

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced Subsidiary

Unit 1: Participation in Sport and Recreation

Friday 20 May 2011 – 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.

Turn over ►

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Answer ALL questions.

1 (a) Define the terms **contemporary concerns** and **sedentary lifestyles**.

(2)

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(b) An ageing population has been identified as a contemporary concern not directly linked to a sedentary lifestyle.

Explain why it is a concern and describe initiatives that have been promoted to lessen the concern.

(4)

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(c) Describe coronary heart disease and explain its association with a sedentary lifestyle.

(4)

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(Total for Question 1 = 10 marks)



2 An increased metabolic rate is frequently a target for individuals seeking to reduce their body fat levels.

(a) Explain why an increased metabolic rate could aid fat loss.

(2)

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(b) Identify **three** factors that will increase a person's metabolic rate.

For each factor explain why the metabolic rate will be raised.

(6)

Factor 1

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Explanation 1

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Factor 2

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Explanation 2

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Factor 3

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Explanation 3

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(Total for Question 2 = 8 marks)



3 (a) Naming a sport of your choice, identify and define **four** of its most important components of fitness.

(8)

Sport

Component 1

Definition 1

Component 2

Definition 2

Component 3

Definition 3

Component 4

Definition 4



(b) Identify **three** recognised fitness tests that could be used to monitor fitness levels for three components of fitness.

(3)

1

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2

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3

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(c) Define the term **adaptation**.

For **three** components of fitness, identify a **structural** adaptation that would lead to an improvement in performance.

(4)

Definition

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Component of fitness and structural adaptation

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Component of fitness and structural adaptation

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Component of fitness and structural adaptation

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(Total for Question 3 = 15 marks)



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(Total for Question 4 = 12 marks)



6 (a) Identify factors that led to the move towards professional sports at the beginning of the 20th century.

(5)

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(b) Explain why the Olympic games of 1984 in Los Angeles are often credited with the creation of the model for the commercialisation of sport.

(5)

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(Total for Question 6 = 10 marks)



7 Identify the **four** levels of the sporting pyramid and explain the link between the top and the bottom of the pyramid.

1

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3

4

Link

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(Total for Question 7 = 5 marks)



8 (a) Define the term **target group** and identify **four** recognised target groups.

(5)

Definition

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1

2

3

4

(b) Describe a reformative policy that has been employed in an attempt to increase the participation levels of **three** different target groups.

(3)

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(Total for Question 8 = 8 marks)



***9** Discuss the historical development of talent identification programmes in sport.

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(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS



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