



General Certificate of Secondary Education
2013

Centre Number

71

Candidate Number

Physical Education

[G9741]

TUESDAY 14 MAY, AFTERNOON



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 **12** and **25(a)**.

For Examiner's
use only

Page Number	Marks
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Total
Marks



Examiner Only	
Marks	Remark

1 Complete the statement below by choosing the correct word from the following list.

- attitude happiness health**
awareness physical shock

The World Health Organisation defines health as a state of complete _____, mental and social well-being. [1]

2 Over the past year, John ran lots of 10 km races.

Underline the statement below that best demonstrates John's **improvement** in physical fitness.

- (a) John doesn't feel tired at the end of his 10 km races.
- (b) John keeps running the 10 km races with improving running technique.
- (c) John is not out of breath at the end of his 10 km races.
- (d) John's heart rate during 10 km races stays within his target heart rate zone.
- (e) John keeps running personal best times in his 10 km races. [1]

3 Which **one** of the following terms is most closely linked with **learning a skill**?

- practice strength diuretics**
flexibility peaking relaxation

The term _____ is most closely linked with learning a skill. [1]

4 Calcium is a mineral that should be included in the food/drinks that we take as it helps keep our bodies functioning properly.

Name **one** other major mineral that we need from our food/drink to help keep our bodies functioning properly.

_____ [1]

13 Explain how regular and appropriate exercise can help with:

(a) weight control,

[1]

(b) posture.

[1]

Examiner Only	
Marks	Remark

20 (a) **Explain** the principle of **overload** that is used to develop physical fitness.

[2]

(b) **Explain** how the “FITT” principle can be used to apply the principle of **overload** to improve physical fitness.

[3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

(b) Apply your advice to what would, in reality, be done over the training period. Complete the following grid to show what your friend has to do in each work out. [9]

Examiner Only	
Marks	Remark

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

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