

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Secondary Education
June 2007



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

3587/W

Friday 18 May 2007 9.00 am to 9.45 am

You will need no other materials.
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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** 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 to be marked.

Information

- The maximum mark for this paper is 47.
Two 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 30 minutes on **Section A** and 15 minutes on **Section B**.

For Examiner's Use			
Question	Mark	Question	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) What is the pulse?

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(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)

15

Turn over for the next question

Turn over ▶

A2 (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)

15

Turn over for Section B

Turn over ►

SECTION B

Answer **one** question in **Section B**.

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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END OF QUESTIONS

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