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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

**B453**

**PHYSICAL EDUCATION**

**Developing Knowledge in Physical Education**

**TUESDAY 24 MAY 2011: Afternoon**

**DURATION: 1 hour**

**SUITABLE FOR VISUALLY IMPAIRED CANDIDATES**

**Candidates answer on the question paper.**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **INSTRUCTIONS TO CANDIDATES**

- **Write your name, centre number and candidate number in the boxes on the first page. 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.**

## **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(\*).**

## 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) The feeling that a participant gets when they 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 going 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) Money paid to a professional footballer by his club** **[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.**

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**[3]**



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

**Identification 1** \_\_\_\_\_

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**Description** \_\_\_\_\_

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**Identification 2** \_\_\_\_\_

\_\_\_\_\_

**Description** \_\_\_\_\_

\_\_\_\_\_

**Identification 3** \_\_\_\_\_

\_\_\_\_\_

**Description** \_\_\_\_\_

\_\_\_\_\_ [6]







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

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**[4]**

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

**National Governing Body and sport**

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**National Governing Body and sport**

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**National Governing Body and sport**

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**[3]**



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

**Positive effect 1** \_\_\_\_\_

\_\_\_\_\_

**Positive effect 2** \_\_\_\_\_

\_\_\_\_\_

**Negative effect 1** \_\_\_\_\_

\_\_\_\_\_

**Negative effect 2** \_\_\_\_\_

\_\_\_\_\_ **[4]**



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