

## Grade 11 Physical Education Worksheet

### History and Development of Physical Education and Sports

- 1) Anna is unable to make a choice participating in sport. List three characteristics of sport that can help Anna make an informed decision.
- 2) Explain any two characteristics of sports.
- 3) Name two periods of civilization in which sport has played a major role.
- 4) For each period named outline one role that sports played in society during that period.

### Anatomy and Physiology

- 1) List the THREE major types of Muscles found in the human body.
- 2) For each type of muscle listed, state ONE location in the human body where this type of muscle is found.
- 3) Explain what is meant by the term 'Muscle Tone'

### Fitness and Performance

#### 1)Physical Activities

Physical Activity
60m Sprint
Marathon
Javelin
20km walk
Shot Putt

- 1a) List THREE physical activities in which participation requires mainly anaerobic energy.
  - 2) After suffering a severe injury to her leg, Jane was unable to work out in the gym and her muscles atrophied.
    - a) Define the term 'Muscular Atrophy'
  - 3) Before his weight training sessions, Samuel does warm-up exercises. Suggest TWO reasons why it is important for Samuel to do warm up exercises before starting his training.

### **Health and Nutrition**

- 1) State the length of time before exercising that an athlete should wait before eating a meal.
- 2) Suggest a suitable complete pre-activity meal that a swimmer should consume. Your answer must include at least THREE food items.
- 3) Explain the difference between 'Anorexia' and 'Bulimia'.

### **Trend and Social Issues**

- 1) Media Coverage of sport is widespread. List THREE types of media used to bring sports to a wider audience.