Centre No.						Paper Reference							Surname	Initial(s)
Candidate No.						6	7	2	3	/	0	1	Signature	

Paper Reference(s)

6723/01

Edexcel GCE

Physical Education

Advanced Subsidiary

Unit 3 – Exercise and Training

Thursday 26 May 2005 – Morning

Time: 1 hour 15 minutes

Examiner's use only

Team Leader's use only

Question Number	Leave Blank
1	
2	
3	
4	

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If you answer Question 1 put a cross in this box ☒.

1. (a) A standing sergeant jump is a frequently used fitness test.

(i) Identify an athlete for whom this test would be valid. Describe the protocol of this test and name the component of fitness it measures. You should explain the reason behind each choice.

(4)

(ii) Identify the type of movement that would take place at the knee joint during the preparation and execution of a sergeant jump.

(2)

Leave blank

(iii) Identify the two muscles used in both the preparation and execution of the movement and state the types of contractions that are occurring.

(4)

(iv) Identify the structures of the knee joint and explain how they assist with this movement.

(3)

Leave blank

(b) (i) The cardiac cycle consists of systole and diastole. Explain what is happening during each phase.

(4)

(ii) During intense activity over an extended period of time the number of cardiac cycles per minute would increase. Which phase of the cycle would speed up the most and why?

(3)

Leave blank

(iii) The condition known as bradycardia occurs when the number of cardiac cycles falls below 60 per minute. Outline both the structural and functional adaptations that result in bradycardia.

(5)

(Total 25 marks)

Q1

Leave blank

If you answer Question 2 put a cross in this box ☒.

2. (a) (i) Describe the main concepts of circuit training and identify the benefits associated with it.

(5)

(ii) Explain how circuit training can be used to benefit two contrasting components of fitness.

(6)

N 2 1 6 3 3 B 0 6 1 6

Leave blank

(iii) Select one component of fitness and describe a circuit, explaining how the principle of overload could be successfully applied.

(6)

Leave blank

(b) Identify and define each of the four lung volumes which when added together provide the Total Lung Capacity of an athlete.

(8)

(Total 25 marks)

Q2

N 2 1 6 3 3 B 0 8 1 6

Leave blank

If you answer Question 3 put a cross in this box ☒ .

3. (a) Identify the **three** main muscle fibres and describe the characteristics of each.

(9)

N 2 1 6 3 3 B 0 9 1 6

Leave blank

(b) (i) Describe the main concepts of interval training and explain why it is a popular method of training.

(3)

(ii) Describe an appropriate interval training session for a specific component of fitness in a named sport.

(4)

Leave blank

(c) (i) Identify the respiratory muscles and describe the mechanics involved in ventilation at rest.

(5)

(ii) Explain why additional respiratory muscles are required during intense aerobic activity.

(4)

Q3

(Total 25 marks)

Leave blank

If you answer Question 4 put a cross in this box ☒.

4. (a) (i) Explain the term cool down and state when it would be performed.

(2)

(ii) Describe how an athlete should perform a cool down. Explain how this phase of a training session can be described as being *good preparation* for future training.

(4)

Leave blank

(b) There are different types of strength. Identify and define three different types and provide a sport which would be suited to each.

(9)

Leave blank

(c) Select two contrasting types of strength and explain how weight training could be manipulated for both.

(4)

(d) Identify reasons for a decline in athletic performance as an athlete ages.

(6)

Q4

(Total 25 marks)

TOTAL FOR PAPER: 50 MARKS

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