



Rewarding Learning

General Certificate of Secondary Education
2010

Physical Education

Paper 1

[G7401]

FRIDAY 21 MAY, AFTERNOON



G7401

StudentBounty.com

71	er
Candidate Number	
<input type="text"/>	

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.

Answer **all twenty-four** questions.

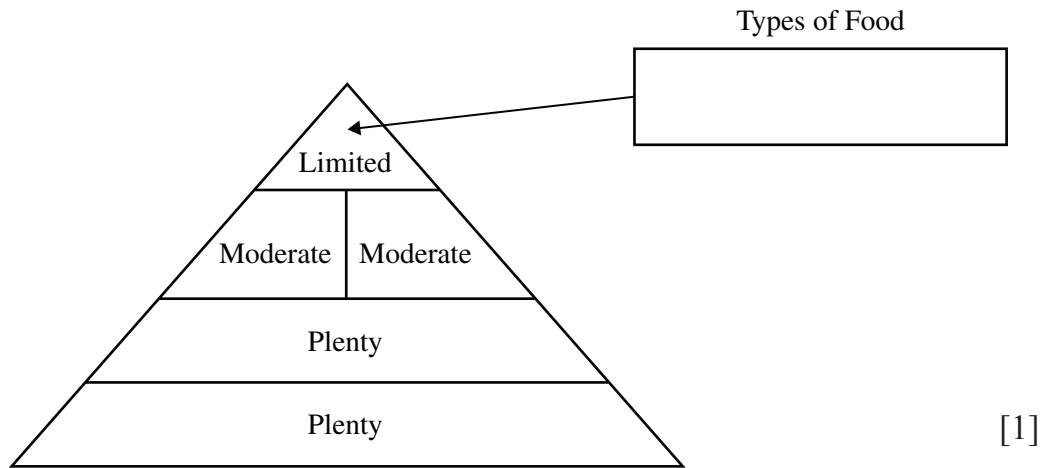
INFORMATION FOR CANDIDATES

The total mark for this paper is 105, including a maximum of 5 marks for the quality of written communication.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's use only	
Page Number	Marks
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
QWC	
Total Marks	<input type="text"/>

- 3 Look at the food pyramid. What types of food should you eat only in limited amounts (i.e. eat rarely)?



- 4 Read the statements and use a tick (✓) to match each statement to one of the classes of drugs.

Information	Stimulants	Narcotic analgesics	Anabolic agents	Diuretics	Peptide hormones and analogues	Beta-blockers	Blood doping
Used to reduce hand tremor							
Used to help build muscle size							
Used to reduce the feelings of pain							
Used to get the same effect as adrenalin							

[4]

- 5 People who smoke cigarettes run a higher risk of getting certain diseases or illnesses.

Name **one** respiratory disease or illness associated with “heavy” smoking over many years.

_____ [1]

Examiner Only

Marks Remark

11 What is the name given to the type of training which involves a group of muscles working specific limbs against a resistance, but where no movement of these limbs takes place, e.g. pressing your palms together with equal force and holding for 15 seconds?

_____ [1]

Examiner Only	
Marks	Remark

12 Morag wants to develop her aerobic fitness over 12 weeks.

Show that you can use a combination of **frequency** and **time** to apply effectively the principle of **progressive overload**.

Take it that the physical activity remains as running throughout the twelve weeks.

Take it that the intensity remains at 70%MHR throughout the twelve weeks.

Weeks	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Weeks 1-3	Run 70%MHR 30 min.				Run 70%MHR 20 min.		
Weeks 4-6							
Weeks 7-9							
Weeks 10-12							

[6]

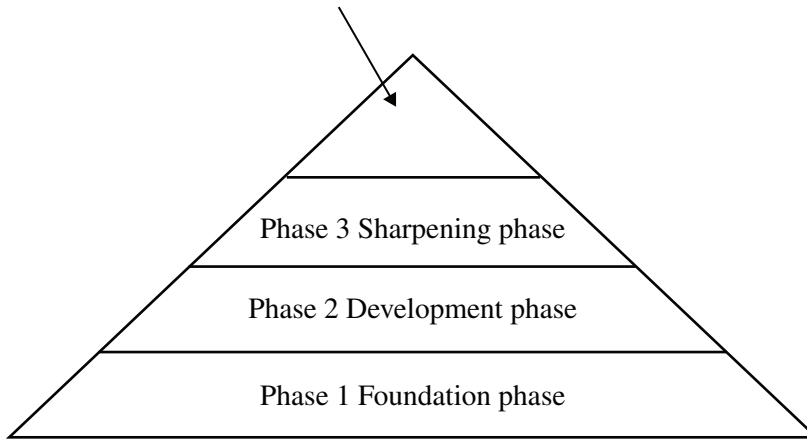
Examiner Only	
Marks	Remark

13 Training programmes often have the following phases.

Label the missing phase.

Phase 4 _____

[1]



Examiner Only	
Marks	Remark

- 14 Study the results from the star jump tests that were done by a group of students prior to a training programme. The tests were completed twice during the training programme, and at the end of the training programme.

Test: The number of star jumps performed in 2 minutes				
Name	Pre-training programme	After Phase 1 of the training programme	After Phase 2 of the training programme	At the end of the training programme
A	15	30	40	50
B	38	46	50	48
C	47	52	50	55
D	12	16	20	23
E	20	35	27	43

- (a) Who was not doing any exercise (like star jumps) before the training programme, but worked hard over the training period?

Student _____ [1]

- (b) What comments would you make about Student E's training over the period of the programme? Mention actual results to back up your comments.

_____ [3]

Examiner Only	
Marks	Remark

15 Which **two** words from those listed below would be most appropriate for completing the statement?

hormones nutrients urea (waste)

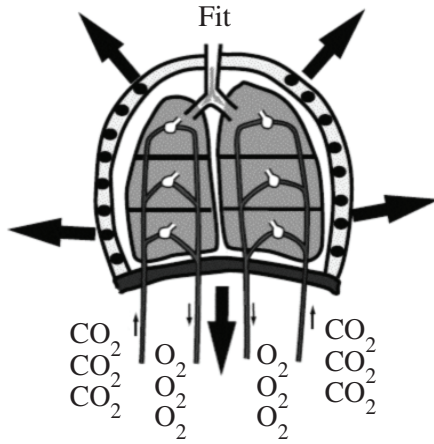
fibre platelets oxygen carbon dioxide

The circulatory system transports _____ and
_____ to the working muscles.

[1]

Examiner Only	
Marks	Remark

16 (a) Complete the statements below by selecting the most appropriate words from the following:



- nutrients
- alveoli
- ribs
- breathing
- ventilation
- carbon monoxide
- diaphragm
- heart rate
- trachea
- oxygen

As a result of regular aerobic exercise, the intercostal muscles and the _____ become stronger. The person's vital capacity and _____ improve so they can get more _____ into the lungs with each breath and over a period of time. [3]

(b) What change takes place to account for an increased diffusion capacity within the lungs?

[2]

Examiner Only	
Marks	Remark

19 Match the following phrases to the most appropriate stage of learning
Write your answers in the table below.

Coordination improving Movements well established

Refining technique Working out what to do

Movements are not efficient Advanced stage

Styles of learning	Phrase 1	Phrase 2
Cognitive stage		
Associative stage		
Autonomous stage		

[3]

20 You can have **intrinsic** feedback and **extrinsic** feedback.

(a) What is intrinsic feedback? _____

_____ [2]

(b) What is extrinsic feedback? _____

_____ [2]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

- 23 The table below shows one exercise from a circuit designed to develop the general muscular fitness of games players.

Sample exercise from the circuit	Press-ups			
	Work-time	Recovery time between exercises	Number of circuits to be done	Recovery time between circuits
Week 1–2	15 seconds	30 seconds	2	5 minutes
Weeks 3–4				
Weeks 5–6				
Weeks 7–8				

- (a) Complete the table above to show that you can apply effectively the principle of progressive overload over the eight weeks of training. [8]

Examiner Only	
Marks	Remark

24 (a) Give **two** reasons that will explain why a teacher or coach needs to know the “full marks” model (that is, the techniques to perform a skill efficiently, effectively and with accuracy) to teach a skill.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

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