



**Park**  
**Academy**  
West London

**PE Theory Workbook 2**

**Aim to complete by 22nd  
June**





- B) Muscular strength
- C) Muscular endurance
- D) Speed

8. Which one of the following would be most important to a weight lifter? (1 mark)

- A) Muscular strength
- B) Muscular endurance
- C) Flexibility
- D) Body composition

9. Which **one** of the following is **not** an aspect of skill related exercise? (1 mark)

- A) Cardiovascular endurance
- B) Speed
- C) Power
- D) Agility

10. What is the correct definition of power? (1 mark)

- A) The time it takes to respond to a stimulus
- B) Strength and speed
- C) Changing direction quickly
- D) The amount of force that a muscle can apply

11. Which component of fitness is most important to a sumo wrestler? (1 mark)

- A) Body composition
- B) Speed
- C) Power
- D) Agility

The next 5 questions will relate to the components of health and skill related fitness and the performers in **Figures 1** and **2**, For each question, read the statements and decide whether A, B, C or D is correct.

					
<p align="center"><b>Figure 1</b> Long distance runner</p>		<p align="center"><b>Figure 2</b> Sprinter</p>			

<b>Statement 1</b>	<b>Statement 2</b>
Power is more important than cardiovascular fitness for the sprinter in <b>Figure 2</b>	Power is a component of health related fitness

12.(1 mark)

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

<b>Statement 1</b>	<b>Statement 2</b>
The long distance runner in <b>Figure 3</b> relies on muscular endurance to keep blood containing oxygen circulating round the body so she can keep running in her event	Cardiovascular fitness is important to the long distance runner

13.(1 mark)

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false