

 Centre Number			
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General Certificate of Secondary Education 2016

Physical Education

Paper 1



[G9741] *G9741*

FRIDAY 20 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.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in blue or black ink only. Do not write with a gel pen.

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 18, 20 and 22(b).



That word is used to describe the ability of a player to economically coordinate acontrol a shot in badminton?	_ [1]
What word is used to describe the ability of a player to economically coordinate a	
	and
	_ [1]
Describe a health and safety risk associated with playing a sport of your choice a explain a step that can be taken to reduce this risk.	and
	_ [2]

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(a) Study Fig. 1 below and answer the question that follows. 6 Energy Output 2000 calories Energy Intake 3000 calories Fig. 1 Explain what Fig. 1 shows and what the outcome will be if it is followed. [2] DE) 19 Learning

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					Energy Output 3000 calories		
			Fig. 2				
Explain	what Fig.	2 shows an	nd what the o	outcome wil	I be if it is fol	lowed.	
							_ [2]

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7	(a)	Explain what anaerobic fitness is.	
		Anaerobic fitness is about being able to	
			[1]
	(b)	What determines a person's anaerobic energy production?	
		Anaerobic energy production is determined by the ability of	
			[3]
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8	3 (a)	What determines a person's muscular endurance?
		Muscular endurance is determined by the ability of
		[2]
	(b)	What determines a person's flexibility ?
	(13)	Flexibility is determined by the ability of
		r lexibility is determined by the ability of
		[2]
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	(a)	Explain in detail what is involved in doing an aerobic workout using continuo steady pace training (CSP).	us
	(b)	Running is a type of exercise. Name two other types of exercise that can use continuous steady pace training as a method of training.	
		1	[1]
		2	[1]
10	Exp	plain the difference between an isotonic and an isometric exercise.	
	_		
			[2]
			[2]

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11	In the 'FITT' principle the 'I' stands for intensity. Explain what " intensity " is and give an appropriate example.)
		[2]
		•
12	For a weight training exercise, give two different ways by which you can overload.	
	1	·11
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	aerobic fitness in a health-related exercise programme.	
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	When a person starts doing strenuous exercise, what is the immediate response of the respiratory system?
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	When a person starts doing strenuous exercise, what is the immediate response of the heart ?
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digestive system?
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"Endurance athletes should not smoke tobacco." Present and explain three sound arguments that support this statement.
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19 (a)	Explain the relative importance of muscular power for performing the high jump .
	[2]
(b)	Explain the relative importance of aerobic fitness for performing the high jump .
	[2]

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To be able to fairly compare fitness test results over a period of time, fitness testing must be valid and reliable .	g
Explain four principles that should be applied to fitness testing in order to achieve this.	
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		[
(b)	Use a stick diagram to show your exercise being performed.	
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(c)	Explain in detail how you should perform an active static flexibility stretch the quadriceps muscles (front of upper leg).	exercise to
		[2]
(d)	Use a stick diagram to show your exercise being performed.	
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Explain two advantages of having swimming as the aerobic activity as opposed to having running .	
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23 (a) Use the tables below to show how **interval training** should be used to develop **anaerobic** fitness and **aerobic** fitness.

Give specific information for the intensities, times and numbers of repetitions to clearly show the differences in the use of interval training to develop anaerobic fitness as compared to aerobic fitness.

Interval training workout to develop anaerobic fitness	Interval training workout to develop aerobic fitness
Intensity (% MHR):	Intensity (% MHR):
Time (seconds):	Time (seconds):
Number of repetitions:	Number of repetitions:

[6]

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(b)		plain the differences between the choices you made for the anaerobic and obic interval training workouts.
	(i)	Intensities
	(-)	
		[3]
	(ii)	Times
		[3]
	(iii)	Number of repetitions
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24 (a) Study the information below that is taken from a weight training programme to develop **muscular endurance**.

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Weeks	Repetition Maximum (RM)	Weight in kilogrammes
Weeks 1 – 3	5RM	10 kg
Weeks 4 – 6	10 RM	15 kg
Weeks 7 – 9	15RM	20 kg

(i) Comment on the appropriateness of the given weights (10 kg; 15 kg and 20 kg) for the Repetition Maximums (RMs) given.



		
(ii)	Comment on the appropriateness of the Repetition Maximums (RMs) (5RM; 10RM and 15RM) to develop muscular endurance over the 9 weeks.	
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(b) Study the information below that is taken from a weight training programme to develop **muscular endurance**.

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Weeks	Repetition Maximum (RM)	Number of repetitions
Weeks 1 – 3	25 RM	15
Weeks 4 – 6	20 RM	20
Weeks 7 – 9	15 RM	25

i)	Comment on the appropriateness of the number of repetitions (15; 20 and 25) for the Repetition Maximums (RMs) given.
	[2]



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