

Edexcel GCSE

Mathematics (Linear) – 1MA0

CIRCLE THEOREMS

Materials required for examination

Ruler graduated in centimetres and millimetres, protractor, compasses, pen, HB pencil, eraser.
Tracing paper may be used.

Items included with question papers

Nil



Instructions

Use black ink or ball-point pen.

Fill in the boxes at the top of this page with your name, centre number and candidate number.

Answer all questions.

Answer the questions in the spaces provided – there may be more space than you need.

Calculators may be used.

Information

The marks for each question are shown in brackets – use this as a guide as to how much time to spend on **each** question.

Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed – you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.

Advice

Read each question carefully before you start to answer it.

Keep an eye on the time.

Try to answer every question.

Check your answers if you have time at the end.

Edexcel Gcse Mathematics Linear 1macircle Theorems Answers

RJ Alexander



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web aug 2 2021 to start you need to know the basics which is the three cycles of periodization training macrocycle mesocycle and microcycle in this post we are going to explain what periodization is and how the macro meso and micro cycles relate to it

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web dec 2 2013 football macrocycle post season this is the time when athletes recover from their demanding season michael oher exercise nutrition circuit training fun games i e flag football sand volleyball indoor soccer golf rest and recovery lift 1 day a week and play recreational games easiest time to gain weight

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web this study aimed to assess changes in the body composition of professional football players during the macrocycle of the spring round of the football championship and to identify the correlation between nutrition knowledge and maintaining body composition the study included 38 football players

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e g the endurance phase a microcycle refers to the smallest unit within a mesocycle e g usually a week of training

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web program goals increase intensity and power output through mutli joint explosive training increase strength and neuromuscular stimulation by using a five week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases