



ASSESSMENT and  
QUALIFICATIONS  
ALLIANCE

**General Certificate of Secondary Education**

**Physical Education 3587**

**Short Course**

*Specification B*

**Written Paper**

**Mark Scheme**

*June examination - 2008 series*

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**A1**

(a) **What attaches muscle to bone?**

Tendon

(1 mark)

(b) **Name two body systems involved in providing energy for movement and physical activity.**

Two systems from....

circulatory

respiratory

digestive

accept cardiovascular

(2 marks)

(c) (i) **What type of joint is found at the shoulder?**

Ball and socket

(accept....synovial)

(accept freely moveable)

(1 mark)

(ii) **Name two types of movement at the shoulder?**

Two from...

- Flexion;
- Extension
- Abduction
- Adduction
- Circumduction
- Elevation
- Depression
- Rotation

accept...forwards/ backwards/ up/ down/ circling (for max one mark.)

(2 marks)

(d) (i) **Why is local muscular stamina important for effective performance?**

Because it enables groups of muscles to keep going (one mark)

- By maintaining or repeating contractions
- Without getting tired
- Thereby perform longer

(ii) **Explain how local muscular stamina can be measured.**

By timing how long a specific task can be maintained (one mark)

- Without significant rest or time for recovery

By counting the number of times an exercise can be repeated consecutively (one mark)

- Without significant hesitation
- Until exhausted, or

- Within a time limit

Do not accept...bleep test

((3+1, 2+2, 1+3))  
(4 marks)

(e) **Why does fatigue occur during physical activity?**

Fatigue occurs because:

- Muscles can no longer repeat their contractions
- The capability for physical work is diminished
- Oxygen supply is reduced
- Glycogen store in the muscles is depleted
- Glycogen store in the liver is depleted
- Glucose in the blood is depleted
- Lactic acid in the muscles is produced
- Blood sugar level drops

*accept...(for max three marks)...*

...you have worked hard/ you have been doing strenuous activity for a long time/  
you are unfit

...the body is tired/ you haven't eaten/ slept/ haven't trained

...energy used up

...you haven't rehydrated

(5 marks)

**A2**

(a) **What does a sports administrator do?**

A person who organises/ arranges fixtures/ events/ displays/ rotas/ matches/ funding/ the paperwork.

Do not accept...administers sport

(1 mark)

(b) **Give two reasons why people watch sport.**

**Two** such as:

- To be informed
- To be educated/ to learn
- To be entertained
- To be inspired
- For enjoyment/ excitement/ fun
- For social interaction/ to be part of a fanbase/ family tradition
- Because they're interested
- Because it's their job (eg journalist)
- To be associated with success
- To follow heroes/ watch favourite players/ role models

(2 marks)

(c) **Give three ways in which groups such as senior citizens can be encouraged to participate in sport and physical activity.**

**Three** might include:

- Focusing publicity/ promotions/ campaigns
- Providing appropriate facilities/ equipment
- Providing affordable prices
- Providing special sessions at convenient times
- Offer a variety of activities
- Providing specialist coaches
- Providing one to one support
- Providing appropriate competition
- Playing with participants of similar ability
- Ensuring ease of access/ community availability/ linked transport
- Offering socialising opportunities

(3 marks)

(d) **Why might a person want challenge in his/ her physical activity?**

Include challenge in order to:

- Increase workload
- Lose weight
- Improve body awareness/ image
- Gain a feeling of well-being/ satisfaction/ confidence
- Relieve boredom/ stimulate interest/ increase motivation/ enjoyment
- Engage a purpose/ aim (eg to raise money)
- Engage in something not attempted before
- Achieve a target/ goal/ play at a higher level/ get fitter

- Overcome a fear
- Experience success
- Record a PB/ raise personal standards
- be selected for representative honours
- become a professional

*(4 marks)*

(e) **How can television increase the enjoyment of sport and physical activity?**

By offering or presenting:

- Pre-views/ build up/ follow up
- Different angles/ close-ups
- A better overall view
- Action replays
- Action commentary
- Action explanations/ analysis
- Interviews
- Access to the event (no ticket needed, no travel, no expenses, no effort)
- Programmes at convenient times
- Access to witnessing high standards/ high profile events
- Live and recorded events (including highlights)/ repeats
- Documentaries/ behind the scenes
- A (24/7) reporting/ information service
- Light entertainment eg quizzes
- Show new sports/ favourite sports

*(5 marks)*

**B1**

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

(a) **What are the long-term benefits of regular exercise?**

*Long term benefits:*

*To the skeletal muscular system such as:*

- Stronger skeletal muscle
- Increase muscle fibre girth
- Stronger connective tissue
- Increase repeat muscle contractions
- Elasticity in skeletal muscle
- Greater range of movement at joints

*To the respiratory system such as :*

- *Increased vital capacity*
- *Increased VO2 max*
- *Increased tidal volume*

*To the circulatory system such as :*

- Increased stroke volume
- Increased cardiac output
- Stable blood pressure
- Lower resting heart rate
- 'Clearer' vascular network
- Increased production of red blood cells
- Increased capillarisation
- Increased recovery rates

*To the digestive system such as:*

- Higher metabolic rate
- Efficient disposal of waste products

*To mental/social/physical health such as:*

- Reduced risk of heart attack
- Reduced cholesterol
- Look good/ feel good

Accept (for one mark) increases in:

- Strength/ speed/ stamina/ suppleness
- Improved body shape
- Efficiency of body systems

(b) **Describe key features of a safe health-promoting physical activity programme for a person in the 14-19 age range.**

*Safe health promoting programme:*

- Resistance exercises to improve strength
- eg weight training

- Short distance exercises to improve speed
- eg shuttle running
- Repetitive exercise to improve muscular stamina
- eg circuit training
- Long duration exercises to improve cardio-vascular stamina
- eg long distance running/ jogging
- mobility exercises to improve suppleness
- eg static or dynamic stretching
- Regular exercise
- Frequent exercise
- Building up intensity gradually
- Variety in exercise
- Adequate rest/ recovery – replenishment of fluids
- Involve a training partner or have supervision
- Be sure the method is ‘fit for purpose’ and matches fitness needs
- Not exercising when injured
- Warming up/ cooling down

Do not accept...answers related to diet

NB **both** parts of the question must be answered to gain full marks.

*(15 Marks)*



**B2**

**Many factors can influence a person's participation in sport and physical activity.**

- (a) **How do personal economics determine the sport the physical activity that a person can afford to take part in?**

*Wealth:*

Money determines how much time is available (*one mark*)

Money determines what activities can be afforded (*one mark*) by:

- Having money available to spectate...
  - To buy literature, specialist TV channels
  - To pay for tickets, travel to watch live professional events/ matches
- Having money available to undertake courses to qualify as officials, coaches, choreographers
- Having money available to play/ perform/ to pay match/ tournament fees...
  - To pay club fees/ membership fees
  - To pay coaching fees/ lessons
  - To pay insurance
  - To buy kit/ footwear and equipment
  - To pay facility hire
  - To pay travel costs
- Some activities involve high cost of associated socialisation
- Some activities are cheap (eg jogging)
- Concessions may be available for identified groups eg. Juniors, OAPs, UB40 holders/ Passport to Leisure, the disabled in order to encourage participation

NB answers from the 'negative' perspective are acceptable providing they are not simply a reverse repetition of something already stated.

- (b) **How does the environment of the place where a person lives affect opportunities for participation in sport and physical activity?**

*Environment:*

The home environment determines the first opportunities and experiences (*one mark*), and provides the basis for local traditions (*one mark*).

- *Urban environments offer:*
  - Community, school, club and local authority facilities such as...
  - Sports centres, swimming pools, parks (pitches/ courts), and gyms
  - For many and varied sports and physical activities
- *Country environments offer:*
  - Open spaces, rivers, canals, lakes, forests, hill/ moorland for...
  - Outdoor/ adventure sports and physical activities

- *Mountain environments offer extreme conditions for:*
  - Ultimate challenge and expeditions
- *Costal environments offer:*
  - Open water, surf and beach for...
  - Sailing and other water sports
- *Colder environments:*
  - Snow/ ice for activities on a seasonal basis such as...
  - Skiing/ skating/ sliding activities
- *Warmer environments offer:*
  - Year round opportunities for...
  - Extended competition or...
  - Out of season training and preparation

*Accept*

- Participation may be reduced by the social environment (not the “done thing”)
- Participation may be restricted due to pollution (especially urban environments)
- Participation may be restricted due to lack of access

NB both parts of the questions must be answered to gain full marks.

(15 marks)

**MARKING CRITERIA FOR QUALITY OF WRITTEN COMMUNICATION**

**3587 / W**

<b>High Performance</b>	Candidates spell, punctuate and use the rules of grammar with almost faultless accuracy, deploying a range of grammatical constructions; they use a wide range of specialist terms adeptly and with precision.	2 marks
<b>Threshold Performance</b>	Candidates spell, punctuate and use the rules of grammar with reasonable accuracy; they use a limited range of specialist terms appropriately.	1 mark
<b>Below Threshold Performance</b>		0 marks