

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Secondary Education
June 2008

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

3581/W



Friday 16 May 2008 9.00 am to 11.00 am

You will need no other materials.

Time allowed: 2 hours

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 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		5	
2		6	
3			
4			
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) 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) A balanced diet is very important for a sports performer.

1 (c) (i) **Explain** why carbohydrates are a necessary part of a performer's diet.

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(2 marks)

1 (c) (ii) **Explain** why it is important to maintain an intake of fluids (water) when taking part in sporting activity.

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(2 marks)

1 (c) (iii) **Explain** what is meant by the term obesity.

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(2 marks)

15

Turn over for the next question

Turn over ►



2 (a) Movement occurs through the combination of the skeletal system and the muscular system.

2 (a) (i) **State one bone, one joint and one muscle** which would be involved when the arm is moved.

Named bone

Named joint

Named muscle

(3 marks)

2 (a) (ii) **Explain** what is meant by abduction.

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(2 marks)

2 (b) In order for respiration to take place air must be taken in.

2 (b) (i) Name **two** of the air passages which allow air to enter the body.

One

Two

(2 marks)

2 (b) (ii) **Describe** what gaseous exchange is and clearly state **where** it takes place.

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(3 marks)



2 (c) The circulatory system contributes to the efficient performance of a sports performer.

2 (c) (i) **State two** different functions or roles of the blood.

Function/role one

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Function/role two

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(2 marks)

2 (c) (ii) **Explain** how the heart acts as a pump in a double circulatory system.

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(3 marks)

15

Turn over for the next question

Turn over ►



SECTION B

Principles of Training

3 (a) Risk assessment is something which should always take place before a physical activity takes place.

3 (a) (i) For **two** named physical activities, **describe** an **example** of an accident which can take place. **State** the actions which should be taken to prevent each accident.

Named physical activity one

Accident

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Action

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(2 marks)

Named physical activity two

Accident

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Action

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(2 marks)

3 (a) (ii) **Describe** the difference between a sprain and a strain.

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(2 marks)



3 (b) Weight training is a popular type of training used by many performers.

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

Advantage one

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(2 marks)

Advantage two

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(2 marks)

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

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(2 marks)

Question 3 continues on the next page

Turn over ►



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

Named physical activity

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(3 marks)

15



4 (a) Performance enhancing drugs are banned in sport.

4 (a) (i) For a named physical activity, **state** a type of banned drug a performer might take. **Why** might a performer be tempted to take this drug and what **benefit** would they hope to gain?

Named physical activity
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(3 marks)

4 (a) (ii) **Describe** possible harmful effects which could occur as a result of a sports performer taking the drug you identified in part (i) above.

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(2 marks)

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

4 (b) (i) Motivation

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(2 marks)

4 (b) (ii) Boredom

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(2 marks)

Question 4 continues on the next page

Turn over ►



4 (b) (iii) Anxiety

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(2 marks)

4 (c) 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 physical activity.

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(4 marks)

15



SECTION C

Factors Affecting Individual Performance and Participation

5 (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.

5 (a) (i) Example one

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(2 marks)

5 (a) (ii) Example two

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(2 marks)

5 (a) (iii) Example three

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(2 marks)

Question 5 continues on the next page

Turn over ►



5 (b) Role models can greatly influence the levels of both performance and participation.

5 (b) (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)

5 (b) (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)

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

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

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(2 marks)



5 (c) (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)

5 (d) London has been successful in being chosen as the venue to host the 2012 Olympic Games.

5 (d) (i) **Explain**, using an **example**, how this could prove to be an **advantage** to London.

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(2 marks)

5 (d) (ii) **Explain**, using a different **example**, how this could prove to be a **disadvantage** to London.

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(2 marks)

20

Turn over for the next question

Turn over ►



SECTION D

Social and Cultural Factors Affecting Participation

6 (a) Some activities seem to be more popular than others and this can affect the level of sponsorship they can attract.

6 (a) (i) **Explain**, using an **example**, why a sport or activity attracts sponsorship and state the **advantages** which result from this.

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(3 marks)

6 (a) (ii) **Explain**, using an **example**, why a sport or activity has either lost, or does not attract sponsorship and state the **disadvantages** which result from this.

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(3 marks)



6 (a) (iii) **Explain**, using an **example**, why a form of sponsorship would be considered unacceptable in a particular sport or activity.

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(3 marks)

6 (b) Television is now one of the most important and influential forms of the media.

6 (b) (i) **Explain**, using an **example**, how television may have contributed to supporters being more informed about a sport.

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(2 marks)

6 (b) (ii) **Explain**, using an **example**, how the televising of sport may affect the levels of attendance at matches, competitions or events.

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(3 marks)

Question 6 continues on the next page

Turn over ►



6 (c) (i) **Explain**, using an **example**, a **positive** contribution which spectators may make when attending a sporting event.

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(3 marks)

6 (c) (ii) **Explain**, using an **example**, how some spectators could have a **negative** effect when attending a sporting event.

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(3 marks)

20

END OF QUESTIONS

