Quick fire questions:……..

1. What is aerobic respiration?
2. What muscle causes extension at the knee?
3. If a dancer is using turn out, what type of movement has to occur at the hip?
4. What are the purposes of the synovial membrane?
5. How does an increase in muscle temperature improve flexibility?
6. Explain why it is important for a dancer to have agility.
7. How do you improve cardio vascular fitness?
8. What is the function of cartilage?
9. How does age affect flexibility?
10. What does PNF stand for?
11. Why must passive stretching be carried out carefully?
12. Give an exercise that will improve hamstring flexibility.
13. What type / style of dance uses parallel more than turn out?
14. What type of joint is the knee?
15. What types of movements can ball and socket joints give?
16. What is the difference between muscular strength and muscular endurance?
17. How long should you hold static stretches for?
18. Explain dynamic stretches.
19. Give 2 exercises that could improve muscular endurance in you abdominals
20. What are the factors that affect flexibility?