

**GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION**

B453

Developing Knowledge in Physical Education

**Tuesday 24 May 2011
Afternoon**

Duration: 1 hour

Candidates answer on the question paper.

OCR supplied materials:

None

Other materials required:

None



Candidate forename		Candidate surname	
-----------------------	--	----------------------	--

Centre number						Candidate number				
---------------	--	--	--	--	--	------------------	--	--	--	--

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 pairs is a range of movement allowed by the hinge joint?
- (a) Abduction and adduction
 - (b) Flexion and extension
 - (c) Flexion and rotation
 - (d) Adduction and extension [1]
- 2** Which one of the following is the best example of intrinsic feedback?
- (a) A demonstration of a skill to be learned
 - (b) Feeling that you have performed well
 - (c) First aid is available if needed
 - (d) The teacher says “well done” if the skill is performed correctly [1]
- 3** Which one of the following is an example of a school extra-curricular activity that promotes an active, healthy lifestyle?
- (a) A fitness club before school starts
 - (b) The local hockey club using the school facilities
 - (c) A health promotion talk in assemblies
 - (d) A warm up before every PE lesson [1]
- 4** Which one of the following helps to reduce the risk of injury when participating in a physical activity on a playing field?
- (a) Playing a full game as soon as possible
 - (b) Having regular competitions in lessons
 - (c) Showering after the activity
 - (d) Wearing appropriate protective clothing [1]

- 5 Which one of the following is a long term effect of exercise on the respiratory system?
- (a) Increase in cardiac output
 - (b) Increase in tidal volume
 - (c) Increase in stroke volume
 - (d) Increase breathing rate [1]
- 6 Which one of the following is a typical problem associated with muscles when participating in physical activities?
- (a) Stretching
 - (b) Getting out of breath
 - (c) Arthritis
 - (d) Inflammation [1]
- 7 Which one of the following is an example of extrinsic feedback?
- (a) Feeling that you have performed well in netball
 - (b) Your teacher telling you that you did well in badminton
 - (c) Having the will power to keep running in a long distance race
 - (d) Enjoying winning a football match [1]
- 8 Which one of the following is found in joints?
- (a) White blood cells
 - (b) Lactic acid
 - (c) Adrenaline
 - (d) Synovial fluid [1]

- 9 Which one of the following best describes the role of the agonist in muscle movement?
- (a) Strengthens the muscle
 - (b) Produces the movement
 - (c) Fixes origin to insertion
 - (d) Protects the joint [1]
- 10 Which one of the following is an example of sponsorship?
- (a) TV advertising for a sports drink
 - (b) Health campaign in the local newspaper
 - (c) A drinks company giving money for a fun run event
 - (d) A football club pays money to one of the players [1]
- 11 Which one of the following is a term given for changes in blood flow to muscles during exercise?
- (a) Stroke volume
 - (b) Resting heart rate
 - (c) Hypertrophy of blood vessels
 - (d) Vascular shunt [1]
- 12 Which of the following is a good example of a performer controlling their emotions during physical activity?
- (a) Shouting at a team mate for playing poorly
 - (b) Playing more aggressively because your team is losing
 - (c) Accepting a decision by the official which you think is wrong
 - (d) Only fouling when the referee is not looking [1]
- 13 Which one of the following is the most appropriate role model for learning physical activity skills?
- (a) A well qualified coach
 - (b) A friend who is also learning new skills
 - (c) A successful sports team that you watch
 - (d) A top quality newspaper [1]

14 Which one of the following best describes the plyometrics training method?

- (a) Involves mainly stretching
- (b) Involves continuous running
- (c) Involves interval work
- (d) Involves mainly bounding/hopping

[1]

15 Which one of the following best describes reversibility as a training principle?

- (a) Repeating each move backwards leads to better results
- (b) Variety in training reduces boredom
- (c) Performance can deteriorate if training stops
- (d) Training should involve lots of rest intervals

[1]

[15 marks]

Section B

Answer **all** questions.

16 Give **three** short term effects of exercise on the heart.

.....

.....

.....

.....

.....

..... [3]

17 Identify the **four** components of the FITT principle of training.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

18 Identify and describe **three** ways that local authority provision can promote participation in physical activities.

Identification 1

.....

Description

.....

Identification 2

.....

Description

.....

Identification 3

.....

Description

..... [6]

19 Identify **five** potential hazards that may be found in a fitness centre.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

20 Explain the SMART principle of goal setting, and describe why goal setting is important for an active, healthy lifestyle.

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

21 Explain when and how lactic acid affects the ability of the body to maintain physical activity.

.....
.....
.....
.....
.....
.....
.....
..... [4]

22 Describe the effects of mental preparation on the performance of physical activities.

.....
.....
.....
.....
.....
.....
.....
..... [4]

23 Give **three** examples of National Governing Bodies and name the sports they represent.

National Governing Body and sport

.....

National Governing Body and sport

.....

National Governing Body and sport

..... [3]

24 Give **two** positive effects that the media may have on following an active, healthy lifestyle.

Positive effect 1

.....

Positive effect 2

..... [2]

Give **two** negative effects that the media may have on following an active, healthy lifestyle.

Negative effect 1

.....

Negative effect 2

..... [2]

11
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

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 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.