

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
TOTAL	



General Certificate of Secondary Education
June 2012

Physical Education (Double Award)

48905

Unit 5 Knowledge and Understanding for the Involved Participant

Wednesday 30 May 2012 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 9(a) and 9(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.



J U N 1 2 4 8 9 0 5 0 1

H/Jun12/48905

48905

Section A

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

Total for this question: 7 marks

1 Fractures are common injuries in sport.

1 (a) State how a fracture can be recognised.

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(1 mark)

1 (b) Give an example of a rule from a physical activity of your choice and clearly explain how the rule attempts to prevent injury.

Physical activity:

Rule:

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Explanation:

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(2 marks)

1 (c) Physical activities often involve landing from different heights.

1 (c) (i) Name a skill in a physical activity which involves landing from a height.

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(1 mark)

1 (c) (ii) Explain how technique and equipment can be used to reduce the risk of injury when landing from a height for the skill you named in **1 (c)(i)**.

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(3 marks)

7



Total for this question: 6 marks

2 Diet is extremely important to improve sporting performance.

2 (a) Why does the body need protein?

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(2 marks)

2 (b) For what type of activity would a sportsperson use 'carbohydrate loading'?

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(1 mark)

2 (c) Explain how and why a sportsperson would include carbohydrate loading in their diet.

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(3 marks)

6

Turn over for the next question

Turn over ►



Total for this question: 4 marks

3 Using an example, explain how 'intrinsic knowledge of performance' is different from 'extrinsic knowledge of results'.

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(4 marks)

4

Total for this question: 4 marks

4 Jack is a talented sports performer who wants to improve his level of fitness.

4 (a) Explain why fitness testing is important before Jack begins a training programme.

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(2 marks)

4 (b) Describe the Illinois agility test.

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(2 marks)

4



Total for this question: 12 marks

5 Weight training is one method of improving fitness.

5 (a) State and explain **two** benefits to health and fitness that can be gained from a well-planned weight training programme.

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(4 marks)

5 (b) Explain how you would apply the FIT principle to a weight training programme.

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(4 marks)

Question 5 continues on the next page

Turn over ►



5 (c)

State and explain **two** health and safety precautions that you should take when completing a weight training session.

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(4 marks)

12



Total for this question: 4 marks

6 Cheryl is a popular and effective coach. She is very good at non-verbal communication.

6 (a) Other than non-verbal communication, name **two** communication and interpersonal skills that an effective coach should have.

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2

(2 marks)

6 (b) Explain how non-verbal communication skills help Cheryl to be an effective coach.

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(2 marks)

4

Turn over for the next question

Turn over ►



Total for this question: 8 marks

7 (a) State and explain **two** reasons why people choose to take part in physical activities.

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(4 marks)

7 (b) You have been asked to recommend a sporting activity for a Year 7 student.

Name **four** factors that you should take into account before giving your recommendation.

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(4 marks)

8



Total for this question: 4 marks

8 Explain how injuries may be prevented by warming up before participating in any physical activity.

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(4 marks)

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4

Turn over for Section B

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.

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

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.

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

James is an extremely keen and enthusiastic sportsperson 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 sportsperson. 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.



9 (b) Explain how wearing the appropriate footwear could help James to reduce the risk of injury.

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(3 marks)

9 (c) How could James change his programme of sport to give himself a more balanced lifestyle?

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(3 marks)



9 (d) State **two** different ways that James could change his diet and explain why these changes would be beneficial to his performance in any of his physical activities.

(Answer in continuous prose)

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Question 9 continues on the next page

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9 (e)

James is a very active sportsperson and should be aware of health and safety.

State why James needs to complete a risk assessment. Explain **one** potential environmental hazard that he might identify before taking part in one of his physical activities.

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(3 marks)

21

END OF QUESTIONS



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