



**ADVANCED SUBSIDIARY GCE
PHYSICAL EDUCATION**

G451

Unit G451: An Introduction to Physical Education

Candidates answer on the question paper
OCR Supplied Materials:
None
Other Materials Required:
None

**Friday 16 January 2009
Afternoon**

Duration: 2 hours



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- There are three Sections in this paper.
- Answer **all** parts of the question in each of Sections A, B and C.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (*). Marks will be awarded for spelling, punctuation and grammar, use of appropriate form and style of writing, and for organising work clearly and coherently.
- This document consists of **16** pages. Any blank pages are indicated.

(b) Blood pressure can be described as the tension of blood within the blood vessel. Complete the table below identifying the name and blood pressure value for an adult at rest in both phases of the cardiac cycle.

	Contraction Phase	Relaxation Phase
Name of Blood Pressure		
Value of Blood Pressure		

What changes would you expect to occur to blood pressure during exercise?

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- (c) Increases in heart rate during physical activity are controlled by various factors in the cardiac system.

How do neural factors regulate heart rate during physical activity **and** during a period of gradual recovery?

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- (d) During exercise there is an increased supply of oxygen to the working muscles.

Describe the processes of internal respiration which allow more oxygen to be diffused into the muscle cell during exercise.

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Section B

Answer all parts of the question.

Acquiring Movement Skills

- 2 (a) The classification of motor skills in sport is often used in determining the most effective practice methods.

Using a motor skill of your choice, mark its position on each of the following continua and write a justification for each placement.

Name of motor skill

Gross Fine

Justification:

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Open Closed

Justification:

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Discrete Serial Continuous

Justification:

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Externally paced Self paced

Justification:

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Simple Complex

Justification:

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Low organisation High organisation

Justification:

..... [6]

- (b) The motivation to lead an active, healthy lifestyle has an impact on participation in physical activity.

Briefly explain what is meant by drive reduction theory.

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Describe how drive reduction can affect the motivation for an active, healthy lifestyle.

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- (c) Types of motor control affect the acquisition of movement skills in sport.
Explain the role of closed loop control in the performance of movement skills.

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(d) Identify the three different types of reinforcement used in acquiring movement skills.

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Explain how reinforcement can be used to promote a healthy lifestyle.

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(e)* Fig. 2 below is an information processing model, showing the different stages of processing information when performing a movement skill in sport.

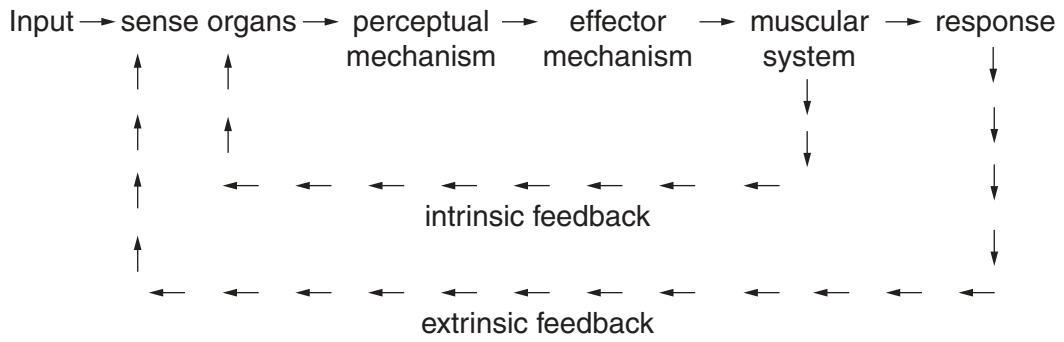


Fig. 2

Using a movement skill from sport, explain each element of the model in Fig. 2.

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Section C

Answer **all** parts of the question.

Socio-Cultural studies relating to participation in physical activity.

3 (a) Identify possible benefits to young people of regular participation in school Physical Education.

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(b) Describe possible consequences of using drugs in sport **and** possible solutions to the problem of drugs in sport.

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(e)* Violence by spectators and players is a contemporary sporting issue.

Discuss violence in sport with reference to both causes and solutions.

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