

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. FRIDAY, 20 January 2006

(1½ hours)

**Examiner’s Use Only.**

Question	Maximum Mark	Mark
1	10	
2	10	
3	10	
4	10	
5	10	
<b>Total</b>	<b>50</b>	

**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.

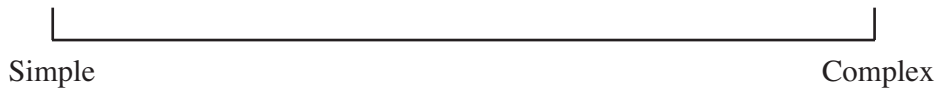
No certificate will be awarded to a candidate detected in any unfair practice during the examination.

*Answer all the questions in the spaces provided.*

1. (a) The following continua show two task variables.

Identify a skill of your choice and place it on **each** of the continua below. Explain your decisions. [2]

Skill: .....

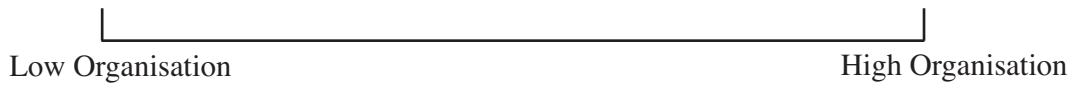


Explanation:

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Explanation:

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(b) Describe **two** different ways of classifying an activity of your choice. [2]

(i) .....

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(ii) .....

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(c) What strategies could you use to improve the function of your **long-term memory**? [3]

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(d) Using sporting examples, explain what role **motor programmes** might have in performing a sporting activity. [3]

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**Turn over.**

2. (a) Give a sporting example to show how the following factors can be used to improve or influence performance. [3]

(i) Extrinsic rewards

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(ii) Punishment

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(iii) Intrinsic motivation

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(b) What **other strategies** could you use to support the learning process for a beginner, in a sporting activity? [3]

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(c) Explain the importance of **observational learning** when learning a new activity or skill. Use sporting examples to support your answer. [4]

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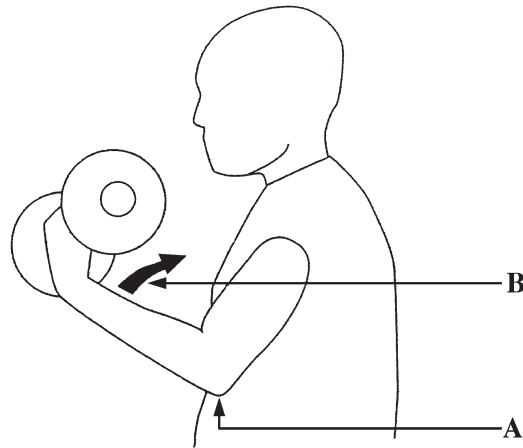
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**Total Mark** \_\_\_\_\_

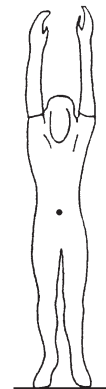
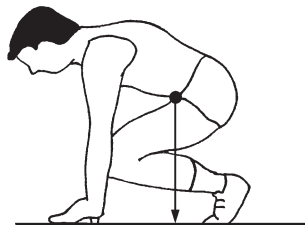
**Turn over.**

3. (a) Use the information from the figure below to complete the following table. [3]



<p>(i) Identify the type of joint at <b>A</b> and the movement pattern occurring.</p>	<p>.....</p> <p>.....</p> <p>.....</p>
<p>(ii) Give the plane and axis of the movement pattern at <b>B</b>.</p>	<p>.....</p> <p>.....</p> <p>.....</p>
<p>(iii) Identify and explain the order of lever found at <b>A</b>.</p>	<p>.....</p> <p>.....</p> <p>.....</p>

(b) Using the figures below, to help you, comment on the effect that the position of the centre of gravity has on performance. [2]



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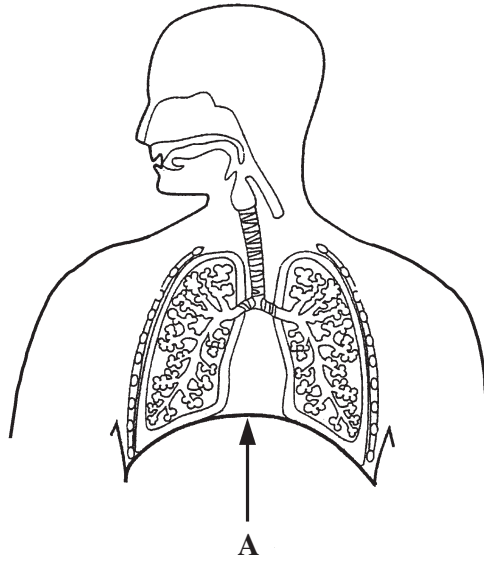
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(c) Identify and explain the importance of muscle A during exercise.

[2]



Muscle A .....

Explanation

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(d) “During exercise the body systems are carefully regulated to maintain homeostasis.”

Describe how **vasomotor control** helps to maintain this state.

[3]

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**Total Mark**

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**Turn over.**

4. (a) (i) “Application of training principles is important when planning a programme to improve sporting performance.”

Complete the following table using a specific sporting activity **or** position **or** event of your choice. [3]

Sporting activity **or** position **or** event .....

	Method of monitoring progress
Main fitness component(s) ..... ..... .....	..... ..... .....
Dominant energy system and when utilised ..... ..... .....	
Main method(s) of training ..... ..... .....	..... ..... .....

- (ii) Outline how **long-term** flexibility training could benefit your performance in a **specific sporting activity**. [3]

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- (b) (i) Explain the **adaptations** that could occur in the *cardio-respiratory system* as a result of long-term **aerobic** training. [2]

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- (ii) Explain the **adaptations** that could occur in the *muscular system* as a result of long-term **aerobic** training. [2]

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**Total Mark**

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Dotted lines for writing.

**Total Mark**

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