Candidate Forename		Candidate Surname	

Centre Number						Candidate Number				

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

ADVANCED SUBSIDIARY GCE

G451

PHYSICAL EDUCATION

UNIT G451
An Introduction to Physical Education

TUESDAY 19 MAY 2009: Morning

DURATION: 2 hours

SUITABLE FOR VISUALLY IMPAIRED CANDIDATES

Candidates answer on the question paper

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

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INSTRUCTIONS TO CANDIDATES

- **Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes on the first page.**
- **Use black ink. Pencil may be used for graphs and diagrams only.**
- **Read each question carefully and make sure that you know what you have to do before starting your answer.**
- **There are three Sections in this paper.**
- **Answer ALL parts of the question in each of Sections A, B and C.**

INFORMATION FOR CANDIDATES

- **The number of marks is given in brackets [ ] at the end of each question or part question.**
- **The total number of marks for this paper is 90.**
- **The quality of your written communication will be assessed in questions that are indicated accordingly (*). Marks will be awarded for spelling, punctuation and grammar, use of appropriate form and style of writing, and for organising work clearly and coherently.**

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SECTION A

Answer ALL parts of the question.

ANATOMY AND PHYSIOLOGY

1 (a) Fig. 1 shows a player performing a basketball lay-up shot.

Fig. 1

Use your anatomical and physiological knowledge to complete the table below for the player's RIGHT knee.

JOINT	JOINT TYPE	MOVEMENT	AGONIST
Knee		Extension	

ANTAGONIST	TYPE OF CONTRACTION	PREDOMINANT MUSCLE FIBRE INVOLVED

[5]

(b) Describe how the conduction system of the heart controls the cardiac cycle.

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_____ **[5]**

(c) During exercise the mechanics of breathing allow for greater volumes of air to be <u>INHALED</u> per breath.

Describe how the mechanisms of neural control cause changes to the mechanics of breathing during exercise.

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_____ **[5]**

(d) Give two ways in which oxygen is transported in the blood.
Describe the effect of smoking on the transport of oxygen in the blood.

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_____ **[5]**

***(e) Health professionals believe that people who adopt an active lifestyle over a number of years will gain many positive health benefits.**

Evaluate critically the impact of endurance activities on the cardiovascular system.

_____ [10]

[Total: 30]

SECTION B

Answer ALL parts of the question.

ACQUIRING MOVEMENT SKILLS

2 (a) The learning of movement skills is divided into phases.

Identify the three phases of learning movement skills
Using practical examples, describe each phase.

Phase one _____

Description: _____

_____

_____

Phase two _____

Description: _____

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Phase three _____

Description: _____

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_____ **[6]**

(b) Describe AND explain the effectiveness of TWO different types of guidance given for learning movement skills.

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_____ **[4]**

(c) The learning of motor programmes is important in developing effectiveness in performing physical activities.

Give an example of a motor programme and describe how it is formed and stored

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_____ **[4]**

(d) Discuss the ways in which operant conditioning can contribute to the learning of positive behaviours associated with a balanced, active and healthy lifestyle.

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_____ **[6]**

***(e) Describe the types of transfer that can occur when learning and performing movement skills.**
Using practical examples, explain the effects of transfer on the learning of movement skills.

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_____ **[10]**

[Total: 30]

SECTION C

Answer ALL parts of the question.

SOCIO-CULTURAL STUDIES RELATING TO PARTICIPATION IN PHYSICAL ACTIVITY.

3 (a) (i) What is meant by each of the following:

sportsmanship
gamesmanship
perceived risk?

_____

_____

_____

(ii) Identify THREE components of a healthy balanced lifestyle.

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[4]

(b) Identify possible reasons for lack of participation in physical activity by young people.

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_____ **[5]**

(c) Ethnic sports such as the Highland Games continue to survive in the UK.

Explain the reasons for the continued existence and popularity of surviving ethnic sports today.

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_____ **[5]**

(d) Describe <u>POSITIVE</u> effects that the media can have on sport.

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_____ **[6]**

***(e) Explain the commercialisation of the Olympic Games since 1984 and how the Olympic Games can be a vehicle for nation building.**

_____ [10]

[Total: 30]

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