Surname		Other N	Names			
Centre Number			Candida	te Number		
Candidate Signature						



General Certificate of Secondary Education June 2005

ASSESSMENT and QUALIFICATIONS

ALLIANCE

PHYSICAL EDUCATION (SPECIFICATION B) 3582/W Written Paper

Wednesday 25 May 2005 1.30 pm to 3.00 pm

No additional materials are required.

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 the questions in Section A.
- Answer two of the three questions in Section B.
- All working must be shown.
- Do all rough work in this book. Cross through any work you do not want marked.

Information

- The maximum mark for this paper is 94. This includes up to 4 marks for the quality of written communication.
- Mark allocations are shown in brackets.

Advice

• You are advised to spend approximately 1 hour on **Section A** and 30 minutes on **Section B**.

For Examiner's Use				
Number	Number Mark		Mark	
A1		B1		
A2		B2		
А3		В3		
A4				
Total (Column	1)	→		
Total (Column 2)				
Quality of Written Communication				
TOTAL				
Examiner's Initials				

G/M141287/S05/3582/W 6/6/6/6 3582/W

SECTION A

Answer all questions in the spaces provided.

1	(a)	Name	e one body system involved in movement.	
	(b)		two food types that provide energy for movement.	(1 mark)
	(c)	2(i)	What is adrenalin?	(2 marks)
		(ii)	How does adrenalin affect performance?	
	(d)	(i)	Describe the procedures involved in a test to measure strength.	(3 marks)
		(ii)	Why is strength important for effective performance?	
				(4 marks)
	(e)		one static balance and explain how the muscles work to maintain this balance.	
				(5 marks)



A2	(a)	What does somatotype mean?	
			(1 mark)
	(b)	Give two activities for which an endo-mesomorph is best suited.	
		2	
		4	(2 marks)
	(c)	Give three signs or symptoms of dehydration.	
		1	
		3	
			(3 marks)
	(d)	(i) What causes of pressure/stress may affect performance?	
		(ii) How can pressure/stress improve performance?	
			(4 marks)
	(e)	Under what circumstances might training not improve performance?	
			(5 marks)

Turn over

.3 (8	What is a choreographer?	
		(1 mark)
(t	Give two vocations linked with sport and physical activity.	
	1	
	2	(2 marks)
(0	e) Give three ways in which climate may influence participation in sport ar	nd physical activity.
	1	
	2	
	3	(3 marks)
(0	Why are some sports or physical activities more popular than others?	
		(4 marks)
(6	e) How can television promote sport and physical activity?	
		(5 marks)



(a)	A ladder is one type of competition. Give one other type.
	(1 mark)
(b)	Give two functions of Sports Coach UK (formerly The National Coaching Foundation).
	1
	2
(c)	Give three benefits of being coached.
	2
	3
<i>(</i> 1)	(3 marks)
(d)	The government collects money from gambling and taxation. Explain how this money is important to the development of British sport.
	(4 marks)
(e)	UKSport is the organisation that supports elite performers at international level. How does it do this?
	(b) (c)

 $\left(\frac{15}{15}\right)$

(5 marks)
Turn over ▶

SECTION B

Answer two questions in Section B.

B1	Many	factors are important in determining how successful a performe	er may be.
	(a)	How do breathing rate, heart rate and metabolic rate affect the pactivity?	
	(b)	How do variations in muscle-fibre type affect performance?	Give examples of appropriate
		physical activities.	(15 marks)
•••••	•••••		
	•••••		
	•••••		
	•••••		
•••••	•••••		
•••••	••••••		



B2	Being	sing physically fit is important for effective performance.	
	(a)	What is specific physical fitness? Choose one sport or physical activity and identify the specific physical fitness requirements.	
	(b)	Explain the methods of training used to improve specific physical fitness for the chosen sport or physical activity.	
		(15 marks)	
•••••	•••••		
•••••			
•••••	•••••		
•••••			
•••••			
•••••	• • • • • • • • • • • • • • • • • • • •		
•••••			
•••••			
•••••			



(a) In what ways can people involve sport and physical activity in their leisure time?			
	(b)	How can sport be used to develop friendships between different groups of people?	(15 marks)
•••••			
•••••			
•••••	•••••		
•••••			
•••••	•••••		



END OF QUESTIONS

THERE ARE NO QUESTIONS PRINTED ON THIS PAGE