

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2006



**PHYSICAL EDUCATION (SPECIFICATION B)  
Written Paper**

**3582/W**

Wednesday 24 May 2006 1.30 pm to 3.00 pm

<b>You will need no other materials.</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** the questions in **Section A**.
- Answer **two** of the **three** questions in **Section B**.
- 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.  
4 of these marks are for the Quality of Written Communication.
- The marks for questions 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	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) Give **one** type of joint in the body.

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(1 mark)

(b) Name **two** muscles in the upper body.

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

(c) Give **three** parts of the nervous system involved in the control of movement.

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

(d) (i) What is blood pressure?

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(ii) How does physical activity affect blood pressure

during activity? .....  
.....  
in the long term? .....  
.....  
(4 marks)

(e) Give reasons why water balance is important for effective performance. How can this balance be maintained?

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(5 marks)

<b>15</b>

**Turn over for the next question**

**Turn over ▶**

**A2** (a) Give **one** example of interval training.

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(1 mark)

(b) Give **two** reasons why an athlete would wish to train at high altitude.

1 .....

2 .....

(2 marks)

(c) Give **three** ways in which the weather can affect performance.

1 .....

2 .....

3 .....

(3 marks)

(d) (i) Timing is one component of skill; name **two** others.

1 .....

2 .....

(ii) Give **two** different examples of how good timing results in successful performance.

1 .....

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2 .....

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(4 marks)

(e) Some sportspeople have been tempted to take drugs. Explain how certain drugs could improve performance.

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*(5 marks)*

<b>15</b>

**Turn over for the next question**

**Turn over ►**

**A3** (a) What is a sports leader?

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(1 mark)

(b) Give **two** jobs linked to sports science.

1 .....

2 .....

(2 marks)

(c) Give **three** examples of good sportsmanship.

1 .....

2 .....

3 .....

(3 marks)

(d) Why are more females taking part in sport and physical activity now than in the past?

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(4 marks)

(e) The results of some sports depend upon judgements by officials. Give examples to show how officials attempt to achieve fair results.

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(5 marks)

<b>15</b>

**Turn over for the next question**

**Turn over ►**

**A4** (a) Name **one** major national sports facility.

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(1 mark)

(b) (i) Give **one** advantage of having a national stadium.

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(ii) Give **one** disadvantage of having a national stadium.

.....  
(2 marks)

(c) Give **three** organisations that may provide competitions at a local level.

1 .....

2 .....

3 .....

(3 marks)

(d) How do different types of competition offer opportunities for participation?

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(4 marks)



(e) How can sports clubs raise the money to pay their professional players?

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(5 marks)

<b>15</b>

**Turn over for Section B**

**Turn over ▶**

**SECTION B**

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

**B1** Being physically fit and safe are worthwhile personal objectives and contribute to complete mental and physical well-being.

- (a) How can general physical fitness be improved?
- (b) How can injuries be avoided?

*(15 marks)*

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**B2** Leisure time is that part of a person's life when they can spend time doing what they want.

- (a) Why should sport and physical activity be an important part of leisure time?
- (b) How can sport and physical activity be promoted?

*(15 marks)*

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**There are no questions printed on this page**