

BTEC LEVEL 3
Extended Certificate

SUMMER
HOMEWORK

HAND IN DATE: FIRST BTEC LESSON

Task 3

Quiz time 😊

1. Muscles that work in pairs are called what?
2. What is the equipment used to test lung volume called?
3. Name 10 major muscles in the body
4. What is the equation for aerobic respiration?
5. What is a PAR-Q?
6. What does muscle pliability mean?
7. Write down 5 different structures of the respiratory system- e.g.- Diaphragm
8. What is the sum for cardiac output?
9. List 3 reasons why people take part in sport and exercise?
10. What is a balanced diet?
11. What does RDA stand for?
12. List all the fitness components you know? (11)
13. What is PNF?

