

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

Tuesday 25 January 2011
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, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- 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).
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Do **not** write in the bar codes.

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 a suitable method for measuring your cardiovascular endurance?
- (a) The sit and reach test
 - (b) The body mass index test
 - (c) The 30 minute sprint test
 - (d) The Cooper 12 minute run test [1]
- 2 Which one of the following is a function of proteins as part of a balanced diet?
- (a) Helps to repair tissues in the body
 - (b) Helps to rehydrate the body
 - (c) Helps to supply fibre to the body
 - (d) Helps to break down carbohydrates [1]
- 3 Which one of the following is **not** a role of the school curriculum in promoting an active, healthy lifestyle?
- (a) Teaching motor skills
 - (b) Developing leadership roles
 - (c) Encouraging participation in activities
 - (d) Selecting the best performers for national teams [1]
- 4 Which one of the following is an example of an outcome goal?
- (a) A tennis player trying to improve his serve
 - (b) Trying to win a netball match against a local school
 - (c) A footballer trying to improve her shooting technique
 - (d) Trying to outwit an opponent when passing the ball in basketball [1]

- 5 Which one of the following is the most appropriate method of training to improve your flexibility?
- (a) Circuit training
 - (b) Weight training
 - (c) Yoga
 - (d) Aerobics
- [1]
- 6 Which one of the following fundamental motor skills is a main feature in playing golf?
- (a) Throwing
 - (b) Hitting
 - (c) Catching
 - (d) Running
- [1]
- 7 One of the key processes in physical education is physical and mental capacity.
Which one of the following best describes the physical aspect of this key process?
- (a) Developing determination
 - (b) Developing a positive attitude
 - (c) Developing decision making
 - (d) Developing stamina
- [1]
- 8 Which one of the following is a good reason to do a warm up before a physical activity?
- (a) To decrease the risk of injury
 - (b) To speed up the removal of lactic acid
 - (c) To stop the release of adrenaline
 - (d) To slow down the resting heart rate
- [1]

9 Strength is a physical fitness component that can also help in following a healthy lifestyle.

Which one of the following is an example of strength helping us to follow a healthy lifestyle?

- (a) To be able to win sports competitions
- (b) To be able to lift and carry heavy objects safely
- (c) To be able to reach and stretch for heavy objects
- (d) To be able to concentrate more on daily tasks

[1]

10 A key concept in physical education is performance.

Which one of the following is an example of performance as a key concept?

- (a) Choosing the right technique in the long jump
- (b) Showing determination when playing hockey
- (c) Eating carbohydrates the day before a long distance race
- (d) Being able to beat an opponent in football

[1]

11 There are many pathways we can choose to be involved in physical activities.

Which one of the following describes community sport as a pathway for involvement in physical activity?

- (a) Representing your school hockey team
- (b) Playing your best to win for your school team
- (c) Helping to coach hockey at your local club
- (d) Watching the local hockey team at a home game

[1]

12 Which one of the following is **not** an example of a reason for participating in physical activities?

- (a) To wear fashionable sports gear
- (b) To follow a sedentary lifestyle
- (c) To realise that physical activities make you healthy
- (d) To follow your parents' involvement in physical activities

[1]

- 13** Which one of the following shows the effects of gender on participation in a physical activity?
- (a) Females have lower levels of concentration than males in physical activities
 - (b) Males feel more pain than females in physical activities
 - (c) Males are less likely to participate in traditionally female activities
 - (d) Females are less likely to show high skill levels in physical activities
- [1]
- 14** Which one of the following is **not** a good indicator of health and well-being?
- (a) Participating regularly in physical activities
 - (b) High level of income
 - (c) Satisfaction with life
 - (d) Feeling positive about life
- [1]
- 15** The environment can affect participation in physical activities.
- Which one of the following is an example of a city environment having a **negative** effect on participation in physical activities?
- (a) Good transport system
 - (b) Many indoor sports facilities
 - (c) Few areas of green space
 - (d) Multi-cultural population
- [1]

[15 marks]

Section B

Answer **all** questions.

16 Give **three** reasons why a performer might participate in physical activities.

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..... [3]

17 Regularly being involved in school and community sport is a pathway for involvement in physical activities.

Describe and give practical examples of **two** other pathways for involvement in physical activities.

Pathway.....
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Description
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Pathway.....
.....
Description
..... [4]

20 Decision making is an important key process in physical education.

Describe **two** examples of decisions that might be made in each of the following roles:

(i) Performer:

Decision 1

Decision 2

(ii) Coach or leader:

Decision 1

Decision 2

(iii) Official:

Decision 1

Decision 2 [6]

21 Describe **five** characteristics of skilful movement.

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..... [5]

22 Identify **four** different fundamental motor skills and describe why each one is important in physical activities.

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23 Give **three** reasons why it is important to show sportsmanship when participating in physical activities.

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24 Speed is an important component of fitness.

Explain, using **four** different practical examples, how speed can help in the performance of physical activities.

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..... [4]

25* Describe the main characteristics of a balanced, healthy lifestyle.

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[45 marks]

[Paper total: 60 marks]

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