

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	



General Certificate of Secondary Education
June 2011

Physical Education (Double Award)

48905

Unit 5 Knowledge and Understanding for the Involved Participant

Tuesday 7 June 2011 1.30 pm to 3.00 pm

You will need no other materials.

Time allowed

- 1 hour 30 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this 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 70.
- In **Questions 6(c) and 6(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.



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48905

Section A

Answer **all** questions in the spaces provided.

Total for this question: 6 marks

1 (a) Lifting equipment correctly is important.

State **four** safety measures that should be considered when lifting and moving heavy sports equipment.

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(4 marks)

1 (b) Explain how a warm-up before any form of physical activity can help to prevent injury.

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(2 marks)

6



Total for this question: 9 marks

2 The type of practice used often depends on the skill or technique to be improved in a physical activity.

2 (a) Using an example, explain what is meant by 'whole practice'.

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(2 marks)

2 (b) Explain how whole practice could improve your performance in a skill or technique of your choice.

Skill/technique

Explanation

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(2 marks)

2 (c) (i) Other than whole practice, name another type of practice.

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(1 mark)

2 (c) (ii) Using **two** examples, explain how the type of practice you named in **2(c)(i)** could be used in learning a new skill or technique.

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(4 marks)

9

Turn over ►



Total for this question: 6 marks

3 Chris is an experienced coach and is taking a half-term sports camp at a local school.

Communication skills are important if Chris is to effectively coach a physical activity to beginners.

3 (a) Explain **why** Chris should use appropriate verbal communication when coaching beginners.

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(2 marks)

3 (b) Identify **two** examples of non-verbal communication and explain **how** Chris could use these when coaching beginners.

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(4 marks)

6



Total for this question: 13 marks

4 (a) State and explain **three** reasons why someone would want to participate in a physical activity.

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(6 marks)

4 (b) What is 'Fartlek training' and explain how it is an effective method of training for a games player?

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(3 marks)

Question 4 continues on the next page

Turn over ►



4 (c) In nearly all sports, balance is an important component of fitness.

Describe the stork stand test and explain how it could be used to improve performance in a physical activity.

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(4 marks)

13

Total for this question: 15 marks

5 (a) Other than warming up, name **three** safety precautions you should take before starting a weight training session.

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(3 marks)

5 (b) For **one** of the safety precautions you named in **5 (a)**, describe **one** problem if it is not followed.

Safety precaution

Problem

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(2 marks)



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.

Answer **all** questions in the spaces provided.

Graeme is the Director of Athletics at a large city athletics club. This is a club catering for athletes ranging from Under 7s to adults and includes male and female teams.

To raise the profile of the club, Graeme is organising a two-day athletics competition, which he is hoping will become an annual event. The club would like to raise funds for equipment, coaches and transport for the new season.

There are going to be competitions for all age groups, in all athletic events, over the two days.

Graeme wants to promote healthy living and to encourage more involvement from the local community. The competition is to be held at the local athletics track which has excellent facilities. There is also a large stand with toilets and changing rooms. The First Aid point will be situated underneath the stand. There is also sufficient space for a variety of food and drink stalls around the perimeter of the athletics track. Graeme has the full support of his club, with many parents and coaches volunteering to help over the weekend.

Total for this question: 21 marks

6 (a) Graeme will carry out a risk assessment before the athletics competition.

Name **three** potential hazards that performers may face during the athletics competition.

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(3 marks)



6 (b) State **two** qualities that an organiser such as Graeme should possess, and explain how each would enable him to be effective in that role.

Quality 1

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Quality 2

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(4 marks)

6 (c) During the competition, Graeme wants to promote a balanced diet to encourage healthy living.

6 (c) (i) State **three** types of food that should be available from the food and drink stalls.

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(3 marks)

Question 6 continues on the next page

Turn over ►



6 (c) (ii) Explain how a balanced diet can help to improve an athlete's performance.

(Answer in continuous prose)

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(6 marks)

Extra space

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There are no questions printed on this page

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ANSWER IN THE SPACES PROVIDED**

