

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 B)  
Written Paper**

**3582/W**

Friday 18 May 2007 9.00 am to 10.30 am

<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 to be marked.

**Information**

- The maximum mark for this paper is 94.  
Four of these marks will be awarded 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			
Question	Mark	Question	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) What is the pulse?

.....  
*(1 mark)*

(b) In which part of the body are the following muscle groups?

(i) pectorals .....

(ii) quadriceps .....  
*(2 marks)*

(c) Give **three** short-term effects of exercise.

1 .....

2 .....

3 .....  
*(3 marks)*

(d) (i) What is lactic acid?

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(ii) How does lactic acid affect performance?

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*(4 marks)*

(e) What are the benefits to the heart and circulatory system of an active lifestyle?

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*(5 marks)*

<b>15</b>

**Turn over for the next question**

**Turn over ▶**

**A2** (a) Cycling would be a good test for which component of skill?

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*(1 mark)*

(b) Give **two** reasons why skill is important.

1 .....

2 .....

*(2 marks)*

(c) Give **three** ways in which smoking affects performance.

1 .....

2 .....

3 .....

*(3 marks)*

(d) Why is rest important in a training programme?

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*(4 marks)*

(e) Use examples to explain the effects that physique may have on performance.

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*(5 marks)*

<b>15</b>

**Turn over for the next question**

**Turn over ►**

**A3** (a) Give **one** advantage of taking part in sport.

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*(1 mark)*

(b) Give **two** reasons for participating as a part-time professional player.

1 .....

2 .....

*(2 marks)*

(c) Give **three** different opportunities for participation in activities in a mountain environment.

1 .....

2 .....

3 .....

*(3 marks)*

(d) In gymnastics a judge marks performance. Identify and explain other non-playing ways of participating in sport and physical activity.

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*(4 marks)*

(e) How can sportspeople bring harm to their sport?

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*(5 marks)*

<b>15</b>

**Turn over for the next question**

**Turn over ►**

**A4** (a) Give the name of a British sports council.

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*(1 mark)*

(b) Name **two** national governing bodies of sport within the UK.

1 .....

2 .....

*(2 marks)*

(c) Give **three** different ways in which volunteers help to keep amateur sports clubs running.

1 .....

2 .....

3 .....

*(3 marks)*

(d) Explain why it might be an advantage for a sport to be in partnership with business.

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*(4 marks)*



(e) How do organisers of events at sports grounds ensure the safety of spectators?

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*(5 marks)*

<b>15</b>

**Turn over for Section B**

**Turn over ►**

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**SECTION B**

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

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**B1** General physical fitness varies from person to person.

(a) How do the skeletal and muscular systems determine a person’s suppleness?

How is suppleness tested?

(b) What would be the benefits to the individual of having good, general physical fitness?  
*(15 marks)*

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**B2** Taking part in a training programme is important for improving performance.

(a) Explain the principle of overload.

(b) What are the advantages of using circuit training as a method of training?

*(15 marks)*

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15

**Turn over for the next question**

**Turn over ▶**





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