

**BTEC Sport LEVEL 3  
Extended Certificate**

**SUMMER  
HOMEWORK**

**HAND IN DATE: FIRST SPORT  
LESSON**





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### **Task 3**

Quiz time ☺

1. Muscles that work in pairs are called what?
2. What is the equipment used to test lung volume called?
3. Name 10 major muscles in the body
4. What is the equation for aerobic respiration?
5. What is a PAR-Q?
6. What does muscle pliability mean?
7. Write down 5 different structures of the respiratory system- e.g.- Diaphragm
8. What is the sum for cardiac output?
9. List 3 reasons why people take part in sport and exercise?
10. What is a balanced diet?
11. What does RDA stand for?
12. List all the fitness components you know? (11)
13. What is PNF?

**Task 4 – Unit 2**

1. Complete the 12-minute run, four times during the holidays.

12 minute run	Date	Distance
Week one-		
Week two-		
Week three-		
Week four-		

2. Create a bar graph displaying your results



3. After completing your tests, describe the long term adaptations that have enabled you to (hopefully) improve on your scores?

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