

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use
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General Certificate of Secondary Education  
June 2008

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

**3586/W**



Friday 16 May 2008 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 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 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) →			
Quality of Written Communication			
TOTAL			
Examiner's Initials			



**SECTION A**

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

**1 (a)** During your GCSE Physical Education course you were required to lead a warm-up or warm-down.

(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.

(i) **Describe** a social benefit which you might be able to gain.

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

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

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

Advantage one .....

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

(2 marks)

Advantage two .....

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

(2 marks)

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

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

(2 marks)

15

Turn over ►



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

2 (a) (i) Motivation .....  
.....  
.....  
(2 marks)

2 (a) (ii) Boredom .....  
.....  
.....  
(2 marks)

2 (a) (iii) Anxiety .....  
.....  
.....  
(2 marks)

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

For a named physical activity, **describe** an **example** of an accident which can take place. **State** the actions which should be taken to prevent the accident.

Named physical activity. ....  
Accident .....  
.....  
Action .....  
.....  
(2 marks)



2 (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 .....

.....

.....

.....

.....

(3 marks)

2 (d) 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

**Turn over for the next question**

**Turn over ▶**



**SECTION B**

Factors Affecting Individual Performance and Participation

3 (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.

3 (a) (i) Example one .....

.....

.....

.....

(2 marks)

3 (a) (ii) Example two .....

.....

.....

.....

(2 marks)

3 (a) (iii) Example three .....

.....

.....

.....

(2 marks)



3 (b) Local Authorities have a role to play in affecting individual performance and participation. Using an **example** describe **two** ways in which they have had an effect in your local area.

Example one .....  
.....  
.....  
.....

Example two .....  
.....  
.....  
.....

(4 marks)

3 (c) Role models can greatly influence the levels of both performance and participation.

3 (c) (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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.....  
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(3 marks)

3 (c) (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)

Turn over ►



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

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

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

(2 marks)

3 (d) (ii) **Explain**, using a different **example**, how a family could have a **negative** influence and cause a **decrease** in participation.

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

(2 marks)

20

**END OF QUESTIONS**

