

**Thursday 31 May 2012 – Morning**

**AS GCE PHYSICAL EDUCATION**

**G451/01** An Introduction to Physical Education

Candidates answer on the Question Paper.

**OCR supplied materials:**

None

**Other materials required:**

None

**Duration: 2 hours**



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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**INSTRUCTIONS TO CANDIDATES**

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** parts of the question in each of Sections A, B and C.
- 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).
- Do **not** write in the bar codes.

**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 (\*).
- This document consists of **20** pages. Any blank pages are indicated.

**Section A**

Answer **all** parts of the question.

**Anatomy and Physiology**

1 (a) Atherosclerosis is one of the four main coronary heart diseases.

(i) Describe atherosclerosis.

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..... [3]

(ii) Name **two** other coronary heart diseases.

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..... [2]



(c) A performer's mix of fast and slow twitch muscle fibres is genetically determined.

(i) Identify **three** functional characteristics of slow twitch (slow oxidative) muscle fibres.

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..... [3]

(ii) Explain how a performer's mix of muscle fibre types might influence their reasons for choosing to take part in particular types of physical activity.

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..... [3]

(d) Explain how an increased venous return will help to improve the quality of performance during aerobic exercise.

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..... [5]





























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