

Candidate Name	Centre Number	Candidate Number

WELSH JOINT EDUCATION COMMITTEE
General Certificate of Education
Advanced Subsidiary/Advanced



CYD-BWYLLGOR ADDYSG CYMRU
Tystysgrif Addysg Gyffredinol
Uwch Gyfrannol/Uwch

531/01

PHYSICAL EDUCATION – PE1

P.M. MONDAY, 22 January 2007

(1½ hours)

Examiner’s Use Only.

Question	Maximum Mark	Mark
1	10	
2	10	
3	10	
4	10	
5	10	
Total	50	

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** the questions in the spaces provided.

INFORMATION FOR CANDIDATES

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Mark allocations are shown in brackets.

Candidates will be assessed on their quality of written communication.

No certificate will be awarded to a candidate detected in any unfair practice during the examination.

Answer **all** the questions in the spaces provided.

- 1. (a) (i) Name **one** ability and **one** skill that you would need to carry out a **specific** sporting action. (For example tennis serve rather than Tennis.) [1]

Specific Sporting Action	Ability	Skill
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- (ii) Explain why bowling in cricket or rounders can be classified as a discrete skill as well as a self-paced skill. [2]

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- (b) (i) Explain why learning **two different** sporting activities might have a negative and/or positive effect on performance. [3]

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- (ii) Use **one** of the sporting activities you have identified in *(b)(i)* to illustrate how a performer in the autonomous phase of learning might differ from a performer in the cognitive phase. [4]

Name of sporting activity

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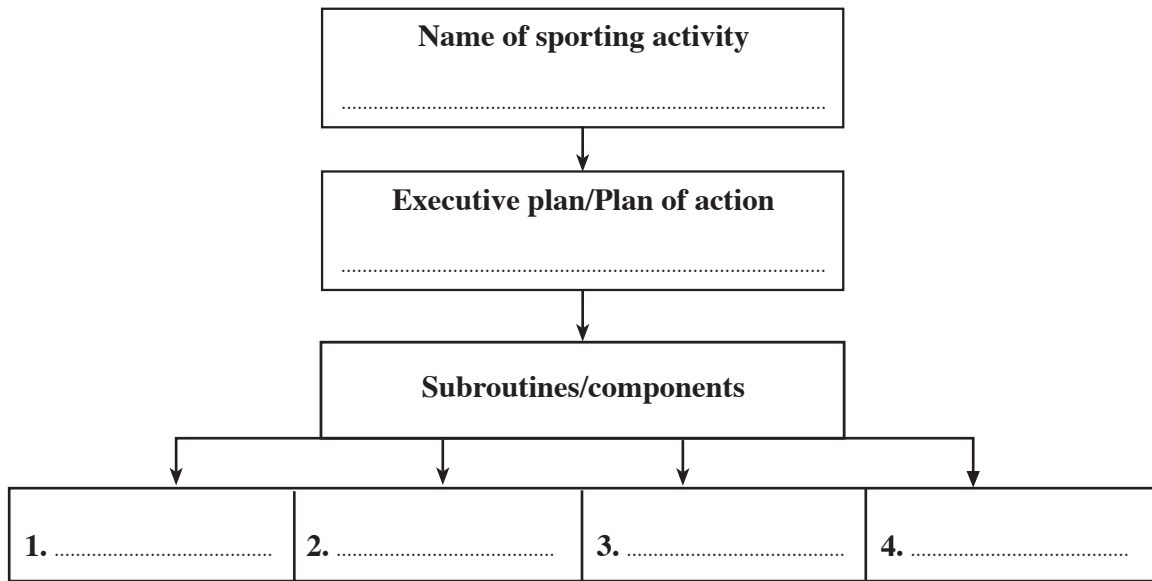
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Total Mark

Turn over.

2. (a) (i) Complete the following task analysis diagram for a named sporting activity.

[1]



(ii) Use the sporting activity in (a)(i) to illustrate the *perception* and *decision-making* phase within information processing. [2]

Perception	Decision-making
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(b) “Feedback plays an important function during information processing.”

Explain how feedback can improve sporting performance.

[3]

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(c) Use the information in the table below, to help you explain different methods of analysing any **two** named sporting activities. [4]

Methods	Aspects of Performance		
	Tactical	Technical	Fitness
Tests			✓
Video	✓	✓	✓
Notation	✓		
Bio-mechanical		✓	

Name of sporting activity 1

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Name of sporting activity 2

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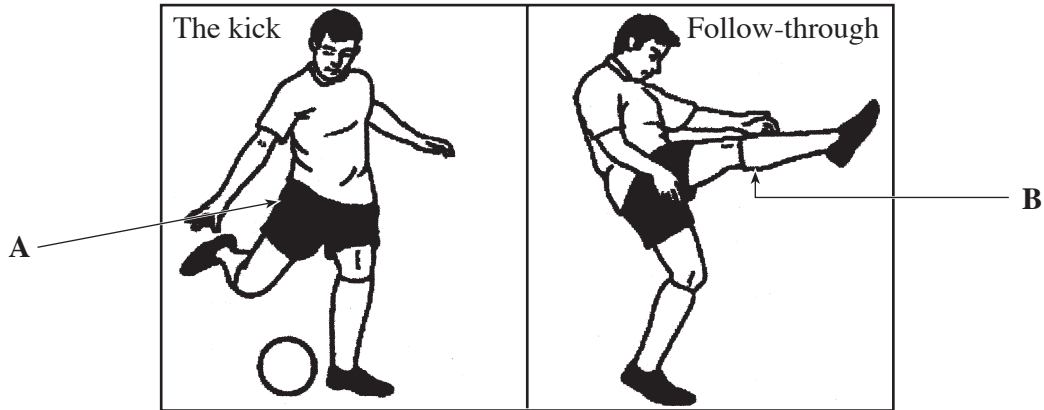
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Total Mark

3. (a) The diagrams below illustrate the antagonistic muscle action occurring during a kicking action. Use the information in the diagrams to complete the table. [2]



Action	Movement Pattern	Agonist	Antagonist
A			
B			

- (b) “The relative proportions of different types of fibres within a muscle can help determine athletic success.”

Comment on this statement giving examples from physical activity to support your answer. [3]

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- (c) (i) What are the long-term effects of training on the breathing mechanism? [2]

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(ii) Explain how cardiac output is regulated during exercise.

[3]

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Total Mark

4. (a) (i) Explain how the principle of progressive overload could be applied to a **training method** of your choice. [2]

Name of training method

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- (ii) Explain why it is important to continue with some form of gentle exercise immediately after strenuous exercise. [2]

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- (b) Explain how knowledge of the anaerobic threshold (OBLA) could help to improve the training of an endurance athlete. [3]

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(c) Explain with examples, how the principle of specificity might be applied when planning a training programme for the year/season. [3]

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Total Mark _____

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A small rectangular box for entering the total mark.