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 28 MAY 2010: 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

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INSTRUCTIONS TO CANDIDATES

- **Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes on the first page.**
- **Use black ink. Pencil may be used for graphs and diagrams only.**
- **Read each question carefully and make sure that you know what you have to do before starting your answer.**
- **There are three Sections in this paper.**
- **Answer ALL parts of the question in each of Sections A, B and C.**
- **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 (*).**

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SECTION A

Answer ALL parts of the question.

ANATOMY AND PHYSIOLOGY

1 (a) Fig. 1 shows a gymnast holding a position on the rings. Use your anatomical and physiological knowledge to complete the table below for the hip joint.

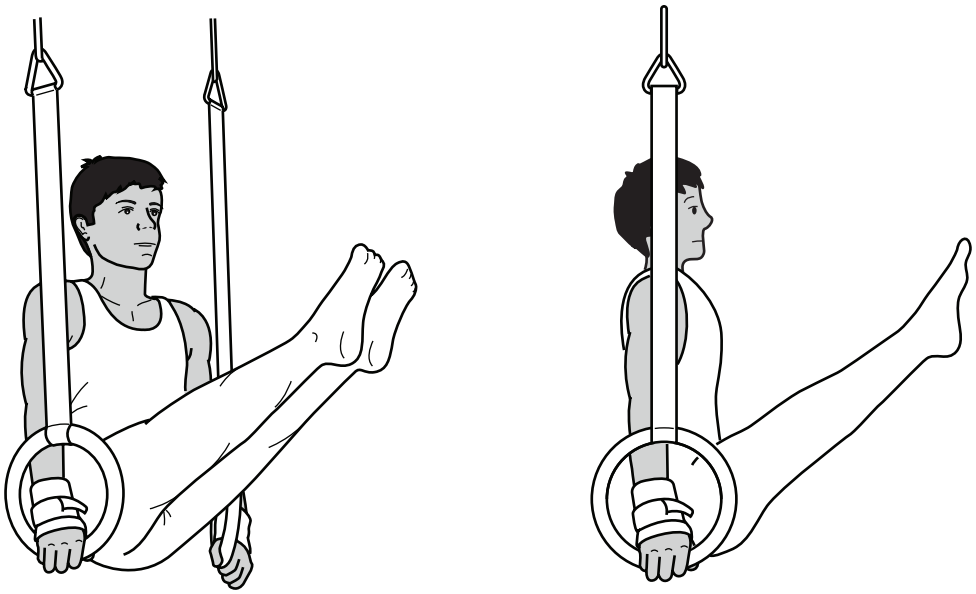

Fig. 1

Joint	Joint Type	Movement	Agonist	Antagonist
Hip				Gluteus Maximus

The gymnast in Fig. 1 must keep his shoulders in a fixed position. Name TWO muscles in the rotator cuff group which aid the stability of the shoulder joint.

_____

_____ **[5]**

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

How might the mix of muscle fibre types determine the success of a performer?

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_____

Identify TWO structural characteristics of muscle fibre types associated with athletes participating in endurance events.

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_____ **[5]**

(c) Explain the effects of altitude on the respiratory system and how these effects impact on the performance on an endurance athlete performing at altitude.

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(d) Using an example from PE or Sport explain how changes in the position of a performer's centre of mass can affect performance.

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_____ **[5]**

(e)* People who have a poor diet and are inactive are at risk of developing coronary heart disease.
Describe the characteristics of coronary heart disease.
Explain how an active healthy lifestyle can help prevent coronary heart disease.

_____ [10]

[Total: 30]

SECTION B

Answer ALL parts of the question.

ACQUIRING MOVEMENT SKILLS

2 (a) Describe gross motor abilities and psychomotor abilities and give a practical example for each.

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_____ **[4]**

(b) Explain open loop control and explain why it is often linked to the autonomous phase of learning and performing movement skills.

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_____ **[4]**

(c) Describe schema theory using practical examples.

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_____ [6]

(d) Outline Whiting's model of information processing and explain how the perceptual mechanism can affect the performance of physical activities.

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_____ **[6]**

**(e)* Many feel that more young people than ever follow an inactive and unhealthy lifestyle.
Discuss the advantages and disadvantages of motivational strategies that can be used to encourage disaffected young people to participate in a balanced, active and healthy lifestyle.**

[10]

[Total: 30]

SECTION C

Answer ALL parts of the question.

SOCIO-CULTURAL STUDIES RELATING TO PARTICIPATION IN PHYSICAL ACTIVITY

3 (a) Fig. 2 shows the 'sports development pyramid'. Your position on the pyramid can be affected by opportunity, provision and esteem.

Fig. 2

(i) Describe the FOUNDATION, PARTICIPATION and PERFORMANCE levels of the sports development pyramid.

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_____ **[3]**

(ii) Describe how ESTEEM could affect a person's placement on the sports development pyramid.

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_____ **[2]**

(b) Performers at the top of the sports development pyramid need high levels of skill, fitness and funding.

(i) Identify characteristics of <u>HIGH LEVEL</u> sport other than high levels of skill, fitness and funding.

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_____ **[2]**

(ii) Describe the different sources of funding for high level sport.

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_____ **[3]**

(c) Compare GAMESMANSHIP and DEVIANCE in sport and explain reasons for the use of drugs in sport.

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_____ **[5]**

(d) Sports and games were hugely popular in nineteenth century Public Schools.

Explain how nineteenth century Public Schools helped to promote and organise sports and games.

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_____ **[5]**

(e)* Australians are often said to be pre-occupied with sport.

Explain why sport has such a high status in Australia.

_____ [10]

[Total: 30]

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