



**GENERAL CERTIFICATE OF SECONDARY EDUCATION**  
**PHYSICAL EDUCATION**

**B451**

An Introduction to Physical Education

Candidates answer on the Question Paper

**OCR Supplied Materials:**  
None

**Other Materials Required:**  
None

**Tuesday 26 January 2010**  
**Afternoon**

**Duration: 1 hour**



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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**INSTRUCTIONS TO CANDIDATES**

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use 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.
- Section A – candidates should only circle one answer per question.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided, however additional paper may be used if necessary.

**INFORMATION FOR CANDIDATES**

- The number of marks is given in brackets [ ] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (\*).
- This document consists of **12** pages. Any blank pages are indicated.

**Section A**

Answer **all** questions. Please **circle** one answer per question.

- 1** Which one of the following is an example of an important role of an official in physical activities?
- (a) To help performers' fitness levels.
  - (b) To ensure that rules are followed correctly.
  - (c) To make money.
  - (d) To ensure that the right tactics are used. **[1]**
- 2** Why is flexibility considered a component of a fit and healthy lifestyle?
- (a) To avoid straining muscles during physical activities.
  - (b) To impress others during warm-up activities.
  - (c) To be able to lift heavy weights.
  - (d) To help fight infections. **[1]**
- 3** Which one of the following is a health screening test?
- (a) Sit and reach test.
  - (b) 30 metre sprint test.
  - (c) Blood pressure test.
  - (d) Cooper's 12 minute run test. **[1]**
- 4** Which one of the following pairs of fitness components is yoga likely to develop?
- (a) Flexibility and cardio-vascular endurance.
  - (b) Speed and flexibility.
  - (c) Strength and flexibility.
  - (d) Muscular endurance and cardio-vascular endurance. **[1]**

- 5 Many people participate in physical activities and follow an active, healthy lifestyle. Which one of the following is a **health** reason for regular participation in physical activities?
- (a) To make friends.
  - (b) To have a job and earn money.
  - (c) To be a good role model.
  - (d) To manage stress more effectively. [1]
- 6 Which one of the following is **not** a pathway for involvement in physical activities?
- (a) Regularly taking part in physical education.
  - (b) Becoming an umpire in hockey.
  - (c) Volunteering to help organise the 2012 Olympic Games.
  - (d) To regularly watch your favourite football team. [1]
- 7 Discrimination is one reason why some people do not participate in physical activities. Which one of the following is an example of discrimination?
- (a) Boys not selecting dance as one of their physical activities for assessment.
  - (b) Disabled pupils not choosing to participate in a physical exercise session.
  - (c) Women not being allowed to play golf at peak times at their golf club.
  - (d) Older people going for a swim at their local swimming pool. [1]
- 8 Which one of the following pairs shows two good examples of characteristics of a balanced, healthy lifestyle?
- (a) Non-smoking and non-active.
  - (b) Nutritional diet and regular water drinking.
  - (c) Non-alcohol and low-protein diet.
  - (d) Physically active and smoking only a limited number of cigarettes. [1]

- 9 Which one of the following is the best example of a fundamental motor skill?
- (a) Simple pass of a football.
  - (b) Simple shot in football.
  - (c) Simple run up the pitch in football.
  - (d) Simple save by goalkeeper in football. [1]
- 10 A healthy, active lifestyle helps to improve and maintain mental health. Which one of the following is an example of an improvement in mental health?
- (a) Better stamina to keep going.
  - (b) More skills to carry out specific physical activities.
  - (c) You live longer.
  - (d) More able to think positively. [1]
- 11 One of the key concepts in physical education is creativity. Which one of the following is an example of creativity in physical education?
- (a) Participating in different physical activities.
  - (b) Thinking of new movements in a gymnastic sequence.
  - (c) Being tested on physical fitness.
  - (d) Learning fundamental motor skills. [1]
- 12 To show competence in physical education, which one of the following would be most applicable?
- (a) To select the right skill at the right time.
  - (b) To maintain physical health.
  - (c) To regularly participate.
  - (d) To understand the aims of physical activity. [1]

**13** Why is a cool down important after exercise?

- (a) To raise resting heart rate.
- (b) To improve speed.
- (c) To make muscular contractions stronger.
- (d) To speed up the removal of lactic acid.

[1]

**14** One characteristic of skilful movement is that the movement is aesthetically pleasing. Which one of the following best describes this characteristic?

- (a) The movement takes place at high speed.
- (b) The movement shows a high level of strength.
- (c) The movement looks good.
- (d) The movement is always successful.

[1]

**15** Which one of the following is an example of a performance goal?

- (a) To win the competition.
- (b) To improve your technique.
- (c) To beat your personal best.
- (d) To please your coach.

[1]

[15 marks]

**Section B**

Answer **all** questions.

- 16** Other than being aesthetic, identify **two** other characteristics of skilful movement, giving a practical example for each.

Characteristic 1 .....

.....

Practical example .....

.....

Characteristic 2 .....

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Practical example .....

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

- 17** Give a practical example of a warm up activity **and** explain why a warm up is important before exercise.

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







22 One of the measures or indicators of health and well-being is access to green space – in other words open spaces for exercise. Identify **three** other measures or indicators of health and well-being.

1 .....

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2 .....

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3 .....

..... [3]

23 Explain how vitamins **and** minerals contribute to our health.

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..... [4]

24 One way of assessing the body's readiness for exercise is through health screening. Identify **three** other ways of assessing the body's readiness for exercise.

1 .....

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2 .....

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3 .....

..... [3]



11  
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