



General Certificate of Secondary Education  
June 2012

## **Physical Education**

**48905/PM**

**Unit 5 Knowledge and Understanding for the Involved Participant**

## **Preliminary Material**

**To be opened and issued to candidates on or after Monday 9 January 2012**

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**Section B of the summer examination will consist of questions linked to the scenario below.**

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James is 16 years old. He weighs 76 kg (12 stone) and is 1.83 m (6 foot) tall. He lives 5 km (3 miles) from school and his main participation sports are football, basketball, rugby, weight training and swimming.

James's programme of sport is shown below.

<b>Monday</b>	<b>6.30 am – 7.30 am</b> Swimming at local swimming club	<b>1.00 pm – 1.30 pm</b> Basketball club	<b>4.00 pm – 5.30 pm</b> School football training	<b>8.00 pm – 9.30 pm</b> Weight training at leisure centre
<b>Tuesday</b>	<b>6.30 am – 7.30 am</b> Swimming at local swimming club	<b>1.00 pm – 1.30 pm</b> Basketball club	<b>4.00 pm – 5.30 pm</b> School rugby training	<b>7.00 pm – 9.30 pm</b> Club rugby training
<b>Wednesday</b>	<b>6.30 am – 7.30 am</b> Swimming at local swimming club		<b>4.00 pm – 5.30 pm</b> School rugby match	<b>8.00 pm – 10.00 pm</b> Weight training at leisure centre
<b>Thursday</b>		<b>1.00 pm – 1.30 pm</b> Basketball club		<b>8.00 pm – 10.00 pm</b> Club football training
<b>Friday</b>	<b>6.30 am – 7.30 am</b> Swimming at local swimming club	<b>1.00 pm – 1.30 pm</b> 5-a-side football league	<b>4.00 pm – 5.30 pm</b> School football match	
<b>Saturday</b>		<b>10.00 am – 12.00 pm</b> School rugby match	<b>3.00 pm – 5.00 pm</b> Club football match	
<b>Sunday</b>		<b>10.00 am – 12.00 pm</b> Club rugby match	<b>4.00 pm – 6.00 pm</b> Club swimming match	

James is an extremely keen and enthusiastic sports person who aspires to be a professional. He participates fully in Physical Education lessons and can often be found playing football with his friends during his leisure time. James also cycles to and from school every day.

James is a very reliable and committed sports person. He plays for a number of teams and rarely misses training or fixtures. James's best sport is football and although he does not enjoy swimming anymore, he trains and competes due to pressure from his parents.

James is from a poor socio-economic background which affects which sports he is able to afford to play. Although he has fashionable trainers, they have thin soles and are inappropriate for basketball and football. He also has no protective equipment for rugby.

James is always so keen to play sport that he does not perform a proper warm-up and warm-down. He suffers from repetitive muscular strains. He often plays when tired and attempts to play whilst injured, so as not to let his teammates down.

James rarely has breakfast and will eat a packet of crisps and a chocolate bar after swimming. At break time, he will eat a chocolate biscuit with a can of coke. Lunch for James is usually a plate of chips or a pizza which is eaten quickly so that he can attend sports practices. Dinner at home will normally be a big plate of curry and rice, a pizza or burger and chips.