National 5 Questions 2

1. What is the best test for CRE? (1)
2. Describe this test (4)
3. Name 2 effects that CRE has on your body. (2)
4. Describe 2 benefits of good CRE on your performance in any activity. (2)
5. Name a method of training for CRE (F……)
6. Describe this method of training (4)
7. Choose 2 skills from your routine, explain which physical factors will help you perform this well and why (i.e. power, flexibility) (4)
8. Now explain which mental, emotional or social factors will impact your performance either good or bad! (4)