

**Thursday 19 January 2012 – Afternoon**

**AS GCE PHYSICAL EDUCATION**

**G451/01** An Introduction to Physical Education

Candidates answer on the Question Paper.

**OCR supplied materials:**

None

**Other materials required:**

None

**Duration: 2 hours**



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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**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. 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).
- Do **not** write in the bar codes.

**INFORMATION FOR CANDIDATES**

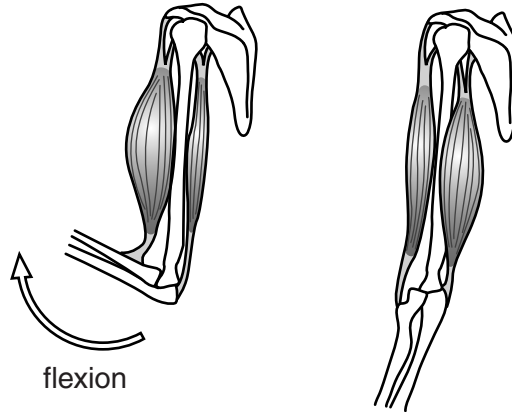
- The number of marks is given in brackets [ ] at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (\*).
- This document consists of **16** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

**Anatomy and Physiology**

1 (a) Fig. 1 shows the muscles responsible for movement of the elbow joint.



**Fig. 1**

(i) Name the type of joint found at the elbow.

..... [1]

(ii) Name and outline the function of both muscles used in creating flexion of the elbow.

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..... [3]

(b) For a performer at rest, describe the mechanics of breathing during both inspiration and expiration.

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..... [5]

(c) (i) Describe osteoarthritis.

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..... [2]

(ii) How might physical activity affect the development, and assist in the prevention, of osteoarthritis?

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..... [4]

**(d)** Carbon dioxide is a by-product of aerobic respiration.

**(i)** Describe how carbon dioxide is transported in the blood.

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..... [2]

**(ii)** For a performer at rest, describe carbon dioxide diffusion at the alveoli.

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.....  
..... [3]











(d) (i) Describe, using practical examples, visual guidance and mechanical guidance.

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..... [4]

(ii) Describe **one** way in which visual guidance and **one** way in which mechanical guidance can encourage a balanced, active and healthy lifestyle.

visual .....

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mechanical .....

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..... [2]





Section C

Answer **all** parts of the question.

**Socio-Cultural Studies relating to participation in physical activity**

3 (a) (i) What is meant by the term 'golden triangle'?

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..... [1]

(ii) Identify **three** different roles of the media giving an example of each.

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..... [3]

(b) Describe possible causes of violence by players in sport.

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..... [5]







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