

SECTION A

Health, Fitness and the Principles of Training

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

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Example 2

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(2 marks)

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

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(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

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Physical activity example

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(2 marks)

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

Co-ordination

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Physical activity example

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(2 marks)

QUESTION 1 CONTINUES ON THE NEXT PAGE

Turn over ►

(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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(1 mark)

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

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(2 marks)

2 (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

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(2 marks)

(ii) Intensity

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(2 marks)

(iii) Duration

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(2 marks)

QUESTION 2 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?

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(1 mark)

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

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(2 marks)

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

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(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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(2 marks)

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TURN OVER FOR THE NEXT QUESTION

Turn over ►

SECTION B

Factors Affecting Individual Performance and Participation

3 (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

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(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) IT (Information Technology) is now used a great deal in physical education. **Describe two** different examples showing how IT has been used in a positive way.

Example 1

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Example 2

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(4 marks)

QUESTION 3 CONTINUES ON THE NEXT PAGE

Turn over ►

(d) Activities both grow and decline in popularity for a number of reasons.

(i) **Name** a particular activity which has grown in popularity and **explain** why this has happened.

Activity.....

Explanation

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(3 marks)

(ii) **Name** a particular activity which has declined in popularity and **explain** why this has happened.

Activity.....

Explanation

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(3 marks)

END OF QUESTIONS

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