

Centre Number		
71		
Cano	didate Number	

General Certificate of Secondary Education 2014

Physical Education

[G9741]



FRIDAY 16 MAY, AFTERNOON

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	

	_ [1]	
<u>).</u>		
	[1]	
State two different negative things a person might do as part of their		
festyle that would not help improve their physical health.		
	[1]	
<u>. </u>		
•		
•		
State three different and important dietary guidelines that should be		
State three different and important dietary guidelines that should be ollowed to have a healthy, balanced diet.	[1]	
State three different and important dietary guidelines that should be ollowed to have a healthy, balanced diet.	[1]	
State three different and important dietary guidelines that should be ollowed to have a healthy, balanced diet.	[1]	
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State three different and important dietary guidelines that should be ollowed to have a healthy, balanced diet.	[1] [1] [1]	

· <u> </u>	
	[2]
2	
	_ [2]
State two long-term physical effects that can develop as a result of	
Irinking too much alcohol over a prolonged period of time.	
l	
	[1]
)	
	[1]
Give three good health reasons why active teenagers should have	
sufficient quality sleep each night.	
<u> </u>	
	[1]
)	
	_ [1]
3	
3	_ [1]

eritage in sport can develop within families and at community level.		Marks Re
	_ [8]	

n five other benefits of regular and appr	ropriate exercise.
	[2]
	[2]
	[2]
	[2]

Study **Workout 1** then answer the questions that follow. **Examiner Only** Marks Remark Workout 1 5 repetitions of 200 m with each repetition run in 30 seconds and a recovery time of 120 seconds between each of the repetitions. (a) What is the name of the training method that is being used in Workout 1? _____[1] (b) Which component of physical fitness is this training method most likely to improve? _____ [1] (c) Use evidence from Workout 1 to explain your choice of component.

6

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9

Stu	dy Workout 2 then answer the questions that follow.	Examiner On Marks Rem
	orkout 2 un 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 like to improve?	kely
		[1]
(c)	Use evidence from Workout 2 to explain your choice of component	
		[2]

10

11 Study Workout 3 then answer the questions that follow. **Examiner Only** Marks Remark **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.

12	(a)	Explain what is meant by "recovery rate" in fitness testing.	Examiner Only
			Marks Remark
		[2]	
		[2]	
	(b)	Explain how you use the recovery rate to judge if your aerobic training is effective.	
		[4]	

13 Study Fig. 1 and Fig. 2 which show the blood flow in the body under two different situations. Answer the question that follows.

Examiner Only		
Marks	Remark	

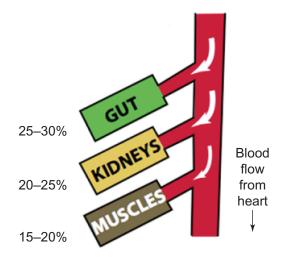


Fig. 1

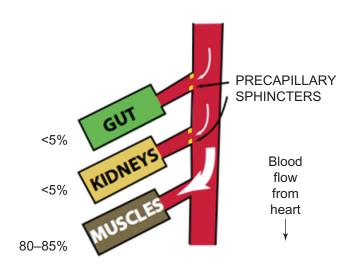


Fig. 2

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Explain in detail the information that these two figures provide.

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.

Examiner Only

Marks Remark

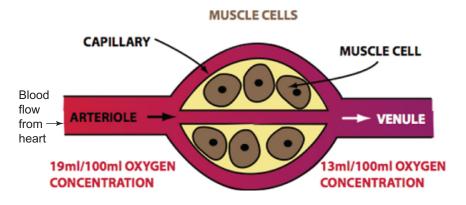


Fig. 3

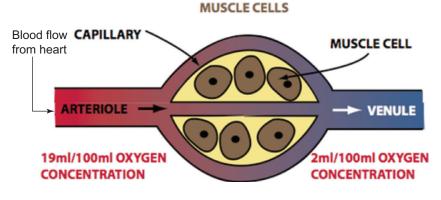


Fig. 4

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Explain in detail the information that these two figures provide.	
	[4]

15	A hazard is something that can cause illness, injury or even death.		Examin Marks	er Only Remarl
	Identify four potential hazards for a pupil doing Physical Education at school.			
	1			
		_ [1]		
	2			
		_ [1]		
	3			
	4			
		_ [1]		

16	A person wants to train to swim 2 kilometres in less than 40 minutes.	Examiner Only Marks Remark
	Which three components of physical fitness should definitely be included in this person's training programme?	Marks Remark
	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.	
	[12]	

17 (a)	Explain three advantages 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	Examin Marks	er Only Remark
	3		
	[2]		

•	
	[2]
	[2]
	[2]

overload and resuppropriate and e	ffective weekly	health-related	exercise progr	amme for	
his person.					

			er Only
		Marks	Remark
	_ [12]		
	<u>.</u>		
THE IS THE END OF THE OUTSTION DADED			
THIS IS THE END OF THE QUESTION PAPER			
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