

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**

**Unit 3 Knowledge and Understanding for the Active  
Participant**

**48903**

**Friday 21 May 2010 1.30 pm**

**You will need no other materials.**

#### **TIME ALLOWED**

- **1 hour 30 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 80.**
- **In QUESTION 19(c) AND 19(d) you will be assessed on your ability to:**
  - **use good English**
  - **organise information clearly**
  - **use specialist vocabulary where appropriate.**

**ANSWER THESE QUESTIONS 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 The part of a balanced diet mainly responsible for muscle growth and repair is:

- Carbohydrates
- Vitamins
- Proteins
- Fats

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

- Overload
- Repetitions
- Sets
- Curls

6 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]

7 The correct technique for lifting is to: [1 mark]

**Bend your back and keep your legs straight**

**Bend over at the waist and reach out with your arms**

**Bend sideways at the waist and turn your arms to the side**

**Bend at the knees and keep the back straight**

8 All of the following are environmental factors EXCEPT: [1 mark]

**Pollution**

**Altitude**

**Physique**

**Humidity**

9 **PESSYP stands for: [1 mark]**

**Physical Education and Social Sciences for Young People**

**Primary Education and School Sport for Young Pupils**

**Physical Education and Secondary Schooling for Young People**

**Physical Education and Sport Strategy for Young People**

10 **Each of the following is a form of organised competition EXCEPT: [1 mark]**

**Round robin**

**Seeding**

**League**

**Ladder**

**[Turn over for the next section]**

**SECTION A – PART 2**

**SHORT ANSWER QUESTIONS**

**TOTAL FOR THIS QUESTION: 4 MARKS**

**11 Components of fitness are important for sports performers.**

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

**Timing**

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**Physical activity example**

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

**Agility**

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**Physical activity example**

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[Turn over]

**TOTAL FOR THIS QUESTION: 5 MARKS**

**12 Maintaining a balanced diet is essential for all performers.**

**12(a) What is dehydration? How can a performer avoid becoming dehydrated? [2 marks]**

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**12(b) If a performer does not have a balanced diet, they may experience problems.**

**Name ONE of these problems (NOT dehydration).**

**Describe the problem you have named and state how this problem might have been caused. [3 marks]**

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**[Turn over for the next question]**

**TOTAL FOR THIS QUESTION: 4 MARKS**

**13**            **Playing fairly, by the rules, is important when taking part in physical activities.**

**13 (a)**        **Explain how rules keep participants safe. [2 marks]**

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**13 (b)**        **What might happen if a specific safety rule was not enforced? Give ONE example. [2 marks]**

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**TURN OVER FOR THE NEXT QUESTION**

**TOTAL FOR THIS QUESTION: 6 MARKS**

**14            The Healthy Schools Programme has been introduced nationally into schools.**

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

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**TOTAL FOR THIS QUESTION: 4 MARKS**

**15**            **Correct etiquette is important when taking part in physical activities.**

**15(a)**        **Explain what is meant by etiquette. [2 marks]**

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**15(b)**        **Give an example of when you would expect etiquette. [2 marks]**

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**TOTAL FOR THIS QUESTION: 4 MARKS**

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

**16 (a)** State TWO advantages of using the 'knock-out' format. [2 marks]

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**16 (b)** Describe ONE disadvantage of using the 'knock-out' format. [2 marks]

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**TOTAL FOR THIS QUESTION: 3 MARKS**

**17 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]**

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**TURN OVER FOR THE NEXT SECTION**

**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: 24 MARKS**

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

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

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For Examiner's Use	
Examiner's Initials	
Question	Mark
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