

**OBERLIN HIGH SCHOOL**  
**Physical Education**  
**October 5-9, 2020**

**Revision**

**Instructions: Answer the following questions.**

1. Define the following terms:

a. Physical Education

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b. Leisure

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c. Recreation

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d. Play

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e. Sports

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f. Games

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2. State two important roles of National Governing bodies.

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3. State three functions of the following.

a. International Governing bodies (IGB)

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b. Regional governing bodies

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4. What is the difference between Sport and Games?

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5. Briefly explain sports during the following periods:

a. Greeks:

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b. Romans:

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c. Renaissance:

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6. State four functions of the skeletal system.

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7. Name the type of synovial joint found

a. at the hip

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b. between the thumb and the hand.

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(2marks)

8. Explain how the heart, lungs and the circulatory system work together to get blood to working muscles.

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9. Describe two differences between arteries and veins.

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10. What are the names of the two circulations.

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11. What is meant by:

a. Tidal volume.

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b. Residual volume

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c. Respiration

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(6marks)

12. Explain what is meant by tidal volume, minute volume and respiratory rate.

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13. State two changes that occur to the following systems when we exercise.

a. Respiratory\_\_\_\_\_

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b. Circulatory\_\_\_\_\_

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c. Muscular

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d. Skeletal

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**End of Revision**