Capillarisation and an increase in the volume of blood due to red blood cells is a result of aerobic exercise.

Disabled people may not participate due to their own safety (accident).

Disabled people may participate due to more knowledge of coaches and less discrimination.

In perceived risk or OAA there should never be any chance of danger.

The mineral calcium is used in the growth of bones.

The mineral Iron is used in haemoglobin in the red blood cells.

Participation raises the base for the elite performers.

Schools can influence participation by extracurricular clubs and different roles in PE (choreography, officiating, spectating, coaching).

Improve Selective Attention

- Arouse the performer
- Increase the intensity of the stimulus
- Experience the situation and pick out cues from the display

Inaccurate preview from Notesale.co.uk