

Modified Enlarged 18 pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Tuesday 11 January 2022 – Morning

**Level 3 Cambridge Technical in Sport and
Physical Activity**

05826/05827/05828/05829/05872

Unit 1: Body systems and the effects of physical activity

Time allowed: 1 hour 30 minutes plus your additional time allowance

**You can use:
a calculator**

Please write clearly in black ink.

**Centre
number**

--	--	--	--	--

**Candidate
number**

--	--	--	--

First name(s) _____

Last name _____

**Date of
birth**

D	D	M	M	Y	Y	Y	Y
---	---	---	---	---	---	---	---

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS

Use black ink. You can use an HB pencil, but only for graphs and diagrams.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

Answer ALL the questions.

Where appropriate, your answer should be supported with working. Marks might be given for using a correct method, even if your answer is wrong.

INFORMATION

The total mark for this paper is 70.

The marks for each question are shown in brackets [].

Quality of written communication will be assessed in questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

Answer ALL the questions.

SECTION A

Put a tick (✓) in the box next to the ONE correct answer for each of questions 1 to 8.

1 Which one of the following components of blood fights bacteria and viruses? [1]

(a) Plasma

☐

(b) Platelets

☐

(c) Red blood cells

☐

(d) White blood cells

☐

2 Which one of the following muscles causes flexion at the shoulder? [1]

(a) Deltoid

☐

(b) Latissimus dorsi

☐

(c) Pronator teres

☐

(d) Trapezius

☐

3 Which one of the following is NOT a fuel for the aerobic system? [1]

(a) Carbohydrates

☐

(b) Glucose

☐

(c) Lipids

☐

(d) Phosphocreatine

☐

4 Which one of the following is the correct order of air flow into the lungs? [1]

(a) Bronchiole → alveoli → bronchus

☐

(b) Bronchiole → bronchus → alveoli

☐

(c) Bronchus → trachea → alveoli

☐

(d) Trachea → bronchus → bronchiole

☐

5 Which one of the following correctly describes cardiac output? [1]

(a) Number of contractions of the heart per minute

☐

(b) Volume of blood pumped out of the atria per minute

☐

(c) Volume of blood pumped out of the heart per minute

☐

(d) Volume of blood pumped out of the ventricles per beat

☐

6 Which one of the following is NOT a benefit of a cool down? [1]

(a) Faster removal of lactic acid

☐

(b) Reduced blood pooling

☐

(c) Reduced flexibility

☐

(d) Reduced muscle soreness

☐

7 Which one of the following describes the concentration of a gas within a mixture of gases? [1]

(a) Diffusion gradient

☐

(b) Gaseous exchange

☐

(c) Internal respiration

☐

(d) Partial pressure

☐

8 Which one of the following describes the recovery process for the ATP-PC/alactic system? [1]

(a) Increases production of mitochondria

☐

(b) Involves removal of lactic acid

☐

(c) Involves restoration of glycogen

☐

(d) Takes two to three minutes

☐

- 9 Identify the gas produced as a by-product of the aerobic energy system.**

_____ [1]

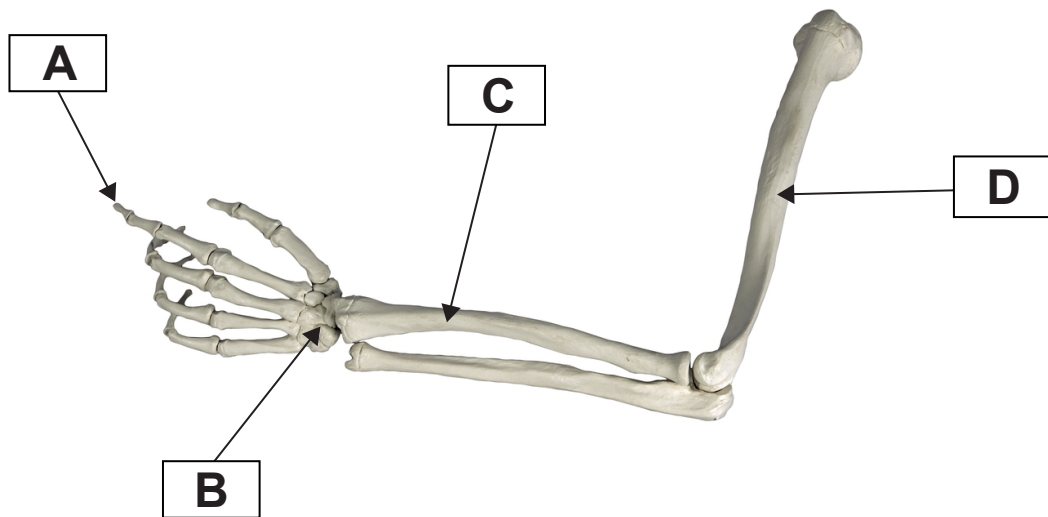
- 10 State the formula for calculating cardiac output (Q).**

_____ [1]

SECTION B

11 (a) Fig. 11 shows a diagram of the bones of the arm and hand.

Fig. 11



Identify A, B, C and D on the diagram.

A _____

B _____

C _____

D _____

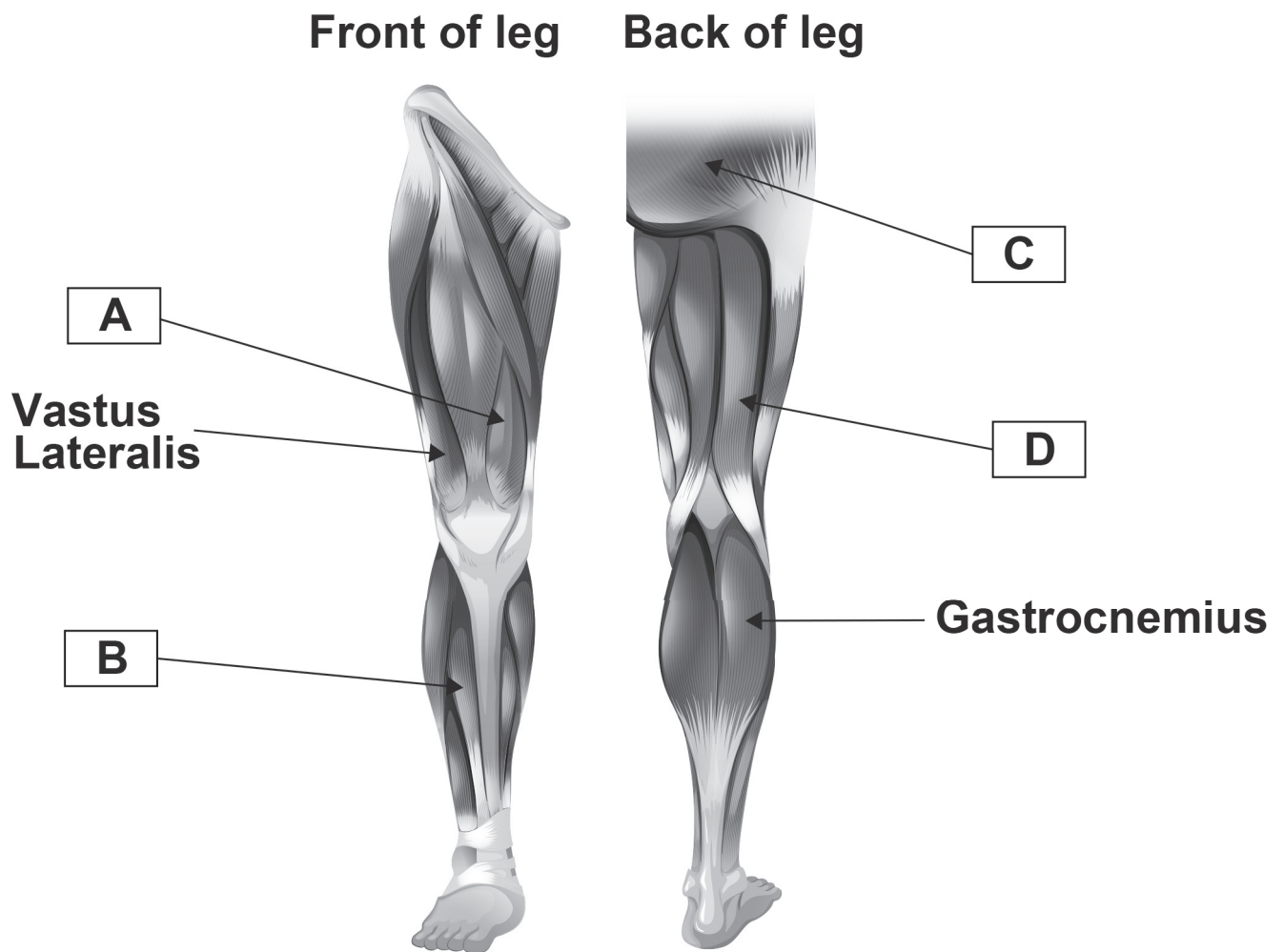
[4]

(b) Complete the table to identify the joint movements in the practical examples. [3]

Joint movement	Practical example
	Knee: Bending the knee in preparation to jump.
	Shoulder: Making circles with the arm to warm the shoulder muscles up.
	Ankle: Pointing the toes during a handstand.

12 Fig. 12 shows the major skeletal muscles of the leg.

Fig. 12



Identify the muscles labelled A, B, C and D.

A _____

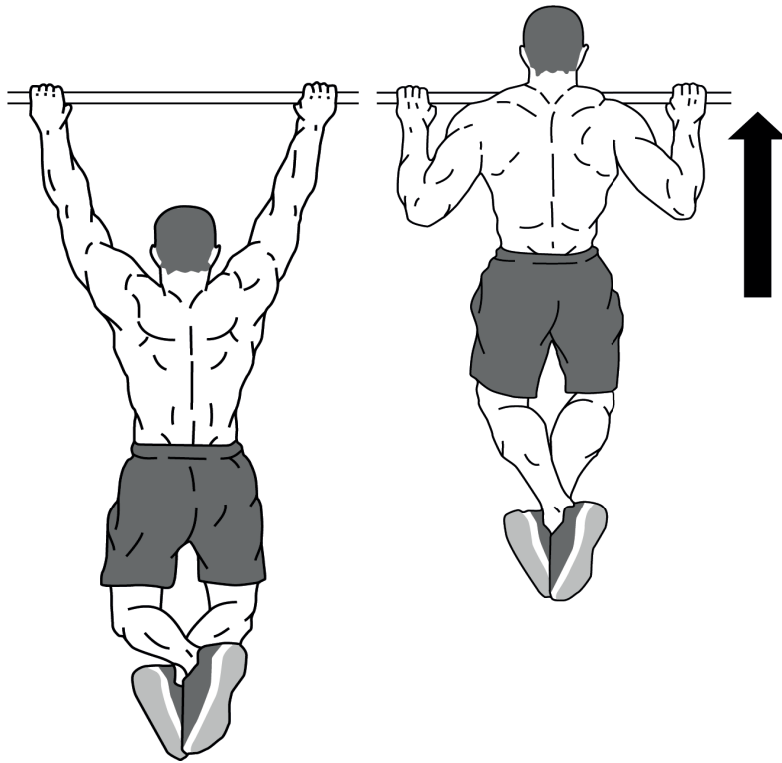
B _____

C _____

D _____

13 Fig. 13 shows the upward phase of a pull up.

Fig. 13



Complete the table to analyse the movement at the elbow and wrist during the upward phase of the pull up. [3]

Joint	Muscle function	Muscle acting	Type of muscle contraction
Elbow	Agonist		
Wrist	Fixator	Pronator teres	

14 State which muscle fibre type would be mainly used in the following activities:

400m race in athletics

10km walking race

Tennis smash

50m swimming race

[4]

15 Describe FOUR short-term effects of exercise on the muscular system.

1 _____

2 _____

3 _____

4 _____

[4]

16 Complete the table to identify and describe the function of various structures of the heart. [5]

Structure	Function
Bicuspid valve	
	This chamber receives blood from the pulmonary vein.
	The walls of this chamber contract to pump deoxygenated blood to the lungs.
Vena cava	
	This valve closes to prevent blood flowing back into the left ventricle.

17 (a) Outline THREE differences between arteries and veins.

1 _____

2 _____

3 _____

[3]

(b) As blood leaves the heart it passes through a series of blood vessels.

Other than arteries and veins, identify THREE different types of blood vessel in the body.

1 _____

2 _____

3 _____

[3]

18 (a) The sentences below describe the mechanics of breathing during inspiration.

Complete the sentences by filling in the missing words.

The _____ and

muscles contract.

The _____ move(s)

upwards and outwards.

The volume of the _____

increases.

This causes pressure in the lungs to

_____ .

Air is drawn into the lungs. [5]

(b) Fig. 18 opposite shows a graph of minute ventilation before, during and after sub-maximal exercise.

Explain the changes in minute ventilation before exercise, during exercise and during recovery.

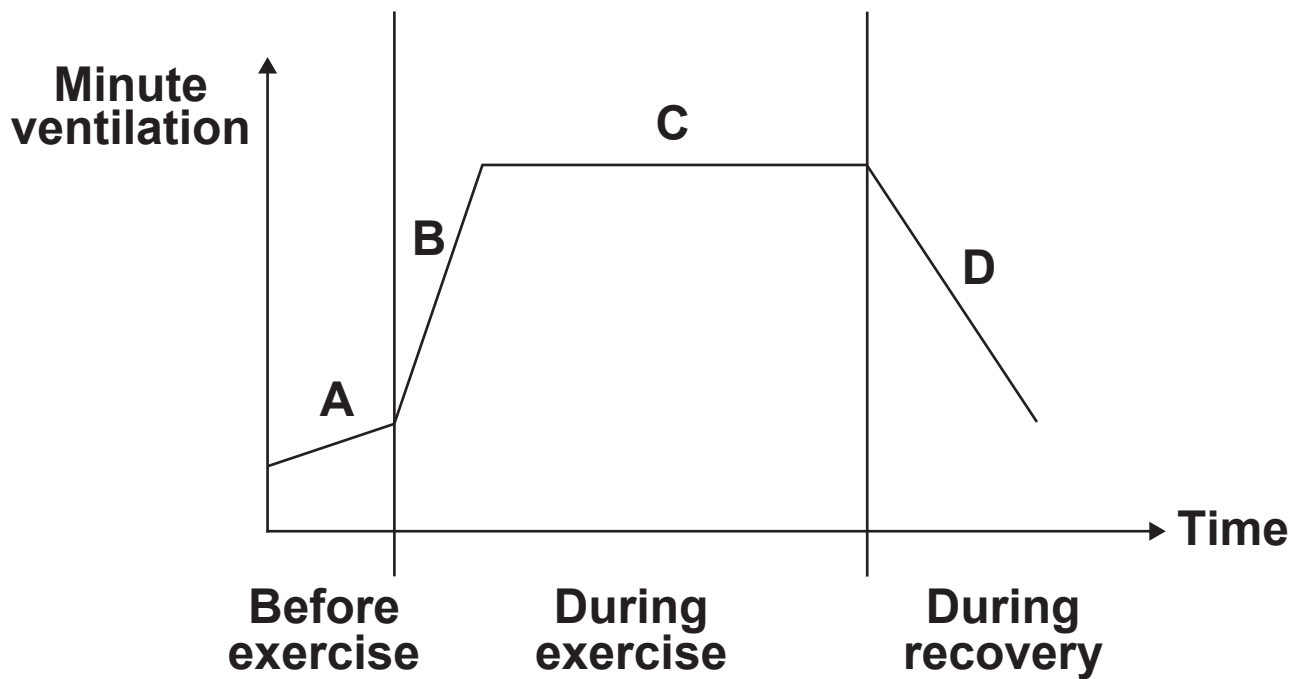
A - Before exercise

B - Initial increase during exercise

C - Steady-state plateau during exercise

D - During recovery

Fig. 18



19 Describe THREE long-term effects of regular exercise on the respiratory system.

1 _____

2 _____

3 _____

20 (a) Fig. 20 shows an example of an energy continuum.

Fig. 20



Show your knowledge of energy systems by placing the letters A, B and C to show where each of the following sporting activities would be on the energy continuum:

A Gymnastics floor routine

B Discus throw

C 10 km swim. [3]

(b) Justify your placement of B and C on the energy continuum.

SECTION C

**21*The skeleton is made up of several types of bone.
Short bones are one example.**

Explain the functions of the skeleton and how they link to different types of bone.

Your answer should include:

an explanation of the functions of the skeleton

a description of the different types of bone (e.g. short bones)

the functions of each type of bone, using examples of named bones. [10]

[illegible]

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined pages. The question numbers must be clearly shown in the margins – for example, 15 or 17(a).

[illegible]



Oxford Cambridge and RSA

Copyright Information:

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, OCR (Oxford Cambridge and RSA Examinations), The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.