



**ADVANCED SUBSIDIARY GCE  
PHYSICAL EDUCATION**

**G451**

Unit G451: An Introduction to Physical Education

**Tuesday 19 May 2009  
Morning**

**Duration: 2 hours**

Candidates answer on the question paper

**OCR Supplied Materials:**

None

**Other Materials Required:**

None



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.

## Section A

Answer **all** parts of the question.

## Anatomy and Physiology

- 1 (a) Fig. 1 shows a player performing a basketball lay-up shot.



**Fig. 1**

Use your anatomical and physiological knowledge to complete the table below for the player's **right** knee.

Joint	Joint Type	Movement	Agonist	Antagonist	Type of Contraction	Predominant muscle fibre involved
Knee		Extension				

[5]









**Section B**

Answer **all** parts of the question.

**Acquiring Movement Skills**

**2 (a)** The learning of movement skills is divided into phases.

Identify the three phases of learning movement skills  
Using practical examples, describe each phase.

Phase one .....

Description: .....

.....

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Phase two .....

Description: .....

.....

.....

Phase three .....

Description: .....

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..... [6]



















