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Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2005



**PHYSICAL EDUCATION (SPECIFICATION A) 3581/W**  
**Written Paper**

Wednesday 25 May 2005 1.30 pm to 3.30 pm

<b>No additional materials are required.</b>
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Time allowed: 2 hours

**Instructions**

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions in the spaces provided.
- Do all rough work in the answer book. Cross through any work you do not want marked.

**Information**

- The maximum mark for this paper is 105. This includes up to 5 marks for the quality of written communication.
- Mark allocations are shown in brackets.
- Diagrams may be used to clarify your answers where necessary.
- If you need additional space, you should continue your answers at the end of this book, indicating clearly which question you are answering.

For Examiner's Use			
Number	Mark	Number	Mark
1			
2			
3			
4			
5			
6			
Total (Column 1)	→		
Total (Column 2)	→		
Quality of Written Communication			
TOTAL			
Examiner's Initials			

**SECTION A**

## Health, Fitness and the Factors Affecting Performance

1 (a) Good posture is very important for good health and active participation.

(i) **Describe** what good posture is.

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.....  
.....

*(2 marks)*

(ii) Give **two** examples of **poor** posture.

Example 1

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

Example 2

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

*(2 marks)*

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

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

*(2 marks)*

(b) Components of fitness are important for sports performers.

(i) What is meant by the term “balance”? Give **one** example from a physical activity.

Balance

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

Physical activity example

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

*(2 marks)*

(ii) What is meant by the term “co-ordination”? Give **one** example from a physical activity.

Co-ordination

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

Physical activity example

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

*(2 marks)*

**QUESTION 1 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(c) Maintaining a balanced diet is essential for all performers.

(i) **What** is dehydration and **how** can it be avoided?

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.....  
.....

*(2 marks)*

(ii) Other than dehydration, **describe one** deficiency, or problem, that can arise from not having a balanced diet. **State** how this could be caused.

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

*(3 marks)*



2 (a) Name the **three** major bones which are located in the arm.

Bone 1 .....

Bone 2 .....

Bone 3 .....

(3 marks)

(b) (i) Joints are important in allowing movement. Give **one** example of **each** of the following types of joint in the skeleton.

Gliding.....

Condylloid.....

(2 marks)

(ii) Names are given to particular ranges of movements. **Describe** the following movements and include an **example** in your answer.

Rotation

.....  
.....

Example

.....  
.....

Abduction

.....  
.....

Example

.....  
.....

(4 marks)

**QUESTION 2 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(c) The effective working of the breathing and respiratory system is important for all performers.

(i) The air passages are one part of the breathing system. Name **three** other parts.

Part 1 .....

Part 2 .....

Part 3 .....

*(3 marks)*

(ii) **Describe** how respiration takes place.

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.....

*(3 marks)*



**SECTION B**

Principles of Training

3 (a) **State** what the following terms mean in relation to a training programme. For **each** term, **explain** how overload might be used effectively.

(i) Frequency

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

*(2 marks)*

(ii) Intensity

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

*(2 marks)*

(iii) Duration

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

*(2 marks)*

**QUESTION 3 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(b) Some performers include altitude training as a method of preparing for their sport.

(i) In what type of physical activity would a performer choose to include altitude training?

.....  
(1 mark)

(ii) **Explain** what altitude training is.

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

(iii) **Describe** what benefits the performer gains from using altitude training.

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



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

(i) **What** is meant by muscular endurance?

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.....

*(2 marks)*

(ii) **Describe** a specific way in which muscular endurance could be improved or developed.

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

15

**TURN OVER FOR THE NEXT QUESTION**

**Turn over** ►

4 (a) Regularly smoking, or consuming too much alcohol, both affect a sports performer.

(i) **Describe** an effect which regular smoking over a long period of time can have on a sports performer.

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.....  
.....

(2 marks)

(ii) **Describe one** short-term effect which drinking too much alcohol can have on a sports performer.

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

(2 marks)

(iii) **Describe one** long-term effect which drinking too much alcohol can have on a sports performer.

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

(b) It is important to lift and carry equipment safely. **Describe** the technique that you should use when doing this.

.....  
.....  
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.....  
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(3 marks)

(c) Acquiring, or gaining, skill is very important for all performers to enable them to improve.

(i) **Explain** what is meant by “feedback” in terms of acquiring skill.

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.....  
.....

*(2 marks)*

(ii) **What** is meant by “motivation”?

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*(2 marks)*

(iii) **How** can motivation affect skill acquisition?

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.....  
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*(2 marks)*

15

**TURN OVER FOR THE NEXT QUESTION**

**Turn over** ►

**SECTION C**

Factors Affecting Individual Performance and Participation

5 (a) Schools promote participation in physical activities in various ways.

(i) **How** do schools promote participation through timetabled PE lessons?

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*(4 marks)*

(ii) **What** is meant by “extra-curricular activities”? Include **one** example in your answer.

Extra-curricular activities

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.....

Example

.....

.....

*(2 marks)*

(b) Attitudes have changed towards many aspects of sporting participation.

**Explain** how attitudes have changed in terms of women’s participation and also in terms of opportunities for women in management and their role as officials.

Women’s participation

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

Management and role as officials

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

*(4 marks)*

(c) The amount of available leisure time has increased and this has had an effect on the leisure industry.

(i) **Identify and explain two** reasons why leisure time has increased.

Reason 1

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

Reason 2

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

*(4 marks)*

**QUESTION 5 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(ii) **What** effect has this increase in leisure time had on the leisure industry?

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

(2 marks)

(d) Many activities, such as outdoor and adventurous ones, involve an element of challenge.

(i) **Describe** an activity that you would consider to be a challenging one, identifying clearly the “challenging” factor.

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

(2 marks)

(ii) **Explain one** problem which could arise because of the challenging nature of your chosen activity.

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

(2 marks)

**SECTION D**

Social and Cultural Factors Affecting Participation

6 (a) Sponsorship is now seen as vital for many sports, activities and performers.

(i) **Describe** a situation where it is easy to obtain sponsorship. Give an example in your answer.

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*(3 marks)*

(ii) **Describe** a situation where it is difficult to obtain sponsorship. Give an example in your answer.

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*(3 marks)*

**QUESTION 6 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

- (b) Sports clubs have to organise themselves in order to run effectively. **Identify two** different officials who might be part of a club and **describe** what their roles involve.

Official 1

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Role

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*(3 marks)*

Official 2

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Role

.....

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*(3 marks)*



(c) The various forms of the media have an enormous effect on the amount of participation and interest in sport.

(i) **Describe** a positive effect which the media can have. Give an example in your answer.

Positive effect

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

Example

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.....  
.....  
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*(4 marks)*

(ii) **Describe** a negative effect which the media can have. Give an example in your answer.

Negative effect

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.....  
.....  
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Example

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.....  
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*(4 marks)*

**END OF QUESTIONS**

20





