name 3 synergist muscles in a bicep curl. (3)**
- 4. The initial phase of a rugby scum will use which type of muscular contraction? (1)**
- 5. How do skeletal muscles grow in size and strength? (2)**
- 6. Using your knowledge of muscle fibre types would a marathon runner make a good basketball player?, explain. (3)**
- 7. Muscle fibres either contract or not. Explain. (2)**

8. Why do we shiver? (2)

9. How does vasodilation help sporting performance? (3)

10. What is DOMS? (2)

11. Weight training will increase the ability to store fat and glycogen. How does this help performance? (2)

12. Cramp can be prevented. How? (2)