

**Wednesday 25 January 2012 – Afternoon**

**GCSE PHYSICAL EDUCATION**

**B451** An Introduction to Physical Education

Candidates answer on the Question Paper.

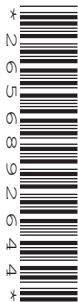
**OCR supplied materials:**

None

**Other materials required:**

None

**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. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- 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).
- 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 Minerals are essential components of a balanced diet.

Which one of the following is **not** a mineral?

- (a) Water
- (b) Iron
- (c) Calcium
- (d) Potassium

[1]

2 The school Physical Education curriculum has a role in promoting an active, healthy lifestyle.

Which one of the following is an example of this role?

- (a) Selecting the best players for the school team
- (b) Teaching pupils that winning is the only important aim
- (c) Developing pupils' motor skills
- (d) Giving effective childcare advice

[1]

3 Which one of the following is a component of fitness?

- (a) Cardiovascular endurance
- (b) A cool down
- (c) A fundamental motor skill
- (d) Health screening

[1]

4 A referee is an official who has an important role in physical activities.

Which one of the following is an example of the role of a referee in a physical activity?

- (a) Ensuring that all players have a good level of fitness
- (b) Recording performance statistics
- (c) Applying rules fairly
- (d) Supervising the warm up

[1]

- 5 Which one of the following best explains the key concept of creativity in Physical Education?
- (a) Trying to win in football
  - (b) Reaching the best fitness level in hockey
  - (c) Encouraging a friend to join you in an exercise class
  - (d) Exploring the use of different tactics in tennis [1]
- 6 Which one of the following is the best example of a role model promoting participation in physical activities?
- (a) Trying to beat your personal best in the high jump
  - (b) To enjoy participating in an exercise class
  - (c) Taking up yoga to keep flexible
  - (d) Watching an Olympic athlete and joining an athletics' club [1]
- 7 Which one of the following is an example of a performance goal?
- (a) To try to win the league in your sport
  - (b) To try to get a goal back near the end of the match
  - (c) To try to improve your throwing technique in the javelin
  - (d) To try to beat your opponent and win a trophy [1]
- 8 Which one of the following is an example of muscular endurance?
- (a) To be able to stretch effectively in a gymnastics activity
  - (b) To be able to lift a heavy weight correctly in training
  - (c) To be able to finish a circuit training session
  - (d) To be able to run quickly over a short distance [1]

- 9 Which one of the following is the best example of good etiquette when performing a physical activity?
- (a) Shaking hands with your opponent when you have finished a rugby game
  - (b) Letting someone else win in a swimming race
  - (c) Shouting at the referee to get across your point of view in a football match
  - (d) Breaking the rules in a hockey game
- [1]

- 10 Which one of the following is a fundamental motor skill?

- (a) Slice serve in tennis
- (b) Spin bowling in cricket
- (c) Running for the ball in football
- (d) Back spin in a table tennis shot

[1]

- 11 A lack of confidence often leads to non-participation in physical activities.

Which one of the following is an example of a lack of confidence leading to non-participation?

- (a) Kerry does not go to her dance class because of work commitments
  - (b) Steve has given up on physical exercise because he has a knee injury
  - (c) Kamal does not see the point of physical exercise because he enjoys playing computer games more
  - (d) James does not go weight training because he feels that he is not as good as the other people in the class
- [1]

- 12 One way to measure the body's readiness for exercise is to use the body mass index (BMI) measurement.

Which one of the following is the BMI score that indicates obesity?

- (a) 15
- (b) 20
- (c) 25
- (d) 30

[1]

- 13** Which one of the following is an example of an aesthetic characteristic of skilful movement?
- (a) Scoring a goal near the end of a netball match
  - (b) Completing a co-ordinated and smooth floor routine in gymnastics
  - (c) A goalkeeper knowing which way to dive to save the ball in football
  - (d) Winning a sprint race in record time **[1]**
- 14** Which one of the following is an example of a health and safety consideration when setting up a fitness test?
- (a) The same person records the time taken to complete the test by all the athletes
  - (b) The weight training equipment is checked before being used
  - (c) Each person performing the test is encouraged in exactly the same way
  - (d) All those performing the test should try to be the best **[1]**
- 15** Which one of the following is the most popular in terms of participation in the UK for all age groups?
- (a) Yoga
  - (b) Cycling
  - (c) Squash
  - (d) Walking **[1]**

**[15 marks]**

**Section B**

Answer **all** questions.

**16** Identify **three** different pathways for involvement in physical activities.

- 1) .....
- .....
- 2) .....
- .....
- 3) .....
- .....

**[3]**

**17** Describe **four** characteristics of skilful movement.

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

**[4]**

18 Identify and describe **three** measures or indicators of health and well-being.

Identification .....

Description .....

.....

Identification .....

Description .....

.....

Identification .....

Description .....

..... [6]

19 Explain how over-eating can make it more difficult to participate in physical activities.

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..... [4]





22 Name and describe suitable tests for speed and flexibility.

Speed test .....

Description .....

.....

Flexibility test .....

Description .....

..... [4]

23 Give **three** reasons why fewer females than males are likely to participate in sport.

Reason 1 .....

.....

Reason 2 .....

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Reason 3 .....

..... [3]

24 Explain why water and fibre are important components of a balanced diet.

Water .....

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Fibre .....

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..... [4]



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