

1.2.1 End of unit exam

Total Marks 38

1. The following are all examples of categories of performance-enhancing drugs. Which category is an endurance cyclist **most** likely to be tempted to take despite the potential health risks?

(1)

- A** Anabolic steroids
- B** Peptide hormones (Erythropoietin/EPO)
- C** Diuretics
- D** Narcotic analgesics

2. Despite the risks, some performers take drugs to improve their performance. Which **one** of the following statements correctly links the performance enhancing drug with its effect **and** a performer who would benefit from this effect?

(1)

- A** Diuretics taken by a swimmer will relieve pain to allow them to continue to train
- B** Peptide hormones taken by a 100m sprinter will lead to increased oxygen delivery during their event
- C** Anabolic steroids taken by a discus thrower will allow them to train for longer and harder
- D** Stimulants taken by a jockey will lead to rapid weight loss
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3. Which **one** of the following statements accurately explains an effect of smoking on the respiratory system?

- A** Cigarette smoke increases the amount of oxygen carried in the blood by haemoglobin
- B** Sprinters who smoke notice a greater effect on their performance than endurance athletes who smoke
- C** If a performer is a heavy smoker it will slow their recovery whatever their event
- D** Oxygen supply to the body is not affected by smoking

(1)

4. Although not illegal, smoking can have dangerous side effects on the body.

- (a) name the **two** body systems that can be seriously damaged by cigarette smoke (2)
- (b) state a health risk associated with smoking for each of these systems. (2)
- (c) Apart from the obvious health risks, why are sports performers advised not to smoke? (1)

5. The performers in Figure 3 have the same body type (somatotype).

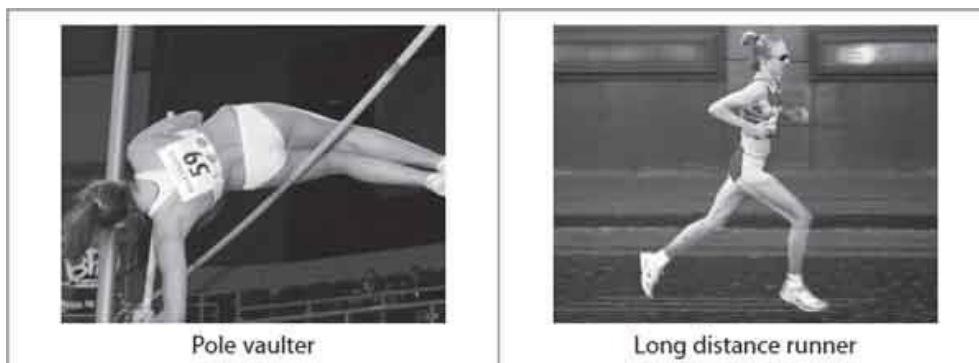


Figure 3

- a) Name the body type of the performers in **Figure 3**. (1)
b) Describe a characteristic of this body type. (1)

c) Give **one** advantage of this body type for:

- (i) The pole vaulter (1)
(ii) The long distance runner (1)

6. The performers in **Figure 3** will have a different optimum weight compared to performers in other athletic activities such as sprinting and shot put.

State **two** factors that will cause optimum weight to vary between individuals competing in the **same** event. (2)

7. Describe a characteristic of a mesomorph that makes the ideal body type for 100m sprinters (2)

8. For a physical activity of your choice, explain how to reduce a variety of risks associated with that activity in order to maintain health. (4)

9. Several items of protective clothing are being used by performer in Fig 4
(a) Identify one item of protective clothing visible in Fig 4 and explain how this helps to reduce the risk of injury (3)



10. Risk can also be reduced before the start of any physical activity.
Identify a risk reduction measure, other than protective clothing, that should be carried out prior to physical activity and explain how this helps to maintain well-being (3)

11. Extreme body types (somatypes) are classified as endomorph, mesomorph or ectomorph.

Discuss whether an extreme mesomorph would be the ideal body type for endurance activities such as long distance running. (6)

12. Discuss the use of steroids to enhance performance in athletic events (6)