



Name	
Current School	

Sports Science

Entrance exam for: 16+ (Sample)

Time allowed: 45 minutes

Total marks: 45

Please read this information before the examination starts

- Answer all questions.
- Please answer in the spaces provided in this booklet.

For office use only

Marks awarded:	
Comments:	

Section A - Applied anatomy and physiology

ANSWER ALL QUESTIONS

1. Give a practical example of a skill that passes through the frontal plane of movement.

..... [1]

2. Identify a synovial joint in the body that allows more than two types of movement.

..... [1]

3. Lactic acid occurs during anaerobic exercise. Using practical examples, describe **two** effects of the build-up of lactic acid.

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..... [4]

4. Describe **two** differences between arteries and veins.

..... [2]

5. Giving a practical example for each, describe what is meant by adduction and abduction in joint movements.

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[4]

6. Name the class of lever involved when performing a header in a game of football.

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[1]

7. Name the agonist and the antagonist muscles used when performing the upwards phase of a bicep curl.

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[2]

Section B - Physical training, health and well-being

ANSWER ALL QUESTIONS

8. Using a practical example, explain what is meant by aerobic exercise.

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[2]

9. Other than equipment, identify **two** potential hazards on an artificial pitch.

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[2]

10. Name the component of fitness that is being measured during the cooper run.

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[1]

11. One of the elements of the FITT training principle is 'type'. Identify the other **three** elements of the FITT Principle.

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[3]

12. Describe **two** examples of different personal protective equipment (PPE) used in physical activity and sport.

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[2]

13. Give a practical example of a cool down activity and explain why a cool down is important after exercise.

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[4]

14. Give **one** characteristic of a sedentary lifestyle.

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[1]

Section C - Socio-cultural issues and sports psychology

ANSWER ALL QUESTIONS

15. Explain the importance of sportsmanship and following codes of behaviour when participating in physical activities.

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[5]

16. Explain **three** ways in which the environment can affect participation in physical activities.

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[3]

17. Name **one** illegal drug that is likely to increase strength and levels of aggression in sport.

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[1]

18. What is meant by the golden triangle in sports funding?

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[3]

19. Explain how imagery can help a sports performer mentally prepare for effective performance.

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[3]

[Total marks 45]