



ASSESSMENT and
QUALIFICATIONS
ALLIANCE

Mark scheme

June 2003

GCSE

Physical Education A

3581 (Full Course)

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- (a) Award up to **three** marks for a correct response.
Ideally, candidates will refer to the World Health Organisations definition as:
A state of complete physical/ mental/ and social well being/ and not merely the absence of disease or infirmity.
Candidates should also be given credit for an acceptable reference to physical, social or mental factors in a different format to the exact definition.

(max 3 marks)

- (b) (i) Award **one** mark for being able to state what is meant by agility ie.
The ability to move quickly and easily/
the ability to rapidly and accurately change the direction of the entire body in space/
a combination of speed and flexibility.

(max 1 mark)

Award **one** further mark for a correct example such as:

- Goalkeeper moving quickly to one side to make a save
- Rugby player swerving/dodging to avoid tackles
- Hurdler being able to clear the hurdle
- Gymnast performing a floor exercise

Accept the above plus any other suitable responses.

(max 1 mark)

- (ii) Award **one** mark for being able to state what is meant by reaction time ie.
The amount of time taken to respond to something/
speed of response to external events.

(max 1 mark)

Award **one** further mark for a correct example such as:

- Sprinter reacting to the starting gun
- Fielder catching a ball close to the bat
- Racket player responding to a hard struck shot

Accept the above plus any other suitable responses.

(max 1 mark)

- (c) Award up to **two** marks for **each** description and example of how a lack of exercise can make it more difficult to carry out everyday tasks. Examples include:
- Lack of strength could make it more difficult to stand on your feet all day/ or carry shopping/open jars/housework/carrying children – if qualified. Consider static, dynamic and explosive.
 - Lack of stamina could make it difficult to stack shelves/ keep walking when shopping/work long hours
- Accept the above plus any other suitable responses.

(max 4 marks)

- (d) (i) Award **one** mark for **each** reason for a warm-up. This includes:
- To reduce injury
 - To increase the body temperature
 - To increase the range of movement
 - To gradually increase effort to full pace
 - For psychological preparation
 - To practise movement skills through the whole range of movements
 - To increase heart rate
 - To increase breathing rate
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (ii) Award up to **two** marks for explaining why a warm-down should be completed.
- Allows the body to recover/ to prevent the possibility of soreness or stiffness later/safe removal of lactic acid
 - Stopping quickly and abruptly/ can cause the blood to ‘pool’ in the veins which leads to stiffness and soreness/ removal of lactic acid
- Accept the above plus any other suitable responses. *(max 2 marks)*
- 2**
- (a) Award **one** mark for **each** correct function of the skeleton **other** than blood cell production.
- Support
 - Protection
 - Movement
 - Shape
 - Calcium/mineral salt storage
- (max 3 marks)*
- (b) (i) Award **one** mark for a correct example of a hinge joint:
- Elbow
 - Knee
- (max 1 mark)*
- (ii) Award **one** mark for a correct example of a ball and socket joint:
- Hip
 - Shoulder
- (max 1 mark)*
- (iii) Award **one** mark for a correct example of a pivot joint:
- Wrist
 - Atlas and axis/in the neck
- (max 1 mark)*
- (c) (i) Award up to **two** marks for explaining what flexion is:
- The decreasing of an angle/ between two bones
 - A joint bent/ so that one of the bones of the joint moves/towards the other
 - The action of closing a joint
- (max 2 marks)*
- (ii) Award **one** further mark for each example given:
- Bending the leg at the knee
 - Bending the arm at the elbow
 - An actual example such as performing a bicep curl
- Accept the above plus any other suitable responses. *(max 2 marks)*

(iii) Award **one** mark for **each** correctly named muscle which must correspond to the answer given in part (ii):

- Bending the leg at the knee – quadriceps/hamstrings
- Bending the arm at the elbow – biceps/triceps

(max 1 mark)

(d) (i) Award up to **two** marks for correctly explaining what is meant by the term anaerobic.

- Respiration/ in the absence of oxygen
- Glucose → energy + (Lactic acid)

(max 2 marks)

(ii) Award **one** mark for a suitable sporting situation:

- Sprinting for the ball in a soccer/hockey game
- Sprinting in the 100 metres

Accept the above plus any other suitable responses.

(max 1 mark)

(iii) Award **one** mark for correctly stating:

- Lactic acid

(max 1 mark)

3

(a) (i) Award up to **two** marks for explaining what is meant by specificity.

- A training method or system/ which is particularly suited to one particular sport or one particular aspect of fitness
- Concentrating on one particular area/ such as building up strength in the legs/ or working on increasing endurance

Accept the above plus any other suitable responses.

(max 2 marks)

(ii) Award up to **two** marks for explaining what is meant by overload.

- Making the body work harder/in order to improve it
- Having a capacity for training/ then increasing this
- Frequency of training/ training more often
- Intensity of training / training harder
- Duration of training/ training for longer

Accept the above plus any other suitable responses.

(max 2 marks)

(b) (i) Award **one** mark for **each** explained advantage of choosing circuit training:

- It is quick and easy to set up
- It requires little specialist equipment – if any
- Many people can work in a fairly small area
- It can be adapted to many different forms
- It can work on skill or fitness, or both – accept one component of fitness once
- Levels or targets can easily be increased
- It is one of the most effective ways of training

Accept the above plus any other suitable responses.

(max 2 marks)

(ii) Award **one** mark for a correctly explained disadvantage.

- Not really suitable for only one person
- Someone needs to run and set up the circuit
- Not suitable for a very specific training such as strength training
- May not be possible to monitor everyone at once
- Incorrect technique can lead to safety concerns
- Possible boredom/tedium factors

Accept the above plus any other suitable responses.

(max 1 mark)

- (c) (i) Award **one** mark for correctly stating what explosive strength is.
- Strength used in one short or sharp movement
 - Strength used in a very quick movement
 - Maximum energy used in one explosive act
- Accept the above plus any other suitable responses. *(max 1 mark)*
- (ii) Award **one** mark for **each** acceptable example of a sporting situation using explosive strength.
- A sprinter leaving the starting blocks/an attacking player sprinting for a pass
 - The vertical test jump
 - A high jumper taking off/a goalkeeper jumping for a save
 - Power clean in weight lifting
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (d) (i) Award up to **two** marks for correctly explaining what flexibility is.
- The range of movement/ around a joint *(max 2 marks)*
- (ii) Award up to **three** marks for correctly describing how improved flexibility can improve a performance – situation (1 mark), what they do (1 mark), effect it has (1 mark)
- A sprinter in a race/ can increase their stride length/ which therefore makes them faster and more efficient
 - An invasion game player/ can increase their stride length/ which therefore enables them to get in a position quicker, or get to a pass etc.
 - A trampolinist or diver/ can execute moves with greater form or style/ which will gain them more points in a competition.
- Accept the above plus any other suitable responses. *(max 3 marks)*

4

- (a) (i) Award up to **two** marks for correctly stating what fatigue is.
- When the body, or parts of the body/ get so tired, through the amount of work they have been called on to do, that they stop working properly, or sometimes altogether.
- Accept the above plus any other suitable response. *(max 2 marks)*
- (ii) Award up to **two** marks for correctly giving an example of fatigue occurring in a sporting situation.
- A distance runner being so exhausted/ that they are no longer able to carry on with the race
 - A games player being so tired near the end of a game/ that their skill levels decrease and/or they are no longer able to carry on
- Accept the above plus any other suitable examples. *(max 2 marks)*
- (b) (i) Award up to **two** marks for explaining how the use of ICT can be used to improve knowledge. Award **one** mark for the correctly identified form of ICT and **one** further mark for the suitable/acceptable explanation.
- Using a CD Rom/ with examples of play or technical or theoretical information can increase knowledge
 - Watching a video tape or DVD/ which is instructional in nature can increase knowledge
 - Accessing the internet/ to find out information about any aspects can improve knowledge
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award up to **two** marks for explaining how ICT might be used to improve a performance.

Award **one** mark for the correctly identified form of ICT and **one** further mark for the suitable/acceptable explanation.

- Using a digital camera/ to record and then play back a performance which can then be reviewed and assessed.
- Using electronic recording devices/ which can be used to record or monitor a performance to review levels of success.
- Sensors or training aids/ which can monitor performance giving readouts etc. to analyse performances

Accept the above plus any other suitable responses. *(max 2 marks)*

- (c) Award **one** mark for each of the following.

- R – Rest
- I – Ice
- C – Compression
- E – Elevation

(max 4 marks)

- (d) (i) Award up to **two** marks for correctly stating what blood doping is.

- Having blood taken away/ which is then replaced by blood which has more efficient oxygen carrying capacity. It can be replaced by someone else's blood, red blood cells or related products

Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award **one** mark for a correctly stated activity where it might be used to advantage.

- Endurance event athletes eg. Marathon runners/midfield players

(max 1 mark)

5

- (a) Award **one** mark for **each** correctly stated 'user groups'.

- Unemployed
- Mother and toddler
- Shift workers
- Disabled
- Senior citizens

Accept the above plus any other suitable responses. *(max 3 marks)*

- (b) (i) Award up to **two** marks for correctly identifying and explaining a benefit being an official can bring.

- Greater knowledge of the rules/ allows them to play more effectively
- When not participating actively/ they are still able to join in
- The school has the benefit of extra officials/ enabling the teacher to concentrate on teaching

Accept the above plus any other suitable responses. *(max 2 marks)*

- (ii) Award up to **two** marks for correctly identifying and explaining a benefit being a captain can bring.

- Extra responsibility/ can improve confidence and esteem
- Taking on some administrative work/ frees others such as the teachers to perform other work
- Encourages building relationships with others/ therefore improving teamwork

Accept the above plus any other suitable responses. *(max 2 marks)*

- (iii) Award up to **two** marks for correctly identifying and explaining a benefit being an organiser can bring.
- Through taking on the responsibility/ an insight into organisational skills is gained
 - If it is an activity you are not particularly able at/ it gives you an opportunity to still get involved
 - As it is not only the teacher who is the organiser/it enables more activities to be organised
- Accept the above plus any other suitable responses. *(max 2 marks)*

- (c) (i) Award **one** mark for a correctly named international sporting competition.
- Olympic games
 - Commonwealth games
 - Soccer/rugby/cricket/ World Cup
 - Hong Kong sevens
 - Wimbledon and other similar competitions
- Accept the above plus any other suitable responses. *(max 1 mark)*

- (ii) Award **one** mark for **each** correctly described advantage of hosting competitions. Note that one word answers are not sufficient; there must be an accompanying brief description.
- Financial gain, more money through tourists, visitors etc
 - Better facilities, which have to be built for the competition
 - Improved road or travel links, which have to be upgraded or provided
 - Extra facilities, such as competitor villages which are then available after
 - The profile of sport is raised, making sport more successful or popular in that area
 - Automatic qualification to the competition in some cases
 - Can advantage 'home' competitors, 'home' support
- Accept the above plus any other suitable examples. *(max 3 marks)*

- (iii) Award **one** mark for **each** correctly described disadvantage of hosting competitions. Note that one word answers are not sufficient; there must be an accompanying brief description.
- May be a target for terrorism or political statements
 - The country or area might not be able to cope with the number of people wanting to come
 - It can be very expensive, leaving a large bill to be paid off later
 - Pressure on the hosts to do well just because they are the hosts
- Accept the above plus any other suitable responses. *(max 3 marks)*

- (d) (i) Award **one** mark for identifying what a role model is.
A role model is someone whose life and behaviour is taken as an example to follow by someone else. *(max 1 mark)*
- (ii) Award up to **three** marks for the correctly described example of a role model making the activity more popular. Examples include;
- Financial gains might cause it to become more popular
 - The fame attached might be a factor
 - Raising the profile of the sport/activity
 - Getting more media attention
- Accept the above plus any other suitable responses. *(max 3 marks)*

6

- (a) (i) Award **one** mark for **each** correctly named form of the media.
- Television
 - Radio
 - Press
 - Internet
 - Magazines, books
- (max 3 marks)*
- (ii) Award up to **two** marks for describing ways in which the media can help give a greater understanding of performance. Examples:
- Expert analysis in broadcast programmes can highlight good play, moves or action.
 - Replays of good performances can be used to show good examples of play, style or form.
- Accept the above plus any other suitable examples. *(max 2 marks)*
- (iii) Award up to **two** marks for describing ways in which media coverage can affect sport. Accept both negative and positive effects which might be identified. Examples include:
- more supporters may come along as sports become more popular
 - more participants may take up the sport as its profile is raised
 - less people may attend games as they are able to watch it on the television
 - there may be over exposure of certain sports which leads to a decline in their popularity.
- Accept the above plus any other suitable examples. *(max 2 marks)*
- (b) (i) Award up to **two** marks for correctly stating what etiquette is.
- A convention or unwritten rule in an activity/ which is not an enforceable rule but is usually observed.
- (max 2 marks)*
- (ii) Award **one** mark for **each** correct example of etiquette (from a named activity).
- Soccer, if a player is injured/ the opposition kicks the ball out to stop play
 - Soccer, after a ball is kicked out to stop play/ the ball is given back to other team
 - In cricket, batters are clapped out on to the pitch/ as they come out to bat
 - Shaking hands after a match/thanking the officials
- Accept the above plus any other suitable responses. *(max 2 marks)*
- (c) (i) Award up to **two** marks for stating what an amateur sportsperson is.
- A sportsperson who only competes part-time/ and does not get paid to take part
- (max 2 marks)*
- (ii) Award up to **two** marks for stating what a professional sportsperson is.
- A sportsperson who is full-time/ and gets paid for competing as a job or career.
- (max 2 marks)*

(d)(i) Award **one** mark for **each** correctly identified way in which sponsorship can be provided.

- Through direct cash payments
- Paying for entry fees
- Providing equipment, apparatus, clothing
- Paying transport, travel costs
- Paying entry fees
- Paying accommodation costs

Accept the above plus any other suitable responses.

(max 3 marks)

(ii) Award up to **two** marks for describing a form of sponsorship which would be unacceptable. **One** mark for the unacceptable form plus **one** additional mark for stating why.

- Tobacco firms/ because it would be encouraging people to smoke and this is a clearly identified health risk
- Alcohol firms/ because it could be encouraging under age drinking and also alcohol abuse which is clearly dangerous

Accept the above plus any other suitable responses.

(max 2 marks)

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| <p>MARKING CRITERIA FOR QUALITY OF WRITTEN COMMUNICATION</p> |
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| High Performance | Candidates spell, punctuate and use the rules of grammar with almost faultless accuracy, deploying a range of grammatical constructions; they use a wide range of specialist terms adeptly and with precision. | 4 - 5 marks |
| Intermediate Performance | Candidates spell, punctuate and use the rules of grammar with considerable accuracy; they use a good range of specialist terms with facility. | 2 –3 marks |
| Threshold Performance | Candidates spell, punctuate and use the rules of grammar with reasonable accuracy; they use a limited range of specialist terms appropriately. | 1 mark |
| Below Threshold Performance | | 0 marks |