

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	



General Certificate of Secondary Education  
June 2014

# Physical Education (Double Award)

# 48905

## Unit 5 Knowledge and Understanding for the Involved Participant

Wednesday 21 May 2014 1.30 pm to 3.00 pm

You will need no other materials.

### Time allowed

- 1 hour 30 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 70.
- In **Questions 10(d)** and **10(e)** you will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

**Answer these questions in continuous prose.**



J U N 1 4 4 8 9 0 5 0 1

**Section A**

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

**Total for this question: 2 marks**

**1** Injuries are common in sport.

**1 (a)** What is meant by a sprain?

**[1 mark]**

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**1 (b)** Give **one** reason why ice is applied to a sprain.

**[1 mark]**

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<b>2</b>

**Total for this question: 7 marks**

**2 (a)** Using an example, describe what is meant by a closed skill.

**[2 marks]**

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**2 (b)** Explain why fixed practice is best suited to the learning of a closed skill. **[3 marks]**

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**2 (c)** What is meant by 'intrinsic knowledge of performance'? **[2 marks]**

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**7**

**Total for this question: 4 marks**

**3 (a)** Describe the sit and reach test. **[2 marks]**

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**3 (b)** Explain how an increase in flexibility may allow a sportsperson to improve performance in a named physical activity. **[2 marks]**

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**4**

**Turn over ►**



**Total for this question: 9 marks**

**4** Different physical activities require different training methods.

**4 (a)** Explain what is meant by 'continuous training'.

**[2 marks]**

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**4 (b)** Explain why continuous training is an effective training method for a long distance runner.

**[2 marks]**

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**4 (c)** State what is meant by 'fartlek training' **and** explain why it may be the most appropriate form of training for a games player.

**[3 marks]**

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**4 (d)** What is meant by the principle of 'reversibility' **and** state the effect that it may have on performance?

**[2 marks]**

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**Total for this question: 9 marks**

**5 (a)** Explain the importance of a warm up in helping to prevent injury.

**[5 marks]**

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**Question 5 continues on the next page**

**Turn over ►**



5 (b)

Warm ups and warm downs are important health and safety precautions.

State and explain **two other** health and safety precautions that should be taken when participating in a circuit training session.

[4 marks]

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**Total for this question: 4 marks**

6 (a)

State **one** form of visual guidance.

[1 mark]

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6 (b)

Explain how visual guidance may help in the learning of a new skill.

[3 marks]

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**Total for this question: 4 marks**

**7** A skilful performer needs to be in the correct physical and mental state when performing.

State and explain **two** ways in which a coach could help a performer to prepare mentally, in order to meet the demands of a competition.

**[4 marks]**

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<b>4</b>

**Total for this question: 7 marks**

**8 (a)** State and explain **two** different ways in which a high protein diet could help to improve a sportsperson's performance.

**[4 marks]**

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**Turn over ►**



8 (b)

Using an example from a named physical activity, explain why a sportsperson may consume more fat in his/her diet in order to improve performance.

[3 marks]

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**Total for this question: 3 marks**

9

People take part in physical activities for different reasons.

State **three** reasons why people choose to take part in relaxing activities, such as yoga.

[3 marks]

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**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.

Fairwoods is a new outdoor and adventurous activity centre close to both the coast and a National Park. At the coast, sailing, windsurfing and canoeing take place, while rock climbing, mountain activities and orienteering take place in the mountains and forests of the National Park.

Fairwoods caters for a wide range of customers, from schools and clubs, to elite performers, who may rise to the challenges that the surrounding natural environment presents. The centre has new activity-specific equipment and although the emphasis is on safe practice, an element of challenge and perceived risk still exists. It is residential and therefore suitable catering and accommodation are provided to meet the needs of the various users.

Harry has been appointed as the manager and will lead a large team of people who have different skills and personalities. Instructors for each activity are required to be suitably qualified and possess knowledge in terms of safety and good practice. He aims to create a team who will work together to make Fairwoods a safe and pleasurable place to visit. He intends to have regular staff meetings, which he will lead, in order to help the centre meet these aims.

**Total for this question: 21 marks**

**10** Most outdoor and adventurous activities are physically very demanding.

**10 (a)** State **two** benefits of providing high carbohydrate meals at Fairwoods.

**[2 marks]**

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**Question 10 continues on the next page**

**Turn over ►**



**10 (b)** When participating in outdoor and adventurous activities at Fairwoods, performers should be aware of the effects of hypothermia on the body.

**10 (b) (i)** What is meant by 'hypothermia' **and** how is it caused?

**[2 marks]**

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**10 (b) (ii)** State **two** actions that should be taken by an instructor, in order to help someone suffering from hypothermia.

**[2 marks]**

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**10 (c)** Explain how wearing the appropriate clothing in a water-based activity would make it safer for the individual taking part.

**[3 marks]**

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**10 (d)**

Harry must carry out a risk assessment for first aid and emergency arrangements at his centre.

Explain the actions that an instructor should take if a member of a group fractures a leg during an activity at Fairwoods.

**(Answer in continuous prose)**

**[6 marks]**

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**Question 10 continues on the next page**

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**10 (e)** Explain the interpersonal skills that could help Harry to develop an effective team of people at Fairwoods.

**(Answer in continuous prose)**

**[6 marks]**

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**END OF QUESTIONS**

<b>21</b>

