

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced Subsidiary

Unit 1: Participation in Sport and Recreation

Thursday 23 May 2013 – 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 ►

P42110RA

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P 4 2 1 1 0 R A 0 1 1 6

PEARSON

Answer ALL questions.

1 (a) With reference to fitness testing, explain what is meant by the terms **validity** and **reliability**.

(2)

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(b) State **four** reasons why athletes use fitness testing as an integral element of their training programme.

(4)

1

2

3

4



- (c) Identify a recognised fitness test that would be used by an endurance athlete and one that would be used by a power-based athlete.

State the component of fitness that each test would measure.

(4)

Endurance athlete

Fitness test

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Component of fitness measured

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Power-based athlete

Fitness test

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Component of fitness measured

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(Total for Question 1 = 10 marks)



2 (a) Cardiovascular fitness is essential for success in aerobic sports.

Identify **four** adaptations to the cardiovascular system and explain how each adaptation improves the performance of this system.

(8)

A series of horizontal dotted lines provided for writing the answer.



(b) Identify and explain the physical changes that account for the perceived loss of speed, power, flexibility and cardiovascular endurance post-physical maturation.

(8)

Area with horizontal dotted lines for writing the answer.

(Total for Question 2 = 16 marks)



P 4 2 1 1 0 R A 0 5 1 6

3 A balanced diet is required for effective performance.

(a) Identify **three** food groups that provide energy for the sports performer.

(3)

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(b) Name and outline the main function of each of the **four** other food groups.

(4)

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(Total for Question 3 = 7 marks)



*4 An advantage of circuit training is that it can be used to improve almost every aspect of performance.

Discuss how circuit training can be used to benefit **two contrasting** components of fitness.

A series of horizontal dotted lines for writing the answer.



5 Name and define **four** constraints on people’s ability to take part in physical activity.

A series of horizontal dotted lines providing space for writing the answer to Question 5.

(Total for Question 5 = 8 marks)



6 Define the term **target group** in relation to physical activity.

Give **three** examples of different target groups explaining why each group is identified in this way.

Definition

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Example one

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Explanation

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Example two

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Explanation

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Example three

Explanation

(Total for Question 6 = 7 marks)



7 Outline **three** talent development schemes that are used within the UK.

Ruled area for writing the answer, consisting of 20 horizontal dotted lines.

(Total for Question 7 = 6 marks)



8 (a) Describe the aims of the 'Long Term Athlete Development' (LTAD) plan.

(2)

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(b) The LTAD plan divides sports into two categories.

Identify the **two** categories and provide an example for each.

(4)

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(c) Name and describe each stage of development within the LTAD plan.

(6)

Handwriting practice area consisting of 25 horizontal dotted lines for writing.

(Total for Question 8 = 12 marks)



***9** Discuss the suggestion that the growth of deviance in sport is linked to the growth of commercialisation.

A series of horizontal dotted lines for writing.



(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS

