

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use
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General Certificate of Secondary Education  
June 2007

**PHYSICAL EDUCATION (GAMES)  
(Short Course)  
Written Paper**

**3588/W**



Friday 18 May 2007 9.00 am to 10.00 am

<b>You will need no other materials.</b>
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Time allowed: 1 hour

**Instructions**

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- If you need additional space, you should continue your answers at the end of this book, indicating clearly which question you are answering.

**Information**

- The maximum mark for this paper is 53.  
Three of these marks will be awarded for the Quality of Written Communication.
- The marks for questions are shown in brackets.
- Diagrams may be used to clarify your answers where necessary.

For Examiner's Use			
Question	Mark	Question	Mark
1		3	
2			
Total (Column 1) →			
Total (Column 2) →			
TOTAL			
Examiner's Initials			

**SECTION A**

**Health, Fitness and the Principles of Training for Games Activities**

1 (a) It is important to exercise regularly in order to stay healthy.

(i) State **one** reason why taking part in regular exercise can improve **general health**.

Reason

.....  
.....  
.....

*(1 mark)*

(ii) Explain why the amount of exercise carried out might vary between different types of people.

.....  
.....  
.....  
.....  
.....

*(2 marks)*

(b) There are several basic components of fitness which are important for sports performers.

(i) What is meant by the term power? Give **one** example from a **Games** activity.

Power

.....  
.....

**Games** activity example

.....  
.....

*(2 marks)*

- (ii) What is meant by the term reaction time? Give **one** example from a **Games** activity.

Reaction time

.....  
.....

**Games** activity example

.....  
.....

*(2 marks)*

- (c) **Describe**, using different examples, how strength and stamina can affect your ability to carry out many **everyday** tasks.

Example 1 – Strength

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.....  
.....  
.....

Example 2 – Stamina

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.....  
.....  
.....

*(4 marks)*

**Question 1 continues on the next page**

**Turn over ►**

(d) Good posture and muscle tone are very important for good health and active participation.

(i) **Explain**, using an example, what good posture is.

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.....  
.....

*(2 marks)*

(ii) **Explain** what is meant by muscle tone and **describe** how it can help with good posture.

.....  
.....  
.....

*(2 marks)*

<b>15</b>

2 (a) **Explain** what the following terms mean with reference to training.

(i) Specificity

.....  
.....  
*(2 marks)*

(ii) Overload

.....  
.....  
*(2 marks)*

(b) Circuit training is a commonly used method of training.

(i) Give **two** advantages of using circuit training.

Advantage 1

.....

Advantage 2

.....  
*(2 marks)*

(ii) Give **one** possible disadvantage of using circuit training.

.....  
.....  
*(1 mark)*

**Question 2 continues on the next page**

**Turn over ►**

(c) Performers may aim to improve muscular endurance during their training.

(i) **Describe** what is meant by muscular endurance.

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.....  
.....

*(2 marks)*

(ii) **Describe** how performers could improve muscular endurance during their training.

.....  
.....  
.....

*(2 marks)*

(d) If fatigue occurs, it can affect performance.

(i) What is meant by fatigue?

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.....  
.....

*(2 marks)*

(ii) Give an example from a **Games** activity and **explain** the effect that fatigue could have on that performance.

.....  
.....  
.....

*(2 marks)*

**SECTION B****Factors Affecting Individual Performance and Participation**

3 (a) Schools can promote and influence the amount of participation in physical education.

(i) **Describe** how teachers can promote and influence participation.

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.....  
.....

*(2 marks)*

(ii) **Describe** how school facilities can promote and influence participation.

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*(2 marks)*

(iii) **Describe** how school links with local sports clubs can promote and influence participation.

.....  
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*(2 marks)*

**Question 3 continues on the next page**

**Turn over ►**

(b) Role models can influence the levels of participation in sport in many ways.

(i) What is meant by a role model?

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.....

*(1 mark)*

(ii) Give **three** reasons why a role model might make an activity more popular.

1.....  
.....

2.....  
.....

3.....  
.....

*(3 marks)*

(c) Most activities or sports have Governing Bodies. Describe **three** different responsibilities which a Governing Body might have.

Responsibility 1

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.....  
.....

*(2 marks)*

Responsibility 2

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.....  
.....

*(2 marks)*

Responsibility 3

.....  
.....  
.....

*(2 marks)*



- (d) Explain why attitudes have changed and women now have greater opportunity to participate, and to manage and officiate in sport.

Women’s opportunities to participate

.....

.....

.....

.....

Women’s opportunities to manage and to officiate

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*(4 marks)*

<b>20</b>

**END OF QUESTIONS**





