

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education
June 2006



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

3586/W

Wednesday 24 May 2006 1.30 pm to 2.30 pm

You will need no other materials.

Time allowed: 1 hour

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 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 53.
3 of these marks are 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			
Number	Mark	Number	Mark
1		3	
2			
Total (Column 1) →			
Total (Column 2) →			
Quality of Written Communication			
TOTAL			
Examiner's Initials			

SECTION A

Health, Fitness and the Principles of Training

1 (a) A warm-up and warm-down are essential when taking part in physical activity.

(i) Give **two** reasons why you should complete a warm-up before physical activity.

1

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2

.....

(2 marks)

(ii) Give **two** reasons why you should complete a warm-down after physical activity.

1

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2

.....

(2 marks)

(b) A club standard performer needs to be healthy and have a good level of general fitness.

(i) What is meant by 'healthy'?

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.....

(1 mark)

(ii) What is meant by 'general fitness'?

.....

.....

(1 mark)

(iii) Explain how these elements combine to enable a performer to compete at club level.

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(2 marks)

(c) Explain why an international standard performer needs to train more regularly than a club performer.

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(3 marks)

(d) Different types of strength are needed for certain activities.

Give **two** types of strength, using an example of each from a **named physical activity**.

Type 1

Named physical activity example

.....

Type 2

Named physical activity example

.....

(4 marks)

2 (a) Interval training is a commonly-used method of training.

(i) State **one** advantage of using interval training as a method of training.

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(1 mark)

(ii) Explain what is meant by the term ‘progression’ in relation to interval training.

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(2 marks)

(b) Safety is an important consideration for performers.

Using examples, explain why the following are important.

(i) Following the rules

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(3 marks)

(ii) Equipment checks

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(3 marks)

(c) Performance can be affected by physiological and psychological factors.

(i) State what a **physiological** factor is.

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(1 mark)

(ii) State what a **psychological** factor is.

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.....

(1 mark)

(iii) Describe the effects that a named physiological factor and a named psychological factor have on performance.

Physiological factor

Effect on performance

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.....
.....

Psychological factor

Effect on performance

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.....

(4 marks)

15

Turn over ►

SECTION B

Factors Affecting Individual Performance and Participation

3 (a) Different social groupings can have a positive or negative effect on participation in sport.

(i) Describe **one positive** effect that your **peer group** might have on participation.

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(2 marks)

(ii) Describe **one negative** effect that your **socio-economic group** might have on participation.

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(2 marks)

(b) The National Curriculum allows pupils to adopt different roles as part of their physical education programme. Describe **one** benefit that adopting each of the following roles can bring.

(i) Coach

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.....
.....

(2 marks)

(ii) Official

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.....

(2 marks)

(iii) Organiser

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(2 marks)

(c) Many schools now allow pupils to take examination-based courses and sports performance awards.

Describe **three** advantages for the individual or the school to be gained from participation in these.

Advantage 1

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Advantage 2

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Advantage 3

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(6 marks)

Question 3 continues on the next page

Turn over ►

(d) A number of different organisations have responsibility for the development of sport in this country. Explain what the following organisations do.

(i) National Coaching Foundation (now called *sports coach UK*)

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(2 marks)

(ii) Sport England

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(2 marks)

20

END OF QUESTIONS

