

## **BTEC SPORT – MUSCLES**

- 1. Name 3 types of muscle and give an example of each. (6)**
- 2. Which muscles create movement in the lower leg? (2)**
- 3. Name 3 synergist muscles in a bicep curl. (3)**
- 4. The initial phase of a rugby scrum will use which type of muscular contraction? (1)**
- 5. How do skeletal muscles grow in size and strength? (2)**
- 6. Using your knowledge of muscle fibre types would a marathon runner make a good basketball player?, explain. (3)**
- 7. Muscle fibres either contract or not. Explain. (2)**

**8. Why do we shiver? (2)**

**9. How does vasodilation help sporting performance? (3)**

**10. What is DOMS? (2)**

**11. Weight training will increase the ability to store fat and glycogen. How does this help performance? (2)**

**12. Cramp can be prevented. How? (2)**