

Surname						Other Names					
Centre Number						Candidate Number					
Candidate Signature											

For Examiner's Use

General Certificate of Secondary Education
June 2008

PHYSICAL EDUCATION (GAMES)
Short Course
Written Paper

3588/W



Friday 16 May 2008 9.00 am to 10.00 am

You will need no other materials.
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Time allowed: 1 hour

Instructions

- Use black ink or black 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.

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) →			
Quality of Written Communication			
TOTAL			
Examiner's Initials			



SECTION A

Health, Fitness and the Principles of Training

1 (a) During your GCSE Physical Education course you were required to lead a warm-up or warm-down.

1 (a) (i) State **one** part of your warm-up and describe **two** reasons why you included it.

Part of warm-up or warm-down

Reason one

Reason two

(3 marks)

1 (a) (ii) What is lactic acid? Why do you need to remove it during a warm-down?

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.....
.....

(2 marks)

1 (b) There are many benefits you can gain by taking part in physical activity.

1 (b) (i) **Describe** a social benefit which you might be able to gain.

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.....
.....

(2 marks)



1 (b) (ii) **Describe** a physical or psychological benefit you might be able to gain from taking part in physical activity.

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(2 marks)

1 (c) Weight training is a popular type of training used by many performers.

1 (c) (i) **Explain two** different advantages of using weight training as a training method.

Advantage one

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

Advantage two

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(2 marks)

1 (c) (ii) **Explain** the difference between repetitions and sets in relation to weight training.

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(2 marks)



2 (a) **Explain** the effect that **each** of the following factors could have on your level of performance.

2 (a) (i) Motivation
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.....
(2 marks)

2 (a) (ii) Boredom
.....
.....
(2 marks)

2 (a) (iii) Anxiety
.....
.....
(2 marks)

2 (b) Risk assessment is something which should always take place before a **games** activity takes place.

For a named **games** activity, **describe** an **example** of an accident which can take place. **State** the actions which should be taken to prevent the accident.

Named **games** activity.
Accident
.....
Action
.....
(2 marks)



2 (c) **State** what fatigue is. **How** is fatigue caused and what **effect** will it have on a performer in a named **games** activity?

Named **games** activity

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(3 marks)

2 (d) Developments in technology have provided benefits to many performers.

State a technological development. **Explain**, using a specific **example**, how it is used and the benefit it has had on a named **games** activity.

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(4 marks)

15

Turn over for the next question

Turn over ▶



SECTION B

Factors Affecting Individual Performance and Participation

3 (a) During your GCSE Physical Education course you have participated in theory lessons, practical sessions and also had the opportunity to take on different roles. **Explain**, using **examples, three** ways in which your GCSE Physical Education course has increased your level of participation or performance.

3 (a) (i) Example one

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.....

.....

(2 marks)

3 (a) (ii) Example two

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.....

.....

(2 marks)

3 (a) (iii) Example three

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.....

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(2 marks)



3 (b) Local Authorities have a role to play in affecting individual performance and participation. Using an **example** describe **two** ways in which they have had an effect in your local area.

Example one
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.....
.....

Example two
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.....
.....

(4 marks)

3 (c) Role models can greatly influence the levels of both performance and participation.

3 (c) (i) **Explain**, using an **example**, how a role model could help to improve the level of performance in a sport or activity.

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(3 marks)

3 (c) (ii) **Explain**, using an **example**, how a role model could help to improve the level of participation in a sport or activity.

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(3 marks)

Turn over ►



3 (d) The influence of a family, as a social group, can affect levels of participation.

3 (d) (i) **Explain**, using an **example**, how a family could have a positive influence and help to **increase** participation.

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(2 marks)

3 (d) (ii) **Explain**, using a different **example**, how a family could have a **negative** influence and cause a **decrease** in participation.

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(2 marks)

20

END OF QUESTIONS

