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9 Which one of the following is a potential hazard whilst participating in a physical activity in an outdoor adventure area?

- (a) Slippery rocks.
- (b) Cutting your leg on a sharp stone.
- (c) Concussion by banging your head.
- (d) Exhaustion because of walking too far.

[1]

12 Which one of the following would be a good example of personal protective equipment to reduce the risk of injury if participating in a physical activity?

- (a) A gum shield in hockey.
- (b) A post protector in rugby.
- (c) A crash-barrier for the crowd.
- (d) Well-fitting training shoes.

[1]

5 Which one of the following is **not** a hazard found on a grass playing field?

- (a) Broken glass.
- (b) Football posts.
- (c) Concussion.
- (d) Pot holes.

[1]

7 Which one of the following precautions would you take to minimise the risk of injury in a sports hall?

- (a) Check that the equipment is well maintained.
- (b) Make sure you have a friend to exercise with.
- (c) Cool down properly.
- (d) Take first aid material with you.

[1]

8 Which one of the following is an effective personal hygiene method to avoid minor infections following exercise?

- (a) Wash your hands thoroughly before exercise.
- (b) Warm up all of your main muscle groups.
- (c) Wash and dry your feet after exercise.
- (d) Use a nasal strip during exercise.

[1]

9 Which one of the following is a potential hazard in a sports hall?

- (a) Falling over and experiencing concussion
- (b) Water that has been spilled causes the floor to be slippery
- (c) A twisted ankle playing 5-a-side football
- (d) Needing a plaster after cutting yourself

[1]

23 Describe ways in which you might reduce the potential risks in outdoor, adventurous activities.

[5]

- 4 Which one of the following is **not** a method of reducing risks of injury when participating in physical activities?
- (a) Wearing shin pads when playing hockey or football
 - (b) Making sure you warm up before participating in an exercise class
 - (c) Playing with others of similar ability in a rugby match
 - (d) Wearing fashionable sports equipment when going to the gym
- [1]

- 4 Which one of the following helps to reduce the risk of injury when participating in a physical activity on a playing field?
- (a) Playing a full game as soon as possible
 - (b) Having regular competitions in lessons
 - (c) Showering after the activity
 - (d) Wearing appropriate protective clothing
- [1]

19 Identify **five** potential hazards that may be found in a fitness centre.

[5]

24 Describe how good personal hygiene can help to avoid minor infections when participating in physical activities.

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13 Which one of the following is an example of personal protective equipment in a physical activity?

- (a) A football coach providing water bottles during a game
- (b) A hockey player carrying a light hockey stick
- (c) An aerobics performer changing their socks after the class
- (d) A rugby player wearing a gum shield [1]

16 Describe **three** potential hazards that are associated with performing physical activities on a public playing field.

1)

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2)

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3)

..... [3]

7 Which one of the following is a hazard when participating in a physical activity?

- (a) Slipping on the floor by the swimming pool
- (b) Concussion in a gymnastics class
- (c) Broken glass on a football pitch
- (d) Twisting your ankle in an exercise class

[1]

11 Which one of the following is **not** a method of personal hygiene following an exercise class?

- (a) Drink plenty of water to prevent dehydration
- (b) Change your clothes after exercise
- (c) Wash and dry your feet thoroughly
- (d) Use your own clean towel after showering

[1]

17 Describe **four** potential hazards when playing on an outdoor tennis court.

- 1)
- 2)
- 3)
- 4)

[4]

11 Which one of the following is the correct way to lift heavy exercise equipment?

- (a) Bending your legs rather than your back
- (b) Bending your arms and your back
- (c) Keep your legs and back straight
- (d) Keeping your back bent and your arms straight

[1]

17 Describe **four** examples of different personal protective equipment used in named physical activities.

- 1)
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- 2)
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- 3)
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- 4)
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[4]

17 Describe **four** examples of different personal protective equipment used in named physical activities.

- 1)
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- 2)
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- 3)
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- 4)
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[4]

1 Which one of the following is an example of reducing risks and injuries during physical activities?

- (a) Always trying your best in an activity
- (b) Wearing a mouth guard in hockey
- (c) Playing to win at all times
- (d) Shaking hands with your opponents after the game

[1]

9 Which one of the following is a hazard in a swimming pool?

- (a) Concussion of a swimmer after diving in
- (b) Lockers for your clothes and valuables are broken
- (c) Too much chlorine in the water
- (d) Cutting your foot on the way into the pool

[1]