

Surname _____

Other Names _____

Centre Number _____

For Examiner's Use

Candidate Number _____

Candidate Signature _____

ASSESSMENT AND QUALIFICATIONS ALLIANCE

**General Certificate of Secondary Education
June 2010**

Physical Education (Short Course)

**Unit 1 Knowledge and Understanding for the Active
Participant**

48901

Friday 21 May 2010 1.30 pm

You will need no other materials.

TIME ALLOWED

- **45 minutes plus your additional time allowance.**

At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.

[Turn over]

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INSTRUCTIONS

- **Use black ink or black ball-point pen.**
- **Answer ALL questions.**
- **You must answer the questions in the spaces provided.**
- **Do all rough work in this answer book. Cross through any work you do not want to be marked.**

INFORMATION

- **The marks for questions are shown in brackets.**
- **The maximum mark for this paper is 40.**
- **In QUESTION 11(b) you will be assessed on your ability to:**
 - **use good English**
 - **organise information clearly**
 - **use specialist vocabulary where appropriate.**

ANSWER THIS QUESTION IN CONTINUOUS PROSE.

DO NOT TURN OVER UNTIL TOLD TO DO SO

SECTION A – PART 1**MULTIPLE CHOICE****TICK (✓) YOUR ANSWER**

- 1 All of the following are invasion games EXCEPT: [1 mark]**

Football

Netball

Hockey

Tennis

- 2 All of the following could control physical activities EXCEPT: [1 mark]**

Laws

Processes

Rules

Regulations

- 3 The type of strength which can be applied to an immovable object is known as: [1 mark]**

Dynamic

Static

Power

Explosive

4 In a weight training session, the number of times that you lift the weights is known as: [1 mark]

- Overload
- Repetitions
- Sets
- Curls

5 When taking part in training, the minimum heart rate that you need to reach to improve your fitness is known as the: [1 mark]

- Training zone
- Maximum heart rate
- Wall
- Training threshold

[Turn over]

SECTION A – PART 2

SHORT ANSWER QUESTIONS

TOTAL FOR THIS QUESTION: 4 MARKS

6 Components of fitness are important for sports performers.

**6 (a) What is meant by the term ‘timing’?
Give ONE example from a physical activity where a performer uses timing. [2 marks]**

Timing

Physical activity example

**6 (b) What is meant by the term ‘agility’?
Give ONE example from a physical activity
where a performer uses agility. [2 marks]**

Agility

Physical activity example

[Turn over]

TOTAL FOR THIS QUESTION: 6 MARKS

7 The Healthy Schools Programme has been introduced nationally into schools.

7 (a) Explain what the Healthy Schools Programme is. [2 marks]

7 (b) There are four core themes in the Healthy Schools Programme. Name TWO of the four core themes and describe their importance. [4 marks]

[Turn over]

TOTAL FOR THIS QUESTION: 2 MARKS

8 Competitions are arranged in different ways, including the 'knock-out' format.

State TWO advantages of using the 'knock-out' format. [2 marks]

2

TOTAL FOR THIS QUESTION: 3 MARKS

9 A lot of sport is shown on television.

**Describe the ways in which the director of a televised sports programme could influence how sport will be seen by television viewers.
[3 marks]**

3

[Turn over]

SECTION B**QUESTIONS BASED ON THE PRELIMINARY MATERIAL**

These questions are linked to the scenario which was released before the examination and which is repeated below.

John is a 15-year-old pupil at a school with a well-established Physical Activity Policy. He has just started his GCSE PE course, which he has opted to take as one of his subject options.

John does not play any sport to a particularly high standard, but he is very keen on physical education. He always takes part in all of his school PE lessons and is a regular participant in extra-curricular sporting activities. When he chose his options, he was particularly interested in the fact that he did not have to be a player/performer in all of his assessments and could be assessed in different roles. He has regularly been an official in school football fixtures and is interested in being assessed as an official.

John thinks that football is probably his strongest sport and that this will be one of his assessments. After talking to his teachers, he has also decided that he will choose 'exercising safely and effectively to improve health and well-being, as in Fitness and Health Activities' as his second assessment area for his practical work. In order to prepare himself fully for this, John has just joined his local fitness gym, which shares the school fitness facilities.

TOTAL FOR THIS QUESTION: 10 MARKS

10 (a) John has chosen to take GCSE PE. Describe TWO benefits that he is likely to get. [4 marks]

[Turn over]

[Turn over]

TOTAL FOR THIS QUESTION: 10 MARKS

11 In order to be assessed in the Fitness and Health activity area, John has decided to plan a training programme.

11 (a) Explain how John would calculate his maximum heart rate. [2 marks]

11 (b) Plan and describe an appropriate training programme for John. Include all the relevant principles of training, except training zones. [8 marks]

(Answer in continuous prose)

[You may continue your answer on the next page]

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END OF QUESTIONS

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For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
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11	
TOTAL	

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