

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
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4	
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6	
7	
8	
9	
10	
TOTAL	



General Certificate of Secondary Education
June 2012

Physical Education (Short Course)

48901

Unit 1 Knowledge and Understanding for the Active Participant

Wednesday 23 May 2012 1.30 pm to 2.15 pm

You will need no other materials.

Time allowed

- 45 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 40.
- In **Question 10(d)** you will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Answer this question in continuous prose.



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Section A – Part 1**Multiple choice****Tick (✓) the correct box**

1 Which **one** of the following activities would be most suitable for an ectomorph?

Olympic weightlifting

Shot put

High jump

Canoeing

(1 mark)

2 Which **one** of the following describes the Fartlek training method?

Speed play

Long distance running

Training with weights

Exercising to music

(1 mark)

3 Which **one** of the following is the term used for the compulsory Physical Education programme provided by schools?

Extra-curricular programme

Cross-curricular programme

National Curriculum

Timetable

(1 mark)

4 Which **one** of the following activities would be **least** suitable for an 11 year old?

Cross country running

Swimming

Circuit training

Weight training

(1 mark)

5 Which **one** of the following does **not** usually decrease with age?

Skill

Flexibility

Strength

Oxygen capacity

(1 mark)

5

Turn over for Section A – Part 2

Turn over ►



Section A – Part 2

Short answer questions

Answer **all** questions in the spaces provided.

Total for this question: 2 marks

6 Schools can influence participation in physical activity in different ways.
Explain how teachers can have a **positive** influence on participation.

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(2 marks)

2

Total for this question: 4 marks

7 Movement is brought about by the muscular and skeletal systems working together.
Using an example, explain how muscles and bones work together to produce movement.

Example

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(4 marks)

4



Total for this question: 4 marks

8 Sports quiz programmes are often on television.

State **two** other types of television programme that promote or cover sport and give an example of each.

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(4 marks)

4

Total for this question: 5 marks

9 People are encouraged to live a healthy active lifestyle.

Using **five** examples, state how people could make their everyday lifestyle more healthy **and** active.

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(5 marks)

5

Turn over ►



Section B

Questions based on the preliminary material

These questions are linked to the scenario which was released before the examination and which is repeated below.

Answer **all** questions in the spaces provided.

David is 18 years old and in the final year of his A-level studies at the local Specialist Sports College. As well as taking his A-levels, David has almost completed his Community Sports Leadership Award.

Throughout his time at school, David has been a member of a number of different school sports teams. However, due to the pressure of his A-level studies, he has made the decision to focus on his athletics.

David is a successful elite athlete who regularly competes in national competitions as a sprinter. He trains at least four times a week, either on his own or at the local athletics club where he also helps to coach junior athletes. In addition, he regularly trains with the national athletics squad where he receives support from a sports nutritionist and a physiotherapist.

David has recently represented his country at the Youth Olympic Games where he won gold medals in the 100 metres and 4 x 100 metre relay. He found this an exciting but stressful challenge.

In the future, David is hoping to continue his education at university, whilst training as much as possible to further his athletics career. He knows that this is going to be expensive. Before he goes to university, David is looking forward to his chance to be a volunteer at the London 2012 Olympic Games.

Total for this question: 20 marks

10 (a) During his Community Sports Leadership Award course, David had to organise a half-day football tournament for local primary schools.

Describe a type of competition that would allow maximum participation if five teams were involved.

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(2 marks)



10 (b) (i) Name **one** type of strength that David would use in the 100 metres.

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(1 mark)

10 (b) (ii) Using an example, explain why improved levels of the strength you named in **10(b)(i)** would help David in the 100 metres.

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(3 marks)

10 (c) David regularly coaches junior athletes at his local athletics club.

State and describe **three** qualities that David needs to be an effective coach.

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(6 marks)

Question 10 continues on the next page

Turn over ►



10 (d) As a 100 metre sprinter, David uses interval training as part of his training programme.

Describe what is meant by 'interval training'. Using your knowledge of training zones and the principles of training, explain how interval training can be used to improve performance in a 100 metre race.

(Answer in continuous prose)

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(8 marks)

Extra space

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20

END OF QUESTIONS

