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 25 May 2006 - Morning

Time: 1 hour 15 minutes

Materials required for examination	Items included with question papers
Nil	Nil

Instructions to Candidates

In the boxes above, write your centre number, candidate number, your surname, initials and signature. Check that you have the correct question paper.

Answer TWO questions in the spaces provided in this question paper.

Indicate which question you are answering by marking the box (\boxtimes) . If you change your mind about an answer, put a line through the box (\boxtimes) and then indicate your new question with a cross (\boxtimes) .

Information for Candidates

The marks for individual questions and the parts of questions are shown in round brackets: e.g. (2). There are 4 questions in this question paper. The total mark for this paper is 50. There are 20 pages in this question paper. Any blank pages are indicated.

Advice to Candidates

You will be assessed on your ability to organise and present information, ideas, descriptions and arguments clearly and logically, including your use of grammar, punctuation and spelling.

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Examiner's use only

Team Leader's use only



Question Number Blank

1
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Total



Leave blank

If you answer Question 1	l put a cross in this box 🛚].
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3

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adaptations likely to occur.
(6)
(6)

(ii) Identify other ways in which an athlete might seek to achieve similar results.	bla
	(3)	
	(Total 25 marks)	



Leave blank

			If you answer Question 2 put a cross in this box \square .
2.	(a) ((i)	Identify the physiological responses that occur during a warm up.
			(6)



Leave blank (ii) For each response identified in your answer to (a)(i), describe the benefits provided to the body. **(6)**



/

Leave blank (b) Fartlek and Interval training are used by athletes to improve performance. (i) Identify the main characteristics of **both** types of training. **(4)** (ii) Describe an interval training session for a sprinter and identify the specific objective of the session.

(3)

Explain the three types of training cycle and using a training programme for a games player.	practical examples apply them to
	(6)
	(Total 25 marks)



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Leave blank

			If you answer Question 3 put a cross in this box \square .
3.	(a)	(i)	Explain the benefits of performing an effective cool down.
			(3)
		(ii)	Describe a cool down for a named activity and identify the objective for each
		(ii)	Describe a cool down for a named activity and identify the objective for each phase.
		(ii)	
		(ii)	Describe a cool down for a named activity and identify the objective for each phase.



Leave blank (b) (i) Define the following movements within the specific context of the body. Flexion, extension, abduction, circumduction, rotation and adduction. **(6)**

M	l	2	2	4	7	8	Α	0	1	1	2	0	

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example for each, name the joint involved and the prime mover.

			Leav
		(9)	
(c)	Explain how oxygen delivery to the working muscles increases during exercise) .	
		(4)	Q



Leave blank

. (a) (i)	Name and describe the characteristics of the three types of joint in the body.
	(

Leave blank (ii) Using examples identify how the three different types of joint play a role within **(6)**



15

	et for each event.
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•••	(4)
(ii) Da	efine the terms <i>validity</i> and <i>reliability</i> within the context of fitness testing.
,ii) DC	The the terms valually and reliability within the context of fitness testing.
•••	
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Leave blank (iii) Using the terms validity and reliability explain why the fitness tests in your answer to (b) (i) are the most appropriate tests for these events. **(4)**



17

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(iv) Fitness tests measure a specific component of fitness. Explain why a named	Dialik
fitness test my not be appropriate for an athlete even though it measures the	
correct component?	
(3)	04
(3)	Q4
(Total 25 marks)	
TOTAL TOD DADED TO MAD DATE	
TOTAL FOR PAPER: 50 MARKS	
	1
END	





