

Centre	Num	ber
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**Candidate Number** 

# General Certificate of Secondary Education 2014

## **Physical Education**

[G9741]

**FRIDAY 16 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 **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	

8699

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	[1]	
2		
	[1]	
would not hel	ferent negative things a person might do in their lifestyle that lp improve their physical health.	
	[1]	
	[1]	
	different but important dietary guidelines that should be rder to have a healthy, balanced diet.	
1	[1]	
	[1]	
3	[1]	

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1	
	[2]
2	
State <b>two</b> long-term physical effects that can develop as a redrinking too much alcohol over a prolonged period of time.	esult of
1	
	[1]
2	
	[1]
Give <b>three</b> good health reasons to support the case for active naving sufficient quality sleep each night.	e teenagers
1	
	[1]
2	
3	

8699 3 [Turn over

neritage in sport can develop within families and at community leve	el.	rks
	[8]	

xplain <b>five</b> other benefits of regular and appro	priate exercise.	
-		
	[2]	
	[2]	
·		
	[2]	
·		
	[2]	
	[2]	

5 [Turn over

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Study Workout 1 then answer the questions that follow.

Stu	dy <b>Workout 1</b> then answer the questions that follow.		Examin Marks	er Only Remark
5	orkout 1 repetitions of 200 m with each repetition run in 30 seconds and a covery 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 use of the training met most likely to improve?	hod		
		_ [1]		
(c)	What evidence can you present from the workout to explain your choice of component?			
		 _ [2]		

l	Vorkout 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 use of the training met most likely to improve?	- 4
		_ [1]
(c)	What evidence can you present from the workout to explain your choice of component?	

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11 Study Workout 3 then answer the questions that follow.

Stu	dy Workout 3 then answer the questions that follow.		Examine Marks	er Only Remark
2	<b>Propertitions</b> of 100 m with each repetition run in 20 seconds and a ecovery 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 use of the training meth most likely to improve?	iod		
		[1]		
(c)	What evidence can you present from the workout to explain your choice of component?			
		[2]		

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

9 [Turn over

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

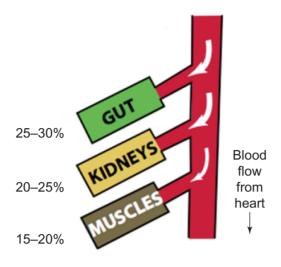


Fig. 1

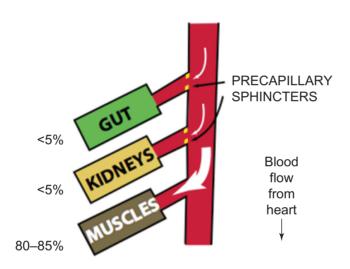


Fig. 2

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

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.



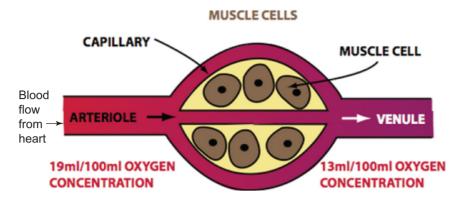


Fig. 3

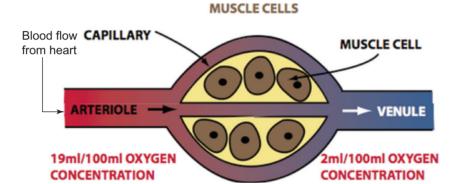


Fig. 4

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

8699 **11 [Turn over** 

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

Identify **four** potential hazards that could arise during a pupil's participation in Physical Education at school.

1	
	[1]
2	
	[1]
3	
4	[1]
	[1]

Examiner Only

Marks Remark

16	A person wants to train to swim 2 kilometres in less than 40 minutes.	Examiner Only  Marks Remark
	Which <b>three</b> 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 and name an appropriate method of training for developing that component.	
	[12]	

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17	(a)	Explain <b>three advantages</b> in choosing circuit training (without the u of weights) to develop muscular fitness as opposed to choosing training with fixed weight machines and free weights.	se
		1	
			[2]
		2	
			[2]
		3	
			[2

Examiner Only

Marks Remark

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(b)	Explain <b>three disadvantages</b> 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]		

Examin	er Only
Marks	Remark

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You are asked to take a person from a state of inactivity and unfitned being active and in a state of good physical health. Explain in detain you should apply the principles of specificity, overload, progress overload and rest/recovery in planning and implementing a safe, appropriate and effective weekly health-related exercise program	I how Marks
this person.	

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		Examin	
		Marks	Remark
	[12]		
THIS IS THE END OF THE QUESTION PAPER			

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