

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

Participation raises the base for the elite performers

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

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

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

Preview from Notesale.co.uk
Page 2 of 2

Improve Selective Attention

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

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

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

The mineral calcium is used in the growth of bones