

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	
TOTAL	



General Certificate of Secondary Education
June 2013

Physical Education (Double Award)

48905

Unit 5 Knowledge and Understanding for the Involved Participant

Thursday 16 May 2013 9.00 am to 10.30 am

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 8(d) and 8(e)** 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 3 4 8 9 0 5 0 1

Section A

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

Total for this question: 9 marks

1 A skill is something that you learn.

1 (a) Describe what is meant by an 'open skill'.

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(2 marks)

1 (b) Describe what is meant by 'variable practice'.

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(2 marks)

1 (c) (i) Name an open skill.

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(1 mark)

1 (c) (ii) Explain how a practice can be varied to develop the skill that you named in **1 (c) (i)**.

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(2 marks)



1 (d) Using an example, describe how a coach could use manual guidance when teaching a skill.

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(2 marks)

9

Total for this question: 17 marks

2 All physical activities require different components of fitness and training methods.

2 (a) Describe the multi-stage fitness test **and** explain how it could be used to monitor the fitness of a performer.

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(4 marks)

2 (b) Explain how weight training can be used to increase power.

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(2 marks)

Question 2 continues on the next page

Turn over ►



2 (c) Name **and** describe a test that can be used to measure power.

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(3 marks)

2 (d) (i) Describe what is meant by 'interval training'.

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(2 marks)

2 (d) (ii) Using an example, explain why interval training can be an effective training method for a games player.

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(2 marks)



2 (e)

Why are periods of rest during a training programme necessary to improve performance?

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(4 marks)

17

Total for this question: 7 marks

3 (a)

Explain how appropriate clothing can help to ensure the safety of an individual in a named physical activity.

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(3 marks)

Question 3 continues on the next page

Turn over ►



3 (b)

State **and** explain **two** different ways in which using the correct technique when performing a skill helps to ensure safe practice.

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(4 marks)

7

Total for this question: 3 marks

4

More people over 65 years of age are taking part in a range of physical activities.

Explain why swimming is an appropriate physical activity for a healthy 65-year-old person.

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(3 marks)

3



Total for this question: 4 marks

5 Vicky wants to set up a new netball league.

State **two** administrative and management skills that Vicky needs **and** explain how each skill would enable her to run the league successfully.

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(4 marks)

4

Total for this question: 2 marks

6 Zak is a coach at a local sports club.

Using an example, explain why it is important that, as a coach, Zak is able to react and adapt to trends and changing situations.

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(2 marks)

2

Turn over for the next question

Turn over ►



Total for this question: 7 marks

7 Injuries are common in sport.

7 (a) Explain why you would use the principles of RICE to treat a pulled muscle.

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(4 marks)

7 (b) State **three** symptoms of someone who is suffering from concussion.

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(3 marks)

7



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.

Chris, a 42-year-old builder, regularly participated in many physical activities until two years ago when he sustained a back strain whilst at work. He has since put on a considerable amount of weight and is now looking to regain his fitness by participating in circuit training and weight training.

His wife, Claire, takes part in two exercise classes a week at her local leisure centre but now wants to do more as a family. Recent media campaigns have made her aware that it is important for families to spend time together as well as to improve their general health. She is considering a family membership at a local health club.

Jo, their 15-year-old daughter, has represented Great Britain in international swimming competitions in the 800 m freestyle event. This is a demanding event and she is now increasing her training because she is due to compete in the European Junior Swimming Championships in six months' time. She has to balance this increase in training with her GCSE studies, which include Physical Education and Home Economics: Food and Nutrition.

Alex, Jo's younger brother, feels that he cannot match his sister's achievements and has stopped playing competitive sport. He is becoming increasingly addicted to computer games and, as a result, he is becoming isolated from his friends. His health is also suffering due to a lack of physical activity and inconsistent sleep patterns.

Total for this question: 21 marks

8 (a) Other than an improvement to fitness, give **two** reasons why Claire and her family would benefit from becoming members of a local health club.

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(2 marks)

Question 8 continues on the next page

Turn over ►



8 (b) Other than the principles of training, state **and** explain **two** factors that Chris should consider when planning a circuit training programme.

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(4 marks)

8 (c) Diet is important for improving performance.

Name **three** other ways in which Jo could improve her performance before competing in the European Junior Swimming Championships.

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(3 marks)



8 (d) Explain how Jo’s knowledge of food and nutrition could be used to improve her performance in swimming.

(Answer in continuous prose)

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Question 8 continues on the next page

Turn over ►



8 (e) Explain how Jo could use the principles of training to improve her performance in the 800 m freestyle swimming event.

(Answer in continuous prose)

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(6 marks)

Extra space

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END OF QUESTIONS

21

