

Paper Reference(s)

3827/01

Edexcel GCSE

Physical Education (Short Course)

Paper 1

Thursday 14 May 2009 – Morning

Time: 45 minutes

Materials required for examination

Multiple Choice Answer Sheet
HB pencil
Eraser

Items included with question papers

Nil

Instructions to Candidates

Use an HB pencil. Do not open this booklet until you are told to do so.

Before the test begins:

Check that the answer sheet is for the correct test: 'GCSE Physical Education (Short Course) Answer Sheet', and that it contains your candidate details.

How to answer the test:

For each question, choose the right answer, A, B, C or D and mark it in HB pencil on the answer sheet.



For example, the answer C would be marked as shown.

Mark only **one** answer for each question. If you change your mind about an answer, rub out the first mark **carefully**, then mark your new answer.

Answer **all** the questions. There are **40** questions in this paper.

Do any necessary calculations and rough work in this booklet.
You must not take this booklet or the answer sheet out of the examination room.

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Answer ALL questions by selecting the letter A, B, C or D on the Answer Sheet.

Each question is worth 1 mark.

1. Which of the following best describes the term 'physical challenge'?

- A Theory test associated with sport.
- B A competition within the class to see who can score the most baskets in basketball.
- C A target that you set yourself.
- D Setting and accepting a physical task that is not easy for you to do.

(1)

The statements below are all examples of benefits of exercise.

To answer questions 2 and 3 match the statements to the categories of benefits.

- A I enjoy the competition and the idea that I am getting better at sport.
- B I think I look good as a result of training so this makes me feel good.
- C It makes me feel less tense and my health is improving.
- D I feel much more confident about mixing with others in sporting situations.

2. Which statement identifies two mental benefits of exercise?

(1)

3. Which statement identifies a physical AND mental benefit of exercise?

(1)

4. Which of the following is a correct definition of cardiovascular fitness?

- A A long-term benefit of exercise.
- B The ability to exercise the entire body for long periods of time.
- C The ability to use voluntary muscles many times without getting tired.
- D An effect of regular training.

(1)

5. Figure 1 shows a sprinter at the start of a race.

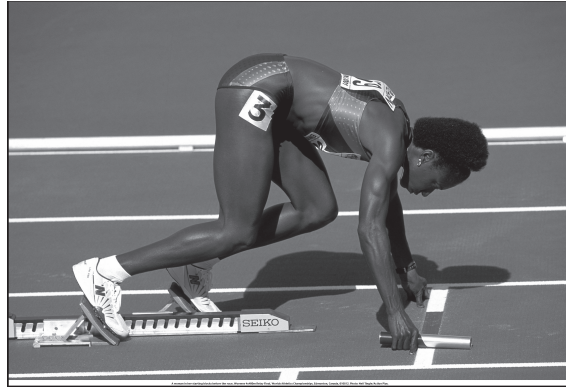


Figure 1

Which of the following is an example of an essential component of **health-related** exercise for the sprinter?

- A Reaction time.
- B Cardiovascular fitness.
- C Power.
- D Muscular strength.

(1)

Figure 2 shows performers engaging in physical activity.



Activity 1



Activity 2



Activity 3

Figure 2

6. Which of the following is the correct statement?
- A The performers in activity 1 are the fittest.
 - B The performer in activity 2 is the fittest.
 - C The performer in activity 3 is the fittest.
 - D We cannot tell which performer is the fittest.
- (1)
7. Some components of fitness are listed below. Select the component of **health-related** exercise that is essential to ALL of the performers in Figure 2.
- A Power.
 - B Muscular strength.
 - C Speed.
 - D Co-ordination.

(1)

Questions 8–12 relate to the importance of the components of fitness to different types of performers. For each question read the statements and decide whether A, B, C or D is correct.

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

8.

Statement 1	Statement 2
Basketball players need agility to dodge around players. Agility is a component of Health Related Exercise	Co-ordination is an important component of fitness for basketball players

(1)

9.

Statement 1	Statement 2
Good muscular strength is a reason why the sprinter gets a fast start as soon as the gun sounds	Power will help the sprinter get a good start

(1)

10.

Statement 1	Statement 2
Good flexibility will allow the sprinter to cover the ground quicker due to increased stride length	Flexibility is a component of skill related fitness

(1)

11.

Statement 1	Statement 2
Footballers need good stamina to remain upright when they are being physically challenged for the ball	Cardiovascular endurance is a component of health related fitness which helps the footballer maintain the quality of their performance throughout the game

(1)

12.

Statement 1	Statement 2
Body composition is a component of health-related exercise. Having the right body composition is essential to a gymnast	Reaction time is a vital component of fitness for a gymnast

(1)

13. Which of the following is a correct statement about the training principle Moderation?

- A** The performer is watched and judged in a competition.
- B** The performer ensures they have a balanced diet.
- C** The performer makes sure they do enough training to have an effect, but they do not over-train.
- D** Following a training programme that will result in a gymnastic performance that achieves a perfect score from the judges.

(1)

Questions 14–18 relate to the principles of training.

For each question read the statements and decide whether A, B, C or D is correct.

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

14.

Statement 1	Statement 2
If a player applies progression to their training it means they can now play competitively, progressing from beginner to performer	Overload can be used by a basketball player to improve their fitness

(1)

15.

Statement 1	Statement 2
Two training principles are important to ensure a performer does not get injured as a result of training. One of these principles is specificity	Progression is applied to training to reduce the chance of injury

(1)

16.

Statement 1	Statement 2
If the performer applies the principle of overload during training they will injure themselves	Tedium is a part of the FITT principle

(1)

17.

Statement 1	Statement 2
If the performer does become injured they will need to rest to allow the injury to repair itself	The FITT principle ensures the performer can recover

(1)

18.

Statement 1	Statement 2
It is important to ensure that training is tailored to the needs of the individual's sport	The principle of specificity ensures that training matches the needs of an individual's sport

(1)

Questions 19–22 relate to circuits and circuit training.

For each question look at the circuits and decide whether A, B, C or D is correct.

Circuit:

1	Press ups – sit ups – squat thrusts – trunk twists – skipping – pull ups – shuttle runs – tricep dips – star jumps
2	Shuttle runs – bowling at a target – squat thrusts – chest passes – dribbling a football between cones – bench presses – chest passes against the wall
3	Dribbling the ball in and out of cones – tricep dips – lay-up shots – sit ups – two-footed jumps to get maximum height – press ups – shuttle runs

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

19.

Statement 1	Statement 2
Circuit 1 is good for developing the general fitness of the performer	Circuit 1 will allow the performer to develop their skill for their chosen activity

(1)

20.

Statement 1	Statement 2
Circuit 2 could be used to improve the performer’s skill in a variety of activities	Circuit 2 follows the principle of specificity

(1)

21.

Statement 1	Statement 2
Circuit 3 allows time for muscle recovery	Circuit 3 works on health-related exercise and skill-related fitness

(1)

22.

Statement 1	Statement 2
Circuit 3 overworks one muscle group	Circuit 3 improves all aspects of skill-related fitness

(1)

Performers in Athletics will use different training methods to improve their fitness.

23. Performers in which event, A, B, C or D would be most likely to use interval training?

- A** 400 m.
- B** Shot putt.
- C** High jump.
- D** Marathon.

(1)

Questions 24 to 26 relate to the four methods of training listed below.

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

To answer questions 24–26 match the following statements to the training methods identified as A, B, C or D.

24. This is a good method of training for games players as the training session can mirror the varied physical demands of the game.

(1)

25. The training session is split into periods of work followed by periods of rest before working again. This helps the performer recover before working again.

(1)

26. This method of training is often used by long distance runners to improve their aerobic fitness.

(1)

Questions 27–30 relate to the changes that can occur to the body as a result of the:

- immediate effects of exercise
- effects of regular training
- long-term health benefits that can be gained as a result of regular training.

To answer questions 27–30 match the statements below to the type of effect given in A, B or C. Use D if the correct answer is not included in A, B or C.

	Body system affected	Effect	Explanation/benefit of effect	
27.	Skeletal	Stronger bones	Less likely to suffer from osteoporosis	(1)
28.	Circulatory	Drop in resting heart rate	Increased maximum cardiac output	(1)
29.	Circulatory	Reduction in resting blood pressure	Less likely to suffer with coronary heart disease (CHD)	(1)
30.	Circulatory	Increased heart rate	Increased carbon dioxide removal	(1)

- A** Immediate effect of exercise.
- B** Long-term benefit.
- C** Effect of regular training.
- D** False statement.

31. Which of the following statements describes a verruca?

- A** A fungus that looks like a small black dot on the foot.
- B** A skin infection causing flaky, itchy skin.
- C** A virus on the sole (bottom) of the foot.
- D** A fungus that prevents you from swimming.

(1)

32. Some elite gymnasts have been found guilty of taking drugs to improve their performance. If a male gymnast took an anabolic steroid what aspect of health-related exercise would he hope to improve?

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

(1)

33. Which of the following is a negative side effect of taking anabolic steroids?

- A Testicular atrophy.
- B Increased muscle mass.
- C Reduced aggression.
- D Unable to train for normal length of time.

(1)

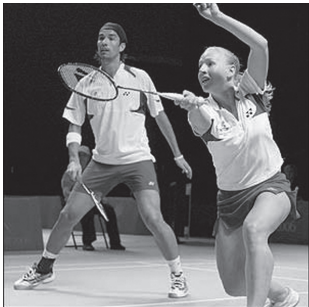



34. Which of the following statements is a benefit of a cool down?

- A Increases the production of lactic acid.
- B Reduces the risk of muscle stiffness after exercise.
- C Further increases blood flow to the muscles immediately after exercise.
- D Reduces the chance of injury during the activity.

(1)

The following boxes show ways that competitions could be organised.

35. Which of the boxes A, B, C or D would give a balanced competition?

<p style="text-align: center;">A</p> <p style="text-align: center;">Mixed doubles badminton match</p> 	<p style="text-align: center;">B</p> <p style="text-align: center;">Gymnastic competition (men vs women)</p> 
<p style="text-align: center;">C</p> <p style="text-align: center;">Boxing match (lightweight vs heavyweight)</p> 	<p style="text-align: center;">D</p> <p style="text-align: center;">Judo competition (brown belt vs black belt)</p> 

(1)

Sporting activities present varying amounts of risks to those that take part.

36. Which of the following statements places the activities in the correct order so that the activity with the greatest risk is placed first?

- A** Trampolining, rock climbing, badminton, dance.
- B** Rock climbing, badminton, trampolining, dance.
- C** Badminton, rock climbing, trampolining, dance.
- D** Rock climbing, trampolining, badminton, dance.

(1)

37. Which of the following would result in cardiopulmonary resuscitation (CPR) being given to a performer?

- A** The performer has been knocked unconscious by a blow to the head during the game.
- B** The performer is not breathing.
- C** The performer is recovering and needs to keep their airways open.
- D** The performer has no pulse.

(1)

The following are all types of sports injuries.

- A** Sprain.
- B** Strain.
- C** Golfer's elbow.
- D** Torn cartilage.

Which of these types of injury is being described in the statement below?

38. The achilles tendon behind the ankle is partially torn as the squash player lunges for the ball.

(1)

Questions 39 and 40 relate to injuries and their treatment.

For each question read the statements and decide whether A, B, C or D is correct.

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

39.

Statement 1 – Injury/condition	Statement 2 – Treatment
Hypothermia can occur as a result of being in the sun too much	Make sure the individual drinks plenty of liquid if suffering from hypothermia

(1)

40.

Statement 1 – Injury/condition	Statement 2 – Treatment
DRABC outlines the steps you should take if a performer collapses	The R, in DRABC, stands for Rapid Response. It means you need to act quickly

(1)

TOTAL FOR PAPER: 40 MARKS

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