

<b>Candidate Forename</b>		<b>Candidate Surname</b>	
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<b>Centre Number</b>						<b>Candidate Number</b>				
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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

**B451**

**PHYSICAL EDUCATION**

**An Introduction to Physical Education**

**FRIDAY 21 MAY 2010: Afternoon**

**DURATION: 1 hour**

**SUITABLE FOR VISUALLY IMPAIRED CANDIDATES**

**Candidates answer on the Question Paper**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **INSTRUCTIONS TO CANDIDATES**

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes on the first page.
- 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.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your Candidate Number, Centre Number and question number(s).

## **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 (\*).

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## **SECTION A**

**Answer ALL questions.**

**Please circle one answer per question.**

**1 Which one of the following might be regarded as a role model for others to participate in physical activities?**

**(a) A friend who does little physical exercise.**

**(b) A parent who values physical exercise.**

**(c) A teacher who has little time for sport.**

**(d) A local authority that provides facilities for physical activities.**

**[1]**

**2 Which one of the following is an example of a food high in carbohydrates?**

**(a) Fish.**

**(b) Bananas.**

**(c) Meat.**

**(d) Eggs.**

**[1]**

- 3 Which one of the following is a key process in physical education?**
- (a) Effort.**
  - (b) Competence.**
  - (c) Developing skills and techniques.**
  - (d) Performance. [1]**
- 4 Which one of the following is a volunteer route into physical activity?**
- (a) Playing professional rugby.**
  - (b) Being a referee in a Premiership football game.**
  - (c) Being the coach of a world circuit tennis player.**
  - (d) Organising an exercise class for clients in a care home. [1]**
- 5 Which one of the following age groups participates most in physical activities?**
- (a) 16-24 years of age.**
  - (b) 25-34 years of age.**
  - (c) 35-44 years of age.**
  - (d) 45-59 years of age. [1]**

- 6 Which one of the following is a reason for NOT participating in physical activities?**
- (a) Improving fitness.**
  - (b) Developing personal skills.**
  - (c) Improving mental health.**
  - (d) Increasing risk of injury. [1]**
- 7 The recommended amount of exercise for a healthy young person (5-18 years of age) is approximately:**
- (a) One hour per week.**
  - (b) 30 minutes, five to seven days per week.**
  - (c) One hour, five to seven days per week.**
  - (d) 30 minutes, one day per week. [1]**
- 8 Which one of the following shows a lack of confidence in participating in physical activities?**
- (a) No local facilities.**
  - (b) Lack of spare time.**
  - (c) Feeling of not being good enough.**
  - (d) Limited funding. [1]**

- 9 Which one of the following best indicates a balanced diet?**
- (a) A balance between what is eaten and energy expended.**
  - (b) A balance of different types of protein.**
  - (c) A balance between what is eaten and what is drunk.**
  - (d) A balance between fruit and vegetables. [1]**
- 10 Which one of the following is a suitable test for strength?**
- (a) A tug of war competition.**
  - (b) The sit and reach test.**
  - (c) The stork stand test.**
  - (d) The grip dynamometer test. [1]**

- 11 Muscular endurance is one component of fitness. Which of the following best describes muscular endurance?**
- (a) To be able to carry out repetitive tasks without tiring.**
  - (b) To be able to lift a heavy weight.**
  - (c) To be able to run fast over a short distance.**
  - (d) To be able to touch your toes with straight legs for a long period of time. [1]**
- 12 Which one of the following best describes the characteristics of a successful leader in a physical activity?**
- (a) To toss the coin at a start of a match.**
  - (b) To have a loud voice that all participants can hear.**
  - (c) To be physically fit.**
  - (d) To encourage others to take part effectively. [1]**



- 13 Which one of the following best describes performance in physical education?**
- (a) To be physically fit.**
  - (b) To follow a healthy lifestyle.**
  - (c) To play well.**
  - (d) To be creative when officiating. [1]**
- 14 Which one of the following would be a good method of exercise to improve your stamina?**
- (a) Yoga.**
  - (b) Pilates.**
  - (c) Sprinting.**
  - (d) Aerobics. [1]**
- 15 Which one of the following would you NOT take into account when assessing someone for readiness to exercise?**
- (a) Family history of illness.**
  - (b) Age of participant.**
  - (c) History of sports success.**
  - (d) Fitness level of participant. [1]**

**[15 marks]**

**SECTION B**

Answer **ALL** questions.

**16 Describe THREE characteristics of skilful movement.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_ **[3]**

**17 Describe, using practical examples, performance AND outcome goal setting when trying to improve performance in a physical activity.**

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**[6]**

**18 Describe a cool down exercise AND explain why you should cool down after physical activity.**

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**[4]**

**19 Explain the effects of under-eating on performance AND participation in physical activity.**

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**[4]**

**20 Recent research has shown different levels of participation in different physical activities as shown in Fig. 1 on the loose sheet.**

**Using Fig. 1 choose THREE activities and give TWO reasons why each has either a high, moderate or low percentage participation.**

**Activity 1 (High percentage participation) \_\_\_\_\_**

**Reason 1: \_\_\_\_\_**

\_\_\_\_\_

**Reason 2: \_\_\_\_\_**

\_\_\_\_\_

**Activity 2 (Medium percentage participation)\_\_\_\_\_**

**Reason 1: \_\_\_\_\_**

\_\_\_\_\_

**Reason 2: \_\_\_\_\_**

\_\_\_\_\_

**Activity 3 (Low percentage participation)\_\_\_\_\_**

**Reason 1: \_\_\_\_\_**

\_\_\_\_\_

**Reason 2: \_\_\_\_\_**

\_\_\_\_\_ **[6]**

21 Describe the main benefits of a healthy, active lifestyle.

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[5]

**22 Describe how you would use the body mass index (BMI) to assess a young person’s readiness for exercise.**

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**[4]**

**23 Give THREE reasons why it is important for all those involved in a physical activity to abide by rules and codes of behaviour.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**[3]**



**24 The following are aspects of creativity as a physical education concept:**

**Expressing ideas; solving problems; exploring tactics; being effective.**

**Describe, using practical examples, how each of the above can be achieved.**

**Expressing ideas** \_\_\_\_\_

\_\_\_\_\_

**Solving problems** \_\_\_\_\_

\_\_\_\_\_

**Exploring tactics** \_\_\_\_\_

\_\_\_\_\_

**Being effective** \_\_\_\_\_

\_\_\_\_\_ [4]

**25\* Identify a role as either a referee or an umpire in a physical activity of your choice AND describe what is involved in performing one of these roles.**

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**[6]**

**[45 marks]**

**[Paper total: 60 marks]**

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