

GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION
FRIDAY 16 MAY 2008

1970

Morning
 Time: 1 hour 45 minutes

Candidates answer on the question paper

Additional materials: No additional materials are required



Candidate
Forename

Candidate
Surname

Centre
Number

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Candidate
Number

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INSTRUCTIONS TO CANDIDATES

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use blue or black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided.

INFORMATION FOR CANDIDATES

- The number of marks for each question is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **80**.
- You will be assessed on the quality of written communication in **Section B, questions B1 and B2**.
- **Four** marks will be available for the quality of written communication.

FOR EXAMINER'S USE

A	
B1	
QWC	
B2	
QWC	
B3	
TOTAL	

This document consists of **8** printed pages.

Section A

Answer **all** questions in this section.

- 1 Name **one** major function of the skeleton that may affect performance.
.....[1]
- 2 Give **two** social reasons why people participate in physical activities.
1[1]
2[1]
- 3 Identify **one** fitness test for flexibility.
.....[1]
- 4 Give **one** reason why it might be important to warm up before a physical activity.
.....[1]
- 5 Identify an item of personal protective equipment. Describe how this item may minimise the risk of injury when performing a physical activity.
Item:[1]
How it minimises the risk:.....
.....[1]
- 6 What is meant by flexion and extension when performing a physical activity?
Flexion:[1]
Extension:[1]
- 7 Describe the function of platelets in the blood when a performer suffers a cut injury during an activity.
.....
.....[2]

8 Explain **two** ways in which feedback, during practice situations, can improve the performance of physical activities.

1[1]

2[1]

9 Identify **one** example of a local authority sporting facility and explain **one** way in which it helps to increase participation in physical activities.

Example of local authority facility:

.....[1]

Explain one way in which it increases participation:

.....[1]

10 Explain how the use of steroids improves performance.

Identify **two** harmful effects of the use of steroids on the health of a performer.

Effect of steroids on improving performance:

.....[1]

Two harmful effects on health:

1[1]

2[1]

11 Concussion is an injury that can occur during a physical activity.

Give **one** symptom of concussion as an injury.

Describe how concussion may occur in a named physical activity.

Symptom:

.....[1]

Activity:

.....[1]

[Total : 20]

Section B

Answer **all** questions in this section.

B1 (a) Explain **two** benefits to a performer of having a strong heart muscle.

1.....[1]
.....[1]

2.....[1]
.....[1]

(b) Briefly describe how the heart becomes more efficient as a result of regular exercise.

.....
.....
.....
.....[2]

(c) Top sports performers are often referred to as role models.

Describe how a role model may help in learning the skills of a physical activity.

Role models help in learning skills by:

.....
.....
.....
.....[2]

(d) Identify **three** extrinsic motivating factors that might be important to a performer.

1.....[1]

2.....[1]

3.....[1]

(e) Describe **three** ways that mental preparation aids successful performance.

1.....[1]

2.....[1]

3.....[1]

(f) Describe how a school may promote participation in physical activities.

.....
.....
.....
.....[4]

(g) Explain **both** the positive and negative effects of sponsorship on participation in physical activity.

Positive effects:

.....
.....[2]

Negative effects:

.....
.....[2]

(h) Explain how muscles, other than the heart, become more efficient after regular exercise.

.....
.....
.....
.....
.....
.....
.....[6]

[Total : 26]

B2 (a) Describe an occasion when a fast reaction is important to a performer in a physical activity.

.....
.....[1]

(b) There are often different body types or physiques associated with certain physical activities.

What is meant by a **mesomorph**?

Explain how the physique of a mesomorph can help a performer be more successful in a physical activity.

A mesomorph is:

.....[1]

How the physique of a mesomorph helps:

.....
.....[2]

(c) Explain the FITT principle of training.

.....
.....
.....
.....[4]

(d) Explain why eating foods high in carbohydrates can help in the performance of physical activities.

.....
.....
.....[3]

(e) Describe **four** different short-term effects of exercise on the body systems during physical activity.

1.....[1]

2.....[1]

3.....[1]

4.....[1]

(f) Explain how weight training can be used to prepare for a specific physical activity. What are the advantages and disadvantages of weight training?

Explanation:

.....
.....
.....
.....
.....[3]

Advantages of weight training:

.....
.....[2]

Disadvantages of weight training:

.....
.....[2]

[Total : 22]

B3 (a) Identify **three** potential hazards in the outdoor adventurous activity of rock climbing.

1.....[1]

2.....[1]

3.....[1]

(b) Cuts and grazes are common injuries in physical activities. Describe how you would treat a cut that is bleeding.

.....
.....
.....[2]

(c) Explain how you would minimise the risk of dehydration **and** exhaustion when taking part in a physical activity.

.....
.....
.....[3]

[Total : 8]

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