Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A, 2B

Chapter 15

Page 285

**multiple choice**

1 D

2 A

3 D

4 C

**short answer**

5a  *Will depend on the sport chosen and the demands of the position within that sport.*

b  *Use Table 15.2 (page 283) as a guide; the test should be appropriate to the sport*

c  (max 3 marks)

- Amateur team assessment tools would be simple and cheap to administer. (1 mark)
- Professional team may use expensive equipment looking at very specific areas within each component. (1 mark)
- Training only a couple of times a week makes it difficult for the amateur coach to spend too much time on fitness testing. (1 mark)
- Amateur players may be more interested in playing the game than being concerned about fitness and fitness testing. (1 mark)

6  (max 6 marks)

a

- Training using agility ladders and/or slalom poles. (1 mark)
- Training drills designed around the dynamics of the game. (Changing direction quickly) (1 mark)

b

- Participating in muscular endurance exercises such as sit-ups and push-ups. They should be related to the demands of the sport. (1 mark)
- Specific exercises within the sport, e.g. a rugby forward involved in a number of scrums at training. (1 mark)
c

- Training the specifics of the sport, e.g. a swimmer must practice holding the dive position. (1 mark)
- Using specialised equipment, e.g. doing lunges on a gymnastics balance beam. Playing sport without shoes – golf is a good example here. (1 mark)

7 (max 4 marks)

a

*Will depend on the sport*

b

*Refer to question 6a*

8

a

- For an appropriate drill that looks at three components (1 mark)
- For a clear explanation of the drill (1 mark)

b

- For the component – should it be correct (1 mark)
- For a clear justification (1 mark)

**essay style**

9 (max 10 marks)

- Skinfold testing plus a description (1 mark)
  - Very dependent on the skill of the examiner (1 mark)
  - Fail to take into account factors such as requirements of particular sports (1 mark)
- Body mass index plus a description (1 mark)
  - Those with a high muscle mass can record a poor result. (1 mark)
  - Used because it is very easy to calculate, takes minimal resources and time. May still be a useful starting point or guide. (1 mark)
- Body fat scales plus a description (1 mark)
  - Changes in body fluid levels have a significant impact on results. (1 mark)
  - Because of the high error with skinfold testing this test may be more accurate. (1 mark)
- Somatotype testing is at best a guide but really is an outdated method with little support (1 mark)

10 (1 mark for each plus an extra mark for an appropriate reason/description of the particular choice; open to some/considerable debate)
0–2 years  Body composition – important that young kids have enough fat for development, however, there are some issues when they fall outside normal ranges for this age. None of the measures in the text are appropriate for this age group.

6–12 years  Coordination – this is a crucial time for children to develop motor pathways.

13–18 years  Cardio-respiratory fitness – this is the time to develop this component as it is an important base for all components. It is also important to develop healthy routines at this age. (Important for females to do body-weight exercises to help avoid osteoporosis.)

18–30 years  Muscular strength and endurance. Due to hormone levels these components can be develop strongly in this age group. It is a component that is important in a number of sports and activities.

30–50 years  Cardio-respiratory fitness combined with body composition to help avoid lifestyle diseases and be able to stay involved in activities.

50 years plus  Flexibility and balance. This is to avoid injury from falls and also decrease the likelihood of back and neck pain.