



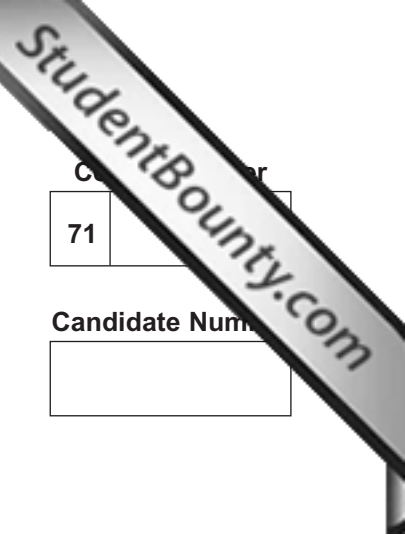
Rewarding Learning

General Certificate of Secondary Education
2012

Physical Education

[G9741]

WEDNESDAY 23 MAY, AFTERNOON



Centre Number	
71	
Candidate Number	

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.
Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions **11(b), 12, 14** and **15**.

For Examiner's use only	
Page Number	Marks
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
Total Marks	



Examiner Only	
Marks	Remark

1 Health is a state of complete well-being. What are the **three** parts of health that make up this state of complete well-being?

1. _____ [1]
2. _____ [1]
3. _____ [1]

2 (a) We need to eat food to maintain life. State **one** other reason why we need to eat food.

_____ [1]

(b) There are three different types of fat found in foods. Name **two** of them.

1. _____ [1]
2. _____ [1]

3 (a) State **two** harmful effects that **nicotine**, breathed in from cigarette smoke, can have on the body.

1. _____ [1]
2. _____ [1]

(b) State **two** harmful effects that **tar**, breathed in from cigarette smoke, can have on the body.

1. _____ [1]
2. _____ [1]

- 7 (a) Study Table 1 which shows a range of physical tasks. Show by using a tick (✓) the **three** activities that require **mostly anaerobic** energy to complete.

Table 1

Physical tasks	✓
Marathon	
High jump	
Shot put	
20 km walk	
Javelin	

[3]

- (b) (i) What does the physical fitness component of **flexibility** allow people to do when participating in sport?

[1]

- (ii) What determines a person's flexibility?

[2]

Examiner Only	
Marks	Remark

(c) Is **muscular power** or **muscular endurance** more **important** for inclusion in a health-related exercise programme?
Explain your answer.

I would choose muscular _____ as being more important.

Explanation for my choice

[3]

8 Explain in detail what **fartlek** training involves.

[3]

Examiner Only	
Marks	Remark

9 (a) Explain in detail what **interval** training involves.

[2]

(b) Explain **two** different ways by which you can make an interval training workout harder.

1. _____
_____ [1]

2. _____
_____ [1]

10 (a) In weight training, what does the abbreviation "**KG**" stand for?

[1]

(b) Explain the abbreviation "**RM**" as used in weight training.

[2]

Examiner Only	
Marks	Remark

(c) Explain the term “**Repetition**” as used in weight training.

[2]

(d) Explain the term “**set**” as used in weight training.

[2]

Examiner Only	
Marks	Remark

11 (a) State **two** everyday physical tasks that a person could do to help improve their health without involving specific training.

1. _____
2. _____ [2]

(b) State the principle of **specificity** and explain in detail how you would **apply** this principle to improve physical fitness for a team game, e.g. hockey.

_____ [8]

Examiner Only	
Marks	Remark

Examiner Only	
Marks	Remark

12 What benefits are there for players who use appropriate fitness tests, for their sport, before and during their training programme?

[6]

13 Complete the following sentences.

As a result of regular aerobic endurance training the slow twitch muscle fibres get an increased network of _____ .

This increased network means more _____ and _____ can be delivered to the slow twitch muscle fibres and more _____ taken away.

[4]

15 Define **enjoyment** and **success**, then explain the influence that each can have on teenagers' participation in physical activities, events or sports.

[8]

Examiner Only	
Marks	Remark

[Turn over

16 Study **Table 2** below, then answer the questions that follow.

Table 2

Weight training to improve strength	Option 1	Option 2	Option 3
Weight	3RM	15RM	80% of 1 RM
Number of repetitions	7 repetitions	4 repetitions	14 repetitions
Number of sets	2 sets	3 sets	5 sets

(a) Explain **why** each of the three options given for **weight** is suitable or not suitable for improving **muscular strength**.

[3]

(b) With a suitable weight for improving muscular strength, explain **why** each of the three options given for **repetitions** is suitable or not suitable for improving **muscular strength**.

[3]

Examiner Only	
Marks	Remark

(c) With a suitable weight and number of repetitions for improving muscular strength, explain **why** each of the three options given for **sets** is suitable or not suitable for improving **muscular strength**.

[3]

(d) From **Table 2**, which of the three weights 3 RM, 15 RM or 80% of 1 RM would be most suitable **if** the weight training was to improve **muscular endurance**.

The weight I would choose to improve **muscular endurance** would be:

[1]

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Marks	Remark

17 (a) Keith has decided to undertake a 12 week health-related exercise programme. Study Table 3 which shows his current activity level. Complete Table 3 to show how Keith could effectively apply the principles of variety and progressive overload to the aerobic component in each of the four remaining phases of his 12 week health-related exercise programme.

[12]

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Table 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Current activity level	Continuous steady pace walk at 60% MHR for 30 min.	X	X	X	X	X	Continuous steady pace walk at 70% MHR for 20 min.
Weeks 1 – 3							
Weeks 4 – 6							
Weeks 7 – 9							
Weeks 10 – 12							

(b) Explain your **pattern** for applying each of the principles of variety and progressive overload over the 12 weeks of the exercise programme.

[3]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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