



GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION
 An Introduction to Physical Education

B451

Candidates answer on the Question Paper

OCR Supplied Materials:
None

Other Materials Required:
None

Friday 21 May 2010
Afternoon
Duration: 1 hour



Candidate Forename		Candidate Surname	
--------------------	--	-------------------	--

Centre Number						Candidate Number				
---------------	--	--	--	--	--	------------------	--	--	--	--

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. 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 (*).
- 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 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]

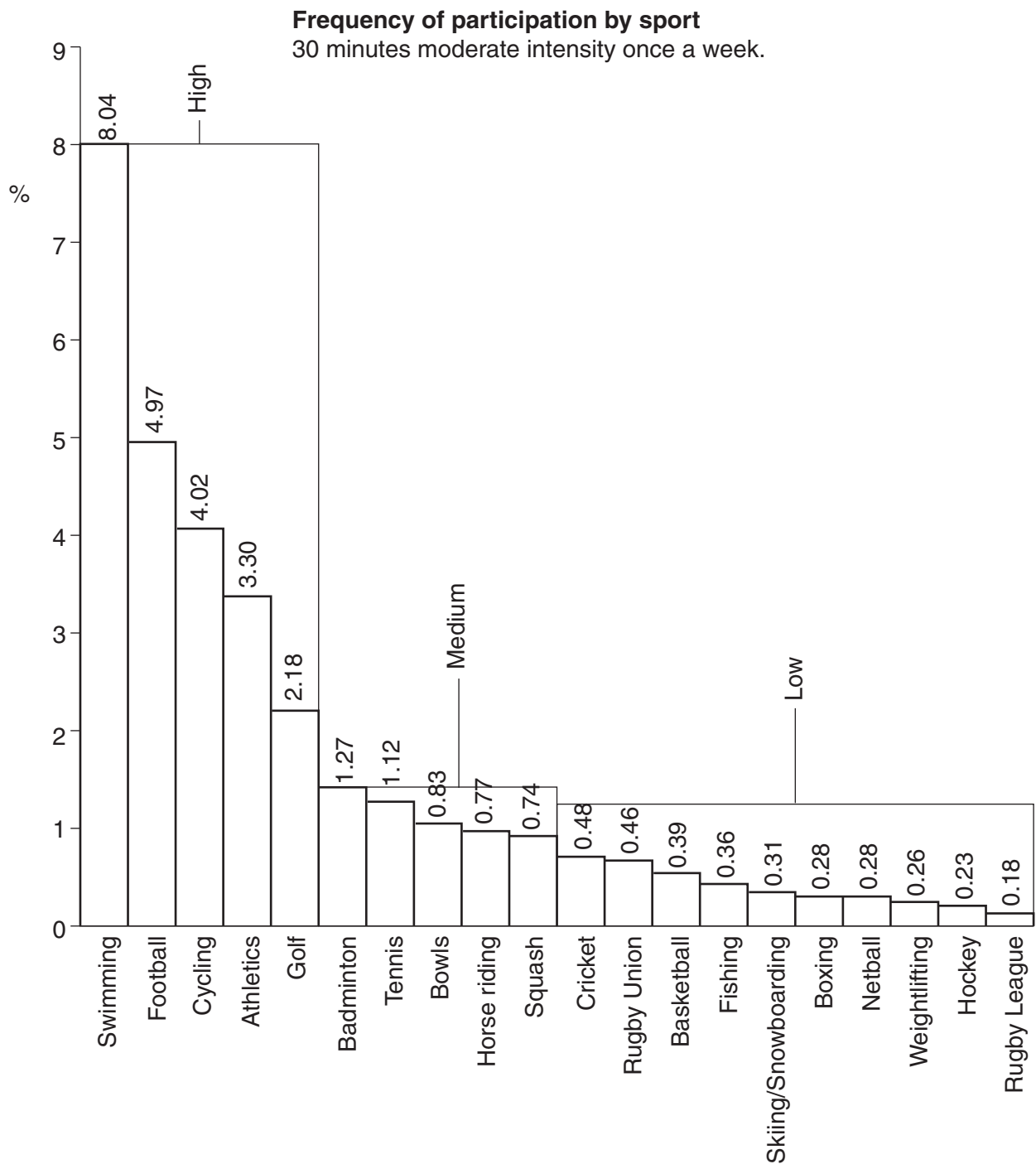
- 9** Which one of the following best indicates a balanced diet?
- (a) A balance between what is eaten and energy expended.
 - (b) A balance of different types of protein.
 - (c) A balance between what is eaten and what is drunk.
 - (d) A balance between fruit and vegetables. [1]
- 10** Which one of 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]

20 Recent research has shown different levels of participation in different physical activities as shown in Fig. 1 below.

Fig. 1



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.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

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

.....

.....

.....

.....

.....

.....

.....

.....

..... [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

..... [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.

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

[45 marks]

[Paper total: 60 marks]

PLEASE DO NOT WRITE ON THIS PAGE



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations, is given to all schools that receive assessment material and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.