

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Secondary Education
June 2007



**PHYSICAL EDUCATION (SPECIFICATION A)
Written Paper**

3581/W

Friday 18 May 2007 9.00 am to 11.00 am

You will need no other materials.

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.
- 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 105.
Five 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		4	
2		5	
3		6	
Total (Column 1) →			
Total (Column 2) →			
TOTAL			
Examiner's Initials			

SECTION A

Health, Fitness and the Factors Affecting Performance

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

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(1 mark)

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

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.....

(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 physical activity.

Power

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.....

Physical activity example

.....
.....

(2 marks)

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

Reaction time

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.....

Physical activity example

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.....

(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.

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(2 marks)

15

2 (a) Physical activity requires movement using bones and muscles.

(i) Name **three** major bones which are located in the leg.

Bone 1

.....

Bone 2

.....

Bone 3

.....

(3 marks)

(ii) Name **two** muscles which are also located in the leg.

Muscle 1

.....

Muscle 2

.....

(2 marks)

(b) Movement occurs when bones and muscles work together.

(i) **Explain** what is meant by extension.

Extension

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(2 marks)

Question 2 continues on the next page

Turn over ►

(ii) Give **two** examples of sporting situations where extension occurs.

Example 1

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Example 2

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(2 marks)

(iii) **Name** a muscle which produces the movement that you have chosen in **one** of your examples above.

Physical movement

Named muscle.....

(1 mark)

(c) The pulse rate can be used to monitor the effects of exercise on the body.

(i) **Describe two** places on the body where the pulse can be found.

Place 1

Place 2

(2 marks)

(ii) **Explain** why it is important to monitor and record the pulse rate when exercising or training.

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.....
.....

(3 marks)

SECTION B**Principles of Training**

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

(i) Specificity

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.....

(2 marks)

(ii) Overload

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.....

(2 marks)

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

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

Advantage 1

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Advantage 2

.....

(2 marks)

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

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(1 mark)

Question 3 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.

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.....
(2 marks)

(d) Stretching exercises are included in most warm-ups to prepare for physical activity.

(i) **Describe**, using an example, what is meant by **static** stretching.

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.....
(2 marks)

(ii) **Describe**, using an example, what is meant by **active** stretching.

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

4 (a) The RICE principle is related to soft tissue injuries. What do these letters stand for?

R –

I –

C –

E –

(4 marks)

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

(i) What is meant by fatigue?

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

(2 marks)

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

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.....

(2 marks)

Question 4 continues on the next page

Turn over ►

(c) It is important to lift or to carry equipment safely. **Describe** the techniques that you should use when doing this.

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(3 marks)

(d) Drinking too much alcohol, or smoking regularly, can affect a sports performer.

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

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(2 marks)

(ii) Describe **one long-term** effect which regular, heavy smoking can have on a sports performer.

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(2 marks)

SECTION C

Factors Affecting Individual Performance and Participation

- 5 (a) Different groups of people use sports facilities. Local authorities often provide courses for specific ‘user groups’. Give **three** different examples of user groups.

User Group 1

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User Group 2

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User Group 3

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(3 marks)

- (b) 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 5 continues on the next page

Turn over ►

(c) Major international sporting competitions have become more and more popular.

(i) Name **one** major international sporting competition.

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(1 mark)

(ii) Describe **three advantages** which might be gained by a country hosting one of these major international competitions.

1

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2

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3

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(3 marks)

(iii) Describe **three disadvantages** which might result from a country hosting one of these major international competitions.

1

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2

.....

3

.....
(3 marks)

(d) National teams use ‘Centres of Excellence’.

(i) What is a Centre of Excellence?

.....
.....

(1 mark)

(ii) Give **three** reasons why Centres of Excellence are used by national teams.

1

2

3

(3 marks)

20

Turn over for the next question

Turn over ►

SECTION D

Social and Cultural Factors Affecting Participation

6 (a) Correct etiquette is expected in sports activities.

(i) What is meant by etiquette?

.....
.....

(1 mark)

(ii) Describe two examples of correct sporting etiquette.

1

2

(4 marks)

(b) Sponsorship is very common in sport.

(i) Paying for transport costs is one example in which sponsorship can help a sports performer. Give **three** other different examples.

1

2

3

(3 marks)

- (ii) **Describe** a form of sponsorship which may **not** be acceptable in sport, clearly stating why.

.....

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(2 marks)

- (c) Spectators are very important at most sporting events.

- (i) **Describe one** benefit of having spectators at a sporting event.

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(2 marks)

- (ii) **Describe one** possible problem of having spectators at a sporting event.

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(2 marks)

Question 6 continues on the next page

Turn over ►

- (d) Many major sporting events take place throughout the world. These have often been affected by political or financial issues.

Give two examples. For **each** example identified, **describe** the political or financial issue involved and **describe** what happened.

Example 1

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(3 marks)

Example 2

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(3 marks)

20

END OF QUESTIONS

