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Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2003



**PHYSICAL EDUCATION (SPECIFICATION B) 3582/W**  
**Written Paper**

Monday 19 May 2003 9.00 a.m. – 10.30 a.m.

<b>No additional materials are required.</b>
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Time allowed: 1 hour 30 minutes

**Instructions**

- Use blue or black ink or ball point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions in **Section A**.
- Answer **two** of the **three** questions in **Section B**.
- Do all rough work in the answer book. Cross through any work you do not want marked.

**Information**

- The maximum mark for this paper is 94.
- Mark allocations are shown in brackets.

**Advice**

- You are advised to spend approximately 1 hour on **Section A** and 30 minutes on **Section B**.
- This includes up to 4 marks for the quality of written communication.

For Examiner's Use			
Number	Mark	Number	Mark
A1		B1	
A2		B2	
A3		B3	
A4			
Total (Column 1)	→		
Total (Column 2)	→		
Quality of Written Communication			
TOTAL			
Examiner's Initials			

**SECTION A**

Answer **all** questions in the spaces provided.

**A1** (a) Name **one** physical activity for which long arms or legs might be an advantage.

.....  
(1 mark)

(b) (i) Name **one** physical activity where suppleness is particularly important at the shoulder.

.....

(ii) Name a different physical activity where suppleness is particularly important at the hip.

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(c) (i) What is glycogen?

.....

(ii) Give **two** places in the body where glycogen is stored.

1. ....

2. ....

(3 marks)

(d) (i) Carbon dioxide is one waste product of energy release. Name **two** others.

1. ....

2. ....

(ii) How does the body get rid of waste products **during** physical activity?

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(4 marks)

(e) What is stroke volume? How does stroke volume affect performance?

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(5 marks)

A2 (a) How are reactions measured?

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(1 mark)

(b) Give **two** different examples where fast reactions are important during a physical activity.

- 1. ....
  - 2. ....
- (2 marks)

(c) Dehydration is one condition that may occur as a result of physical activity. Name **three** others.

- 1. ....
  - 2. ....
  - 3. ....
- (3 marks)

(d) (i) What is meant by the training threshold?

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(ii) How does age affect the training threshold?

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(4 marks)

(e) Name **one** method of training suitable for anaerobic needs. Explain why it is suitable.

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(5 marks)

**A3** (a) A teacher is an example of a person who can help sportspeople to improve their performance. Give another example.

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*(1 mark)*

(b) Give **two** jobs that a sports administrator might do.

- 1. ....
  - 2. ....
- (2 marks)*

(c) Other than for fitness and health, give **three** reasons why people participate in physical activity in their leisure time.

- 1. ....
  - 2. ....
  - 3. ....
- (3 marks)*

(d) How can schools promote sport and physical activity?

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*(4 marks)*

(e) How can the amount of money you have affect your participation in sport and physical activity?

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*(5 marks)*

A4 (a) Give **one** of the main providers of facilities for sport and physical activity at a local level.

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(1 mark)

(b) Name **two** National Sports Centres.

1. ....
  2. ....
- (2 marks)

(c) Give **three** examples where sponsorship can be a **disadvantage** to a sport.

1. ....
  2. ....
  3. ....
- (3 marks)

(d) How does a ladder competition work?

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(4 marks)

(e) How does the International Olympic Committee provide opportunities for sport and physical activity?

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(5 marks)

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**SECTION B**

Answer **two** questions in **Section B**

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**B1** Efficiency of the body systems is key to good health and fitness.

- (a) How do the skeletal and muscular systems work together to produce movement for physical activity?
- (b) How do the common injuries that can affect the skeletal and muscular systems occur? Give examples.

*(15 marks)*

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**B2** Top sportspeople are always looking for ways to improve their performance.

- (a) How can a sportsperson’s diet help to improve their performance?
- (b) How might the use of drugs affect performance? Give examples.

*(15 marks)*

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**B3** Competing against an opponent who is prepared to cheat can be a real test of sportsmanship.

(a) What is sportsmanship? Give examples.

(b) Use different sports to outline different examples of cheating.

*(15 marks)*

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**THERE ARE NO QUESTIONS PRINTED ON THIS PAGE**