

Write your name here	
Surname	Other names
Centre Number	Candidate Number
Edexcel GCE	
<h1>Physical Education</h1> <h2>Advanced Subsidiary</h2> <h3>Unit 1: Participation in Sport and Recreation</h3>	
Friday 28 May 2010 – Morning Time: 1 hour 30 minutes	Paper Reference <b>6PE01/01</b>
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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Turn over ►

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**Answer ALL questions.**

**1** (a) Explain what is meant by the terms **healthy and active lifestyle**. (2)

Healthy lifestyle .....

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Active lifestyle .....

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(b) Define **obesity** and explain the reasons why it is such a contemporary concern for society. (3)

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(c) Identify **four** other contemporary concerns. (4)

1 .....

2 .....

3 .....

4 .....

**(Total for Question 1 = 9 marks)**



2 (a) Explain what is meant by the term **energy balance** and identify what an athlete must consider in order to achieve the correct balance.

(3)

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(b) Identify the potential problems for an athlete of getting this balance wrong.

(3)

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(c) Energy can be obtained from three of the seven food groups.

Name the **three** food groups and identify the specific function of each group for the body.

(6)

Food group

Function

Food group

Function

Food group

Function

**(Total for Question 2 = 12 marks)**



**3** (a) Explain the difference between a response and an adaptation to exercise.

(2)

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(b) Identify **two** responses that occur within the cardiovascular system during exercise and describe the physiological benefits of each.

(4)

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**(Total for Question 3 = 6 marks)**



**4** Define **three** components of fitness necessary in order to participate in a named sport or physical activity and justify why they are required.

Named sport or physical activity

Component 1

Component 2

Component 3

**(Total for Question 4 = 6 marks)**



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**\*5** Discuss the effects of ageing on physical performance.

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Handwriting practice area with 25 horizontal dotted lines.

**(Total for Question 5 = 12 marks)**





6 (a) Explain how sporting activities or festivals in the past were a reflection of the society in which they existed.

(4)

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(b) The Industrial Revolution led to many changes within British society. Explain the effect that the Industrial Revolution had on the organisation and codification of sport after 1800.

(6)

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(c) Outline how changes in society at the start of the 20th century led to the dominance of professional spectator sports.

(5)

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**(Total for Question 6 = 15 marks)**



7 (a) Define what is meant by **mass participation**.

(2)

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(b) List the benefits for a country of a mass participation programme.

(6)

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**(Total for Question 7 = 8 marks)**



**8** (a) Explain how and why East Germany and Australia developed systems of talent identification in the 20th century.

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(b) Explain the role of the UKSI network.

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**(Total for Question 8 = 10 marks)**







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