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Centre number						Candidate number				
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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
ADVANCED SUBSIDIARY GCE**

G451

PHYSICAL EDUCATION

An Introduction to Physical Education

TUESDAY 18 JANUARY 2011: 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

INSTRUCTIONS TO CANDIDATES

- **Write your name, centre number and candidate number in the boxes on the first page. Please write clearly and in capital letters.**
- **Use black ink. Pencil may be used for graphs and diagrams only.**
- **Read each question carefully. Make sure you know what you have to do before starting your answer.**
- **Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).**
- **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 (*).**

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SECTION A

Answer ALL parts of the question.

ANATOMY AND PHYSIOLOGY

1 (a) Fig. 1 shows a foot striking a ball.



Fig. 1

- (i) State the movement at the ankle joint of the striking foot at the point of contact and name the agonist muscle responsible for creating the movement.

[2]

(ii) How would a warm up affect the contraction of a skeletal muscle?

[3]

SECTION B

Answer ALL parts of the question.

ACQUIRING MOVEMENT SKILLS

- 2 (a) The classification of skills can help us to understand and learn new movement skills.

Using a practical example for each, describe what is meant by a simple skill and a complex skill.

[4]

(e)* The types of practice methods used when learning movement skills can affect performance. Fig. 2 below shows different types of practice methods used for the effective performance of movement skills.

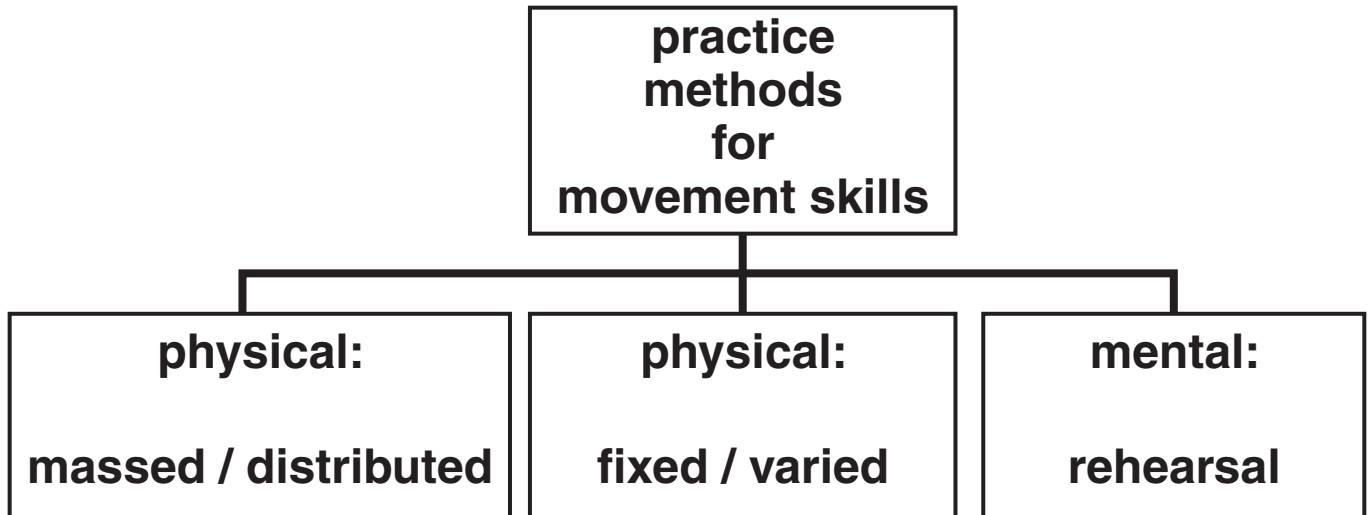


Fig. 2

Describe each of the practice methods shown in Fig. 2 and critically evaluate their use in the performance of movement skills.

(ii) Explain the relatively recent move from a traditional amateur to a more professional approach to the organisation of sport in the UK.

[2]

(e)* Critically evaluate the possible impact of hosting the Olympic Games in the UK in 2012.

Your answer should include benefits and drawbacks to both sport and society.

[10]

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