

Candidate forename						Candidate surname				
Centre number						Candidate number				

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
ADVANCED SUBSIDIARY GCE
G451**

PHYSICAL EDUCATION

An Introduction to Physical Education

**FRIDAY 20 MAY 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) The volume of blood pumped around the body by the heart varies according to the intensity of exercise performed.

(i) Define stroke volume and give a resting value for the average adult.

[2]

(ii) Describe the changes that take place to stroke volume from rest to maximal exercise levels.

[3]

- (b) One reason for performing a cool down after exercise is to maintain blood pressure.**
- (i) Define blood pressure and identify a diastolic value for a person suffering from hypertension.**

[2]

- (ii) Describe THREE other effects of an active cool down on the vascular system of the performer.**

[3]

(c) Explain how the body controls the increased distribution of blood to the working muscles during exercise.

[6]

- (d) During exercise the volume of air expired will increase compared to resting levels.**

Describe the mechanics of expiration during exercise.

[4]

(e)*Critically evaluate the effects of an impact sport and a repetitive action sport on the skeletal system of a young performer.

[10]

SECTION B

Answer ALL parts of the question.

ACQUIRING MOVEMENT SKILLS

- 2 (a) Transfer of learning is widely recognised as having a strong influence on the learning and performance of movement skills.**

Describe, using a practical example for each, what is meant by positive, negative, proactive and retroactive transfer.

[4]

(b) Using practical examples, describe the nature of a motor programme.

[4]

(c) Identify the THREE phases of learning movement skills and describe the characteristics of each phase.

[6]

- (d) Describe the cognitive theory of learning. Give a practical example of how the cognitive theory of learning might be applied to learning a movement skill AND a practical example of how it might be applied to a healthy lifestyle.**

[6]

(e)* Evaluate critically the effectiveness of using part and whole practice methods in the learning of movement skills.

[10]

SECTION C

Answer ALL parts of the question.

SOCIO-CULTURAL STUDIES RELATING TO PARTICIPATION IN PHYSICAL ACTIVITY

- 3 (a) Define Physical Education and outline the benefits of Physical Education to young people in schools today.**

[6]

(b) The Modern Olympic Games are over 100 years old.

Outline the background of the Modern Olympic Games.

[4]

(d) Describe current measures to increase sporting excellence in the UK by relevant bodies or organisations.

[5]

(e)* Discuss the relationship between sport, sponsorship and the media.

[10]

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