

SECTION A

Health, Fitness and the Principles of Training

1 (a) Keeping yourself healthy is very important for everyone.

Describe what being healthy means.

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(3 marks)

(b) There are several components of fitness which are important for sports performers.

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

Agility

Physical activity example

(2 marks)

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

Reaction time

Physical activity example

(2 marks)

- (c) **Describe**, using examples, how a lack of strength and stamina can make it more difficult to carry out many basic, everyday tasks such as simple movements or simple manual tasks.

Example 1 - Strength

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Example 2 - Stamina

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(4 marks)

- (d) When taking part in any physical activity it is important to complete both a warm-up and warm-down.

- (i) Give **two** reasons which explain **why** it is important to warm-up before physical activity.

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(2 marks)

- (ii) Briefly **explain** why you should always complete a warm-down when you have finished physical activity.

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(2 marks)

2 (a) Various terms are used in relation to fitness training. **Explain** what the following terms mean.

(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.

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(2 marks)

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

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(1 mark)

(c) Effective use of explosive strength may prove to be an advantage to a performer.

(i) What is meant by explosive strength?

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(1 mark)

(ii) Give **two** examples of sporting situations where you would use explosive strength.

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2.
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(2 marks)

(d) Increased flexibility can help to improve a performance.

(i) **Explain** exactly what is meant by flexibility.

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(2 marks)

(ii) **Identify**, and **explain** a physical activity situation which shows how increased flexibility can help to improve a performance.

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(3 marks)

SECTION B

Factors Affecting Individual Performance and Participation

3 (a) Schools encourage pupils to adopt different roles as part of their PE programme. **Identify** and **explain one** benefit that adopting **each** of the following roles can bring.

(i) Official

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(2 marks)

(ii) Captain

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(2 marks)

(iii) Organiser

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(2 marks)

(b) Schools provide PE for their pupils. **Identify and explain three** reasons why they do this.

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- 2.
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(6 marks)

(c) Role models can influence the levels of participation in sport in many ways.

(i) What is meant by a role model?

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(1 mark)

QUESTION 3 CONTINUES ON THE NEXT PAGE

Turn over ▶

(ii) Give **three** reasons why a role model might make an activity more popular.

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- 2.
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- 3.
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(3 marks)

(d) All sports and activities have Governing Bodies. Give **two** examples of how Governing Bodies help their sport or activity.

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- 2.
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(4 marks)

20

END OF QUESTIONS