

## BORG Scale, Heart Rate Thresholds

### 1 Mark Questions

1. The image shows a performer helping a member of the opposition who has cramp. Identify the sporting behaviour being shown



2. Give one reason why an elite performer might bite their opponent.
3. Which one of the following do you think is an example of gamesmanship?  
A- Time wasting  
B- Kicking the ball out of play when someone is injured  
C- Showing respect to the officials  
D- Shaking hands
4. A player is shown to help his opponent up off the floor...  
Identify the type of sporting behaviour shown.

### 2 Mark Question

5. Describe using an example the term gamesmanship
6. Describe using an example the term sportsmanship
7. Describe using an example the term deviance

