

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use
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General Certificate of Secondary Education  
June 2007



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

**3586/W**

Friday 18 May 2007 9.00 am to 10.00 am

<b>You will need no other materials.</b>
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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 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 53.  
Three 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		3	
2			
Total (Column 1) →			
Total (Column 2) →			
TOTAL			
Examiner's Initials			

**SECTION A**

**Health, Fitness and the Principles of Training**

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.

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

*(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

.....  
.....

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 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.

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

*(2 marks)*

<b>15</b>

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

(i) Specificity

.....

.....

*(2 marks)*

(ii) Overload

.....

.....

*(2 marks)*

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

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

Advantage 1

.....

Advantage 2

.....

*(2 marks)*

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

.....

.....

*(1 mark)*

**Question 2 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.

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

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

(i) What is meant by fatigue?

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

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

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

**SECTION B****Factors Affecting Individual Performance and Participation**

3 (a) 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 3 continues on the next page**

**Turn over ►**

(b) 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)*

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

1.....  
.....

2.....  
.....

3.....  
.....

*(3 marks)*

(c) Most activities or sports have Governing Bodies. Describe **three** different responsibilities which a Governing Body might have.

Responsibility 1

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.....

*(2 marks)*

Responsibility 2

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.....  
.....

*(2 marks)*

Responsibility 3

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

*(2 marks)*



- (d) Explain why attitudes have changed and women now have greater opportunity to participate, and to manage and officiate in sport.

Women’s opportunities to participate

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Women’s opportunities to manage and to officiate

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*(4 marks)*

<b>20</b>

**END OF QUESTIONS**





