OCR
RECOGNISING ACHIEVEMENT

ADVANCED SUBSIDIARY GCE

PHYSICAL EDUCATION

An Introduction to Physical Education

G451

Candidates answer on the question paper.

OCR supplied materials:
None

Other materials required:
None

Friday 20 May 2011
Morning

Duration: 2 hours

OCE/27046

G 4 5 1

Candidate forename		Candidate surname	

Centre number						Candidate number				

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. Pencil may be used for graphs and diagrams only.
- 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).
- Answer **all** parts of the question in each of Sections A, B and C.
- 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 **16** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

Anatomy and Physiology

1 **(a)** The volume of blood pumped around the body by the heart varies according to the intensity of exercise performed.

(i) Define stroke volume and give a resting value for the average adult.

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(ii) Describe the changes that take place to stroke volume from rest to maximal exercise levels.

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(b) One reason for performing a cool down after exercise is to maintain blood pressure.

(i) Define blood pressure and identify a diastolic value for a person suffering from hypertension.

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(ii) Describe **three** other effects of an active cool down on the vascular system of the performer.

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(c) Explain how the body controls the increased distribution of blood to the working muscles during exercise.

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(d) During exercise the volume of air expired will increase compared to resting levels.

Describe the mechanics of expiration during exercise.

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(e)* Critically evaluate the effects of an impact sport and a repetitive action sport on the skeletal system of a young performer.

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Section B

Answer **all** parts of the question.

Acquiring Movement Skills

2 **(a)** Transfer of learning is widely recognised as having a strong influence on the learning and performance of movement skills.

Describe, using a practical example for each, what is meant by positive, negative, proactive and retroactive transfer.

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(b) Using practical examples, describe the nature of a motor programme.

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(c) Identify the **three** phases of learning movement skills and describe the characteristics of each phase.

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(d) Describe the cognitive theory of learning. Give a practical example of how the cognitive theory of learning might be applied to learning a movement skill **and** a practical example of how it might be applied to a healthy lifestyle.

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(e)* Evaluate critically the effectiveness of using part and whole practice methods in the learning of movement skills.

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Section C

Answer **all** parts of the question.

Socio-cultural studies relating to participation in physical activity

3 **(a)** Define Physical Education and outline the benefits of Physical Education to young people in schools today.

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(b) The Modern Olympic Games are over 100 years old.

Outline the background of the Modern Olympic Games.

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(c) Identify the economic system of the USA and explain how it influences sport in the USA.

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(d) Describe current measures to increase sporting excellence in the UK by relevant bodies or organisations.

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(e)* Discuss the relationship between sport, sponsorship and the media.

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PLEASE DO NOT WRITE ON THIS PAGE