

**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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**MODIFIED LANGUAGE**

**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 outsmart 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 reduce 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 where strength can help 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** One pathway for involvement in physical activities is to take part regularly in school and community sport.

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.....

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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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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.

Using **four** different practical examples, explain 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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