

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCSE

Physical Education: Short Course
Unit 1: The Theory of Physical Education

Tuesday 24 May 2011 – Afternoon
Time: 1 hour

Paper Reference
5PE03/01

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 40.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL the questions.

For questions 1 to 24, choose an answer, A, B, C or D, and put a cross in the box ☒. Mark only one answer for each question. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Questions 25 to 27 require written answers.

1 Physical activity can improve your mental health by helping you 'feel good'. Which of the following causes this 'feel good' factor?

- A An increase in testosterone
- B An increase in serotonin
- C An increase in blood pressure
- D An increase in narcotic analgesics

(Total for Question 1 = 1 mark)

2 There are many key influences that impact on our choice of physical activity. Which category of key influences do the following belong to: access, availability, time?

- A Socio-economic
- B Cultural
- C Resources
- D Health and wellbeing

(Total for Question 2 = 1 mark)

3 As a result of adopting an active lifestyle an individual may improve aspects of health-related exercise. Which of the following is **not** an aspect of health-related exercise?

- A Cardiovascular endurance
- B Muscular strength
- C Speed
- D Muscular endurance

(Total for Question 3 = 1 mark)



4 Which of the following is a test of power?

- A Sergeant Jump test
- B Cooper's 12-minute run test
- C 30-metre sprint test
- D Harvard Step Test

(Total for Question 4 = 1 mark)

5 Planning what and when you eat is an important part of leading a healthy, active lifestyle. Which of the following would be the most appropriate amount of time to leave before exercising after a large meal?

- A No need to wait as the food will provide essential energy
- B Five minutes
- C Half an hour
- D Two hours

(Total for Question 5 = 1 mark)

6 In order for the gymnast to achieve and maintain the position in **Figure 1** he needs to have strong bones. Which of the following nutrients is essential in the diet for bone strength?



Figure 1

- A Protein
- B Vitamin C
- C Carbohydrate
- D Vitamin D

(Total for Question 6 = 1 mark)



7 Regular participation in physical activity is thought to be beneficial to the individual.

Which of the following is more likely to be achieved through team sports rather than individual activities?

- A Cooperation and competition
- B Aesthetic appreciation and physical challenge
- C Social mixing and stress release
- D Increased fitness and increased health

(Total for Question 7 = 1 mark)

8 Which of the following is **not** a sub-programme within the Youth Sport Trust's TOP programme?

- A Top Resources
- B Top Sportsability
- C Top Performance
- D Top Link

(Total for Question 8 = 1 mark)

Questions 9 – 13 relate to the components of health-related exercise and skill-related fitness and the performers in **Figures 2** and **3**. For each question, read the statements and decide whether **A**, **B**, **C** or **D** is correct.



Figure 2

Long-Distance Runner

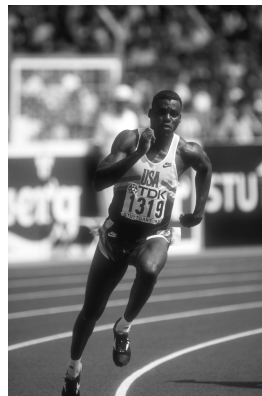


Figure 3

Sprinter



9

Statement 1	Statement 2
Power is more important than cardiovascular fitness for the sprinter in Figure 3	Power is a component of health-related exercise

- A Statement 1 is true, statement 2 is false
- B Both statements are true
- C Statement 1 is false, statement 2 is true
- D Both statements are false

(Total for Question 9 = 1 mark)

10

Statement 1	Statement 2
The long distance runner in Figure 2 relies on muscular endurance to keep blood containing oxygen circulating round the body so she can keep running in her event	Cardiovascular fitness is important to the long distance runner

- A Statement 1 is true, statement 2 is false
- B Both statements are true
- C Statement 1 is false, statement 2 is true
- D Both statements are false

(Total for Question 10 = 1 mark)

11

Statement 1	Statement 2
The performers in Figures 2 and 3 use strength in some way in their performance	Only the sprinter uses speed

- A Statement 1 is true, statement 2 is false
- B Both statements are true
- C Statement 1 is false, statement 2 is true
- D Both statements are false

(Total for Question 11 = 1 mark)



12

Statement 1	Statement 2
Flexibility is a component of health-related exercise	Both performers in Figures 2 and 3 use flexibility in their performance

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 12 = 1 mark)

13

Statement 1	Statement 2
Coordination is more important to the performers in Figures 2 and 3 than it is to a games player	Coordination is a component of skill-related fitness

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 13 = 1 mark)

Questions 14 – 16 relate to fitness testing. For each question, read the statements and decide whether **A**, **B**, **C** or **D** is correct.

14 Yarl plays football. Which of the following fitness tests **A**, **B**, **C** or **D** is most relevant to his sport?

- A** Three ball juggle
- B** Hand grip strength test
- C** Standing stork test
- D** Illinois Agility Run test

(Total for Question 14 = 1 mark)



15 Which component of health-related exercise or skill-related fitness is a standing broad jump test designed to measure?

- A Strength
- B Power
- C Coordination
- D Speed

(Total for Question 15 = 1 mark)

16 Which component of health-related exercise or skill-related fitness is Cooper's 12-minute run test designed to measure?

- A Cardiovascular fitness
- B Muscular endurance
- C Muscular strength
- D Speed

(Total for Question 16 = 1 mark)

17 Which of the following is an essential macro nutrient in the diet?

- A Minerals
- B Water
- C Fibre
- D Protein

(Total for Question 17 = 1 mark)

18 Which of the following nutrients provides energy for aerobic **and** anaerobic respiration?

- A Fat
- B Carbohydrate
- C Vitamins and minerals
- D Protein

(Total for Question 18 = 1 mark)



Questions 19 – 21 relate to training methods. In order to improve their fitness performers will carefully select appropriate training methods for their activities. For each question, read the statements and decide whether **A**, **B**, **C** or **D** is correct.

19 Naomi is a sprinter. Which training method **A**, **B**, **C** or **D** is she most likely to use to improve her performance?

- A** Continuous
- B** Fartlek
- C** Interval
- D** Circuit

(Total for Question 19 = 1 mark)

20 Hans plays hockey and has to cover a lot of ground at varying pace. If Hans wanted to improve his match fitness, which training method **A**, **B**, **C** or **D** is he most likely to use?

- A** Continuous
- B** Fartlek
- C** Interval
- D** Circuit

(Total for Question 20 = 1 mark)

21 Rachel plays squash and always loses if her matches last longer than 30 minutes because she has difficulty in maintaining rallies after this time. Which training method **A**, **B**, **C** or **D** is she most likely to use so she can maintain the quality of her performance for longer?

- A** Continuous
- B** Fartlek
- C** Interval
- D** Circuit

(Total for Question 21 = 1 mark)



Questions 22 – 24 relate to Rob, a cross-country runner, and Imran, a footballer. In their activities they will work aerobically and anaerobically. For each question read the statements and decide whether **A**, **B**, **C** or **D** is correct.

22

Statement 1	Statement 2
Rob kept a steady pace for the first mile and a half of the cross-country race and was working anaerobically	It is easy for the body to work anaerobically for a long period of time

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 22 = 1 mark)

23

Statement 1	Statement 2
At one point near the end of the race Rob had to sprint to prevent the runner behind overtaking him and going into the lead. At this point Rob was working anaerobically	When working anaerobically Rob's heart rate will be lower than when he is working aerobically

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 23 = 1 mark)



24

Statement 1	Statement 2
During the fifth minute of the game Imran had a chance to score a goal. He struck the ball hard and gave his team an early lead. Imran was working anaerobically	In the second half of the game Imran spent a lot of time slowly jogging back into position. During this time he was working anaerobically

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 24 = 1 mark)



25 As part of his Personal Exercise Programme (PEP) Joe measures his heart rate to check on his fitness levels.

(a) The heart rate monitors in **Figure 4** show three different heart rate values. Re-order these heart rate values and plot a graph to show Joe's resting, working and recovery heart rate.

(2)

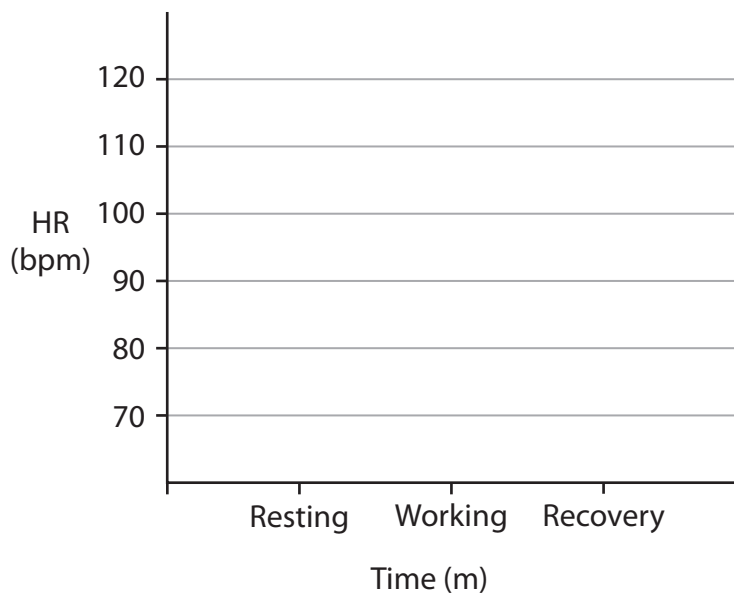


Figure 4

(b) Explain why you have plotted the values in this order.

I placed this value as working heart rate because

(1)

I placed this value as recovery heart rate because

(1)

(Total for Question 25 = 4 marks)



26 Rob and Imran regularly participate in physical activity.

(a) Rob takes part in cross-country runs on a regular basis. State a possible physical benefit of taking part in cross-country. (1)

.....

.....

(b) Rob regularly represents his school in cross-country and runs for his county in inter-county championships. What stage of the sports participation pyramid will Rob have achieved? (1)

.....

(c) Rob and Imran make sure their training matches the needs of their activity. Which principle of training does this relate to? (1)

.....

(d) Both boys were encouraged by their teachers to set SMART targets to help them improve their performance in their activities.

(i) Give **two** reasons why target setting could help improve performance. (2)

Reason 1

.....

Reason 2

.....

(ii) Give an example of a measurable target for Rob. (1)

.....

.....

(Total for Question 26 = 6 marks)



***27** Explain how the range of roles available in physical activity should provide sufficient opportunity for all to become or remain involved in sport/physical activity.

In your answer you may consider:

- the range of roles available to become, or remain, involved in physical activity
- the personal qualities needed to fulfil the range of roles available in physical activity
- how the range of roles provides opportunity for all to stay or become involved in physical activity.

Dotted lines for writing the answer.



(Total for Question 27 = 6 marks)

TOTAL FOR PAPER = 40 MARKS



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