

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 24 May 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 an essential component of a healthy diet?
- (a) Pasta
 - (b) Fish
 - (c) Water
 - (d) Bread
- [1]**
- 2 Which one of the following is a good example of the aesthetic characteristic of skilful movement?
- (a) The rugby player fouls an opponent who tries to run past with the ball
 - (b) The movement of the gymnast looks good and is fluent in the floor exercise
 - (c) The movement of the volleyball player is fast across the court to get to the ball
 - (d) The footballer shouts for the ball because there is no space to shoot
- [1]**
- 3 Which one of the following is a way to get involved in physical activity?
- (a) Subscribe to a sports TV channel
 - (b) Volunteering to help coach the local football team
 - (c) Reading the sports pages of a quality newspaper
 - (d) Buying a fashionable, well-fitting track-suit
- [1]**
- 4 Which one of the following is an example of peer pressure that prevents participation in physical activities?
- (a) Watching your local rugby team rather than playing
 - (b) Friends telling you that physical activity is for 'losers'
 - (c) Giving up sport because of your part-time job
 - (d) Preferring to play computer games
- [1]**

- 5 Which one of the following is an example of the role of an official in school physical education lessons?
- (a) Being captain of a hockey team
 - (b) Coaching the lower school football team
 - (c) Collecting the bibs at the end of a games lesson
 - (d) Refereeing a basketball game [1]
- 6 Which one of the following is the best description of aqua-aerobics?
- (a) Snorkelling in heavy sea conditions
 - (b) An exercise class in water
 - (c) Swimming in a long distance race
 - (d) Extra time in a water polo match [1]
- 7 Which one of the following is a good example of decision making when participating in physical activities?
- (a) Choosing a local team to support even though they have a low league position
 - (b) Choosing to follow a GCSE course in physical education
 - (c) Choosing the right diet to lose weight
 - (d) Choosing the right pass to one of your team mates [1]
- 8 One of the key concepts in physical education is healthy, active lifestyles.
- Which one of the following shows how physical activity can lead to a healthy, active lifestyle?
- (a) Playing a sport encourages you to give up smoking
 - (b) Being a referee gives you more power
 - (c) Joining a netball team will make you more aggressive
 - (d) Volunteering to run a team will be financially rewarding [1]

9 Cooling down following physical activity is important.

Which one of the following is a good reason for performing a cool down?

- (a) Improves speed of movement
- (b) Raises the pulse rate
- (c) Rehydrates the body
- (d) Prevents muscle soreness

[1]

10 One of the key processes in physical education is developing skills and techniques.

Which one of the following is a good example of developing skills and techniques?

- (a) Trying to serve consistently well in tennis
- (b) Representing your school team regularly
- (c) Trying to win in a basketball game
- (d) Choosing the right golf club when preparing for a shot

[1]

11 Positive mental health can be an indicator of health and well-being.

Which one of the following shows positive mental health?

- (a) Staying out of trouble
- (b) Regular eating
- (c) Feeling happy
- (d) Regular fitness training

[1]

12 Which one of the following shows the importance of muscular endurance as a component of a healthy lifestyle?

- (a) To get jobs done quickly and to have more time for sport
- (b) To be able to reach for things in everyday life without hurting yourself
- (c) To be able to carry your baby brother safely on long walks
- (d) To be determined in all mental and physical activities

[1]

- 13** Which one of the following shows that ethnicity can affect participation in physical activity?
- (a) If you are tall then you will be able to jump higher
 - (b) You are more likely to be involved in physical activity if your friends are involved
 - (c) You may not be selected for a team because of the colour of your skin
 - (d) Northern European people are better at swimming
- [1]**
- 14** Which one of the following is an example of a test protocol when setting up a fitness test?
- (a) To ensure that the distance is measured accurately
 - (b) To shower and change your clothes after the test
 - (c) To try and compete with others to get the best score
 - (d) To shout out the score after a flexibility test
- [1]**
- 15** Which one of the following is a health reason for participating in physical activities?
- (a) To participate as a job and to get money
 - (b) To create a good image to others
 - (c) To copy role models who are successful
 - (d) To help to manage your stress levels
- [1]**

[15 marks]

Section B

Answer **all** questions.

16 Give **three** practical examples that show different characteristics of skilful movement in physical activities.

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..... [3]

17 Health screening is important in assessing the body's readiness for exercise.

Identify and describe **two** health screening methods in assessing readiness for exercise.

Method 1

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Method 2

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..... [4]

11
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