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Centre Number						Candidate Number				
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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

B453

PHYSICAL EDUCATION

Developing Knowledge in 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.

SECTION A

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

- 1 Which one of the following is a role of the school in promoting an active, healthy lifestyle?**
- (a) Running health awareness programmes.**
 - (b) Checking on sleep patterns.**
 - (c) Giving parents advice on health.**
 - (d) Ensuring that family housing is appropriate. [1]**
- 2 Which one of the following is an example of a national governing body?**
- (a) British Olympic Association.**
 - (b) UK Sport.**
 - (c) Lawn Tennis Association.**
 - (d) International Olympic Committee. [1]**

- 3 Which one of the following is a positive effect of sponsorship on participation in physical activities?**
- (a) Only elite athletes are funded.**
 - (b) More company profits.**
 - (c) More funds available to purchase equipment.**
 - (d) Small range of activities are funded. [1]**
- 4 Which one of the following best describes the frequency element of the FITT principle of training?**
- (a) How hard you exercise.**
 - (b) The type of exercise you choose.**
 - (c) How much time you take to exercise.**
 - (d) How many times a week you exercise. [1]**
- 5 Which one of the following is NOT a hazard found on a grass playing field?**
- (a) Broken glass.**
 - (b) Football posts.**
 - (c) Concussion.**
 - (d) Pot holes. [1]**

- 6 Which one of the following training methods is mostly aerobic?**
- (a) Circuit training.**
 - (b) Weight training.**
 - (c) Continuous training.**
 - (d) Flexibility training. [1]**
- 7 Which one of the following precautions would you take to minimise the risk of injury in a sports hall?**
- (a) Check that the equipment is well maintained.**
 - (b) Make sure you have a friend to exercise with.**
 - (c) Cool down properly.**
 - (d) Take first aid material with you. [1]**
- 8 Which one of the following is an effective personal hygiene method to avoid minor infections following exercise?**
- (a) Wash your hands thoroughly before exercise.**
 - (b) Warm up all of your main muscle groups.**
 - (c) Wash and dry your feet after exercise.**
 - (d) Use a nasal strip during exercise. [1]**

- 9 There are many long term effects of exercise and training on the body. Which one of the following is a long term effect on the heart?**
- (a) Increase in stroke volume.**
 - (b) Decrease in stroke volume.**
 - (c) Increase in tidal volume.**
 - (d) Decrease in tidal volume. [1]**
- 10 Mental preparation is important when participating in physical activity. Which one of the following best describes the purpose of mental preparation for a young person who is exercising to keep GENERALLY fit?**
- (a) To psych yourself up to win and be competitive.**
 - (b) To concentrate effort and forget about stressful events.**
 - (c) To focus on one particular muscle group and to build muscle group.**
 - (d) To block out the crowd. [1]**

- 11 What value is cartilage in trying to maintain an active, healthy lifestyle?**
- (a) Protects bones from wear and tear.**
 - (b) Gives strength to a joint.**
 - (c) Produces valuable red blood cells.**
 - (d) Acts as a nutrient to bones. [1]**
- 12 Which one of the following is an intrinsic motive for participating in the role of a leader in a physical activity?**
- (a) Getting paid for leading a physical activity session.**
 - (b) Running sessions to get a qualification.**
 - (c) To please your parents.**
 - (d) To enjoy leading a physical activity session. [1]**
- 13 Which one of the following is the LEAST effective way to learn physical activity skills?**
- (a) Trial and error.**
 - (b) Copy role models.**
 - (c) Practise hard.**
 - (d) Reading a coaching manual. [1]**

- 14 Which one of the following is the best example of how knowledge of results can motivate a young person?**
- (a) To show a young person that they have run a distance quicker than they have before.**
 - (b) To show a video playback of a javelin throw to an athlete.**
 - (c) To give a badge for a gymnast who learns a new skill.**
 - (d) To give money to a young person who stops smoking. [1]**

- 15 Which one of the following best describes the vascular shunt mechanism?**
- (a) Speeding up the flow of blood to all organs during exercise.**
 - (b) The redistribution of blood during exercise.**
 - (c) The pushing forward of waste products to help excretion.**
 - (d) An increase in heart rate that increases cardiac output. [1]**

[15 marks]

SECTION B

Answer ALL questions.

- 16 Describe how the British Olympic Association might help you if you were an Olympic athlete.**

[3]

- 17 Explain how assessment courses in physical education can help to promote an active, healthy lifestyle.**

[4]

18 Other than frequency, what are the other components of the FITT principle?

[3]

19 Describe, using practical examples, how the control of emotions can help with the management of stress in physical activities.

[4]

20 Identify TWO major muscle groups of the upper body that are used when performing a standing throw of a ball. Explain how an active lifestyle can keep muscles healthy.

[5]

[6]

23 Describe the main functions of the skeletal system that keep the body healthy and active.

[5]



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