

Candidate forename						Candidate surname					
Centre number						Candidate number					

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**AS GCE**

**G451/01**

**PHYSICAL EDUCATION**

**An Introduction to Physical Education**

**THURSDAY 31 MAY 2012: Morning**

**DURATION: 2 hours**

**MODIFIED ENLARGED**

**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. 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).**

## **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 28 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]**

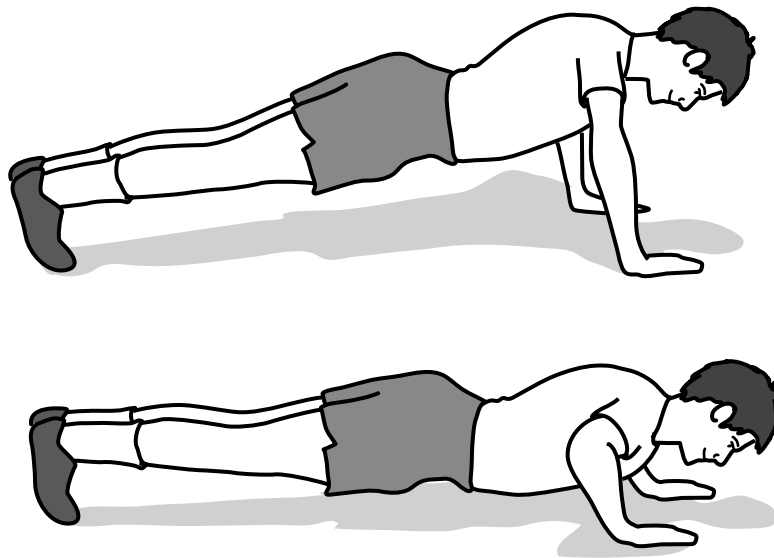
**(ii) Name TWO other coronary heart diseases.**

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**[2]**

**(b) Fig. 1 shows the upward and downward phases of a press up.**



**Fig. 1**

**Explain the role of the triceps brachii in both the upward and downward phases of a press up.**

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**[4]**

**(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]

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[5]

**(e)\* Analyse the effects of smoking on the health and performance of an endurance athlete.**

[illegible]

[illegible]



[illegible]

## **SECTION B**

**Answer ALL parts of the question.**

### **ACQUIRING MOVEMENT SKILLS**

**2 (a) Identify the main characteristics of abilities.**

**Give a practical example of both a gross motor ability and a psychomotor ability.**

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**[4]**

**(b) Describe the FOUR sources of information according to schema theory.**

**Knowledge of:**

**initial conditions;** \_\_\_\_\_

\_\_\_\_\_

**response specifications;** \_\_\_\_\_

\_\_\_\_\_

**sensory consequences;** \_\_\_\_\_

\_\_\_\_\_

**response outcomes.** \_\_\_\_\_

\_\_\_\_\_ **[4]**

**(c) Describe each part of the multi-store memory process and give a practical example to show how each part contributes to the performance of physical activities.**

[illegible]

- (d) (i) Explain TWO factors which influence the selection of the most appropriate and effective practice methods to improve the performance of movement skills.**

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**[2]**

**(ii) Explain when each of massed, distributed, fixed and varied physical practice methods could be used to improve the performance of movement skills.**

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[4]

**(e)\* Describe Bandura's model of observational learning.**

**Discuss the factors that affect successful modelling when learning balanced, active and healthy lifestyle behaviour.**

[illegible]

[illegible]



[illegible]

## **SECTION C**

**Answer ALL parts of the question.**

### **SOCIO-CULTURAL STUDIES RELATING TO PARTICIPATION IN PHYSICAL ACTIVITY**

- 3 (a) It could be argued that physical prowess and physical endeavour are characteristics that are more important in high level sport than in physical recreation.**

**(i) What is meant by the terms:**

**physical prowess; \_\_\_\_\_**

\_\_\_\_\_

**physical endeavour? \_\_\_\_\_**

\_\_\_\_\_ **[1]**

**(ii) Compare the characteristics of physical recreation and sport. In your answer, compare characteristics OTHER THAN physical prowess and physical endeavour.**

[illegible]

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[5]



**(d) The Los Angeles Olympic Games of 1984 were the first to be highly commercialised.**

## Explain the reasons for, and the impacts of, the commercialisation of the Olympic Games.

[illegible]

[illegible]

[illegible]



[illegible]

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