



General Certificate of Secondary Education  
2014

Physical Education

[G9741]

FRIDAY 16 MAY, AFTERNOON



Centre Number

71

Candidate Number

TIME

1 hour 30 minutes, plus your additional time allowance.

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 **7** and **18**.

For Examiner's  
use only

Page Number	Marks
2–3	
4–5	
6–7	
8–9	
10–11	
12–13	
14–15	
16–17	

Total  
Marks





**7** Define **cultural heritage**. Then use examples to explain how cultural heritage in sport can develop within families and at community level.

[illegible]

Examiner Only	
Marks	Remark

- 8 The human body is built for use. The more the respiratory, circulatory and muscular systems are used, the more efficient they become.

Explain **five** other benefits of regular and appropriate exercise.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]
5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

Examiner Only	
Marks	Remark



**10** Study **Workout 2** then answer the questions that follow.

## Workout 2

Run for 30 minutes working at a moderate intensity throughout.

- (a)** What is the name of the training method that is being used in Workout 2?

---

[1]

- (b)** Which component of physical fitness is this training method most likely to improve?

---

[1]

- (c)** Use evidence from Workout 2 to explain your choice of component.

---

---

---

---

[2]

Examiner Only	
Marks	Remark

11 Study **Workout 3** then answer the questions that follow.

**Workout 3**

20 repetitions of 100 m with each repetition run in 20 seconds and a recovery time of 20 seconds between each of the repetitions.

- (a) What is the name of the training method that is being used in Workout 3?

\_\_\_\_\_ [1]

- (b) Which component of physical fitness is this training method most likely to improve?

\_\_\_\_\_ [1]

- (c) Use evidence from Workout 3 to explain your choice of component.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

Examiner Only

Marks Remark



---

---

---

---

[2]

---

---

---

---

---

---

---

---

---

[4]

Examiner Only	
Marks	Remark



- 14 Study **Fig. 3** and **Fig. 4** which show the blood flow to the muscle cells under two different situations. Answer the question that follows.

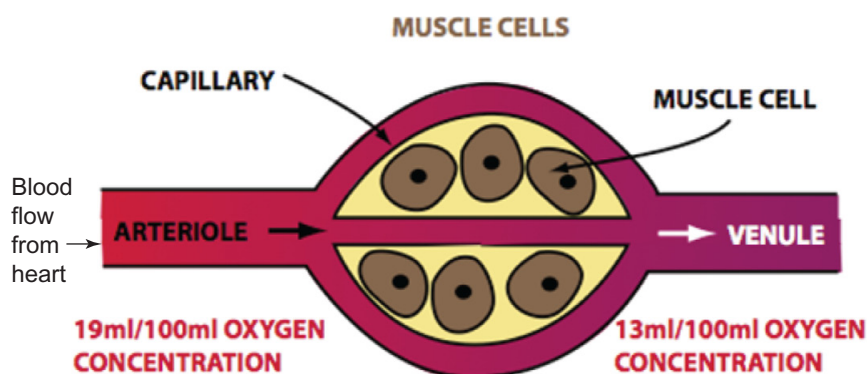


Fig. 3

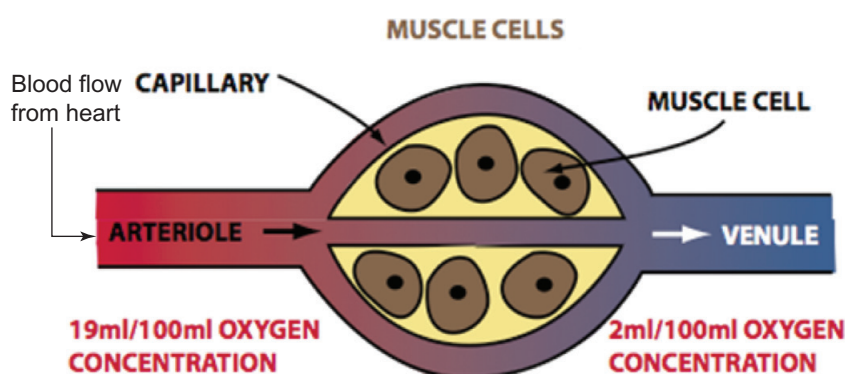


Fig. 4

© *Physical Education for CCEA GCSE (second edition)* by D Prentice, page 81, published by Colourpoint Educational, 2006. ISBN 1904242596

Explain in detail the information that these two figures provide.

---

---

---

---

---

---

---

---

---

---

[4]

Examiner Only	
Marks	Remark

**15** A hazard is something that can cause illness, injury or even death.

Identify **four** potential hazards for a pupil doing Physical Education at school.

1.

[1]
2.

[1]
3.

[1]
4.

[1]

Examiner Only	
Marks	Remark

**16** A person wants to train to swim 2 kilometres in less than 40 minutes.

Which **three** components of physical fitness should definitely be included in this person's training programme?

For each of the three components, explain in detail why it should be included in the training programme. Then name an appropriate method of training for developing each component.

[illegible]

Examiner Only	
Marks	Remark

Examiner Only	
Marks	Remark

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

(b) Explain **three disadvantages** in choosing circuit training (without the use of weights) to develop muscular fitness as opposed to choosing training with fixed weight machines and free weights.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

Examiner Only	
Marks	Remark











Permission to reproduce all copyright material has been applied for.  
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA  
will be happy to rectify any omissions of acknowledgement in future if notified.