

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2003



**PHYSICAL EDUCATION (SPECIFICATION B) 3587/W**  
**(SHORT COURSE) Written Paper**

Monday 19 May 2003 9.00 a.m. – 9.45 a.m.

<b>No additional materials are required.</b>
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Time allowed: 45 minutes

**Instructions**

- Use blue or black ink or ball point pen.
- Fill in the boxes at the top of this page.
- Answer **both** the questions in **Section A**.
- Answer **one** of the **two** 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 47.
- Mark allocations are shown in brackets.

**Advice**

- You are advised to spend approximately 30 minutes on **Section A** and 15 minutes on **Section B**.
- This includes up to 2 marks for the quality of written communication.

For Examiner's Use			
Number	Mark	Number	Mark
A1		B1	
A2		B2	
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.

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(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.

.....

(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) 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)*

**SECTION B**

Answer **one** question 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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Handwriting practice area with 20 horizontal dotted lines.



Area with horizontal dotted lines for writing.

**END OF QUESTIONS**

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