

Candidate Name	Centre Number	Candidate Number
		2



**General Certificate of Education
Advanced Subsidiary/Advanced**

531/01

PHYSICAL EDUCATION – PE1

P.M. MONDAY, 21 January 2008

(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.

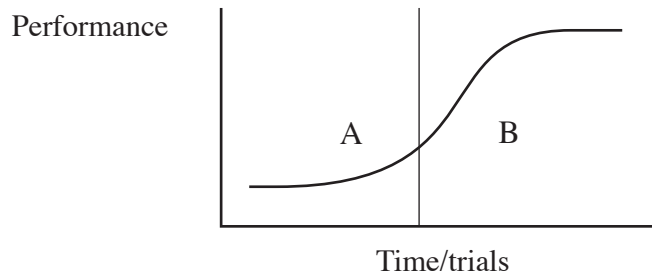
Mark allocations are shown in brackets.

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) The following graph demonstrates the performance curve of a **beginner**. Describe what is happening over sections A and B. [2]



(i) Section A

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(ii) Section B

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- (b) Learning variables can influence the effectiveness of the learning process. Explain how knowledge of (i) the task and (ii) individual differences could help when introducing a new skill. [4]

(i) The task

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(ii) Individual differences: Personality/attitude.

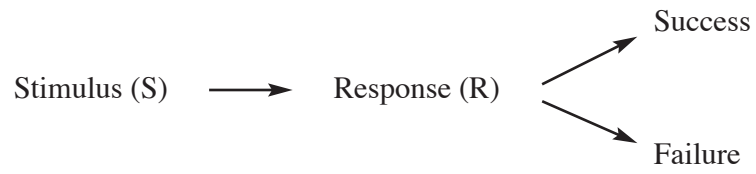
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(c) Using the figure below, explain the strategies you might use to achieve success and avoid failure. [4]



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Total Mark

Turn over.

2. (a) Name and describe the process by which information is transferred from the short-term sensory store to the short-term memory. [2]

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- (b) Explain the function of the short-term and long-term memory in developing technique and skill in a named physical activity. [4]

Name of physical activity

(i) Short-term memory

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(ii) Long-term memory

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(c) Describe how the principles of feedback and motivation are used to improve performance in a **specific** physical activity. [4]

(i) Feedback

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(ii) Motivation

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Total Mark _____

Turn over.

3. (a) Name **and** describe the joint type that allows the greatest range of movement. [1]

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(b) Complete the table to describe each of the following movement patterns. [3]

Pattern	Example	Joint type	Agonist/prime mover
Extended to flexed			
Adducted to abducted			
Circumduction			

(c) Arrange the components of the 3rd order lever on the following line and give an example to illustrate how it functions. [2]

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(d) Describe the effect of long-term training on the main muscle fibre types.

[4]

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Total Mark

4. (a) Complete the following table with advice for an athlete training to develop maximum strength. [2]

Intensity	Reps per set	No. of sets	Recovery between sets	Activity that would benefit from this

- (b) Describe the type of training activity a player/athlete would be likely to use during the post competitive period of the training year. [2]

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- (c) Identify some of the causes of muscle soreness after intense training **and** suggest how it can be prevented. [3]

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(d) Identify the main changes which occur in the cardiovascular system when long-term training stops. [3]

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Total Mark
