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| Write your name here | |
| Surname | Other names |
| Centre Number | Candidate Number |
| Edexcel GCE | |
| Physical Education | |
| Advanced Subsidiary | |
| Unit 1: Participation and Performance in Sport and Recreation | |
| Tuesday 19 May 2009 – Morning Time: 1 hour 30 minutes | Paper Reference 6PE01/01 |
| You do not need any other materials. | Total Marks |

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

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Answer ALL questions.

1 (a) Identify **four** requirements for participation in active leisure and recreation. (4)

1

2

3

4

(b) Explain how each of these **four** requirements restrict access for a specific target group. (4)

1

2

3

4

(c) Selecting **two** of the requirements for participation, identify strategies that have been introduced in order to maximise participation. (2)

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(Total for Question 1 = 10 marks)



2 (a) Define the terms health, fitness and exercise.

(3)

Health

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Fitness

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Exercise

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(b) Using examples, explain how it is possible to be healthy without being fit and also fit without being healthy.

(4)

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(c) Define **basal metabolic rate (BMR)** and identify factors that could raise it and factors that could lower it.

(6)

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(Total for Question 2 = 13 marks)

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3 (a) Explain what is meant by **core stability** and describe its benefits.

(4)

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(b) Name and describe **three** different methods of stretching.

(6)

1

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(Total for Question 3 = 10 marks)



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(Total for Question 4 = 12 marks)



7
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5 Outline the main characteristics of festival games in the UK before 1800.

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(Total for Question 5 = 5 marks)



6 (a) Participation in sport is affected by social influences. Explain what is meant by access, opportunity, provision and esteem when applied to participation in sport.

(4)

Access

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Opportunity

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Provision

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Esteem

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(b) Outline reformative policies that have been used to increase participation of disadvantaged groups.

(4)

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(Total for Question 6 = 8 marks)



7 (a) Explain the role schools, colleges, and universities play in providing a pathway for sports progression.

(3)

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(b) Outline recent initiatives that have been introduced to raise the standard of school sport and physical education.

(4)

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(c) Describe the World Class programme and explain how it aims to support success at elite level for UK athletes.

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(Total for Question 7 = 12 marks)



8 (a) Sport is becoming increasingly commercialised.
Outline the main types of commercial funding available in sport.

(4)

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(b) Explain what is meant by the term **Americanisation** and suggest how it is influencing sport in the 21st century.

(4)

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(Total for Question 8 = 8 marks)



***9** Discuss the view that deviance and gamesmanship are recent sporting developments.

(12)

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(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS



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