

Candidate forename						Candidate surname					
Centre number						Candidate number					

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**GCSE**  
**B453**  
**PHYSICAL EDUCATION**

**Developing Knowledge in Physical Education**

**WEDNESDAY 23 MAY 2012: Afternoon**

**DURATION: 1 hour**

**MODIFIED ENLARGED**

**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. 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).

## **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 is a role of the British Olympic Association (BOA)?**
- (a) It selects the Great Britain team for the Olympics**
  - (b) It provides equipment for all competitors**
  - (c) It sponsors individual athletes**
  - (d) It designs the Olympic Village for athletes' accommodation**
- [1]**
- 2 Which one of the following best describes the role of tendons?**
- (a) They attach bones to bones**
  - (b) They attach ligaments to muscles**
  - (c) They attach muscles to muscles**
  - (d) They attach muscles to bones**
- [1]**

- 3 Which one of the following minimises the risks associated with performing physical activities in a sports hall?**
- (a) Making sure you wear a minimum amount of jewellery**
  - (b) Making sure equipment is stored away when not in use**
  - (c) Making sure all who participate are not obese**
  - (d) Making sure drinks are always available [1]**
- 4 Which one of the following is a long term effect of exercise on the lungs?**
- (a) An increase in lung volume**
  - (b) A decrease in tidal volume**
  - (c) An increase in stroke volume**
  - (d) A decrease in rate of recovery [1]**

- 5 Which one of the following might lead to keeping your joints healthy?**
- (a) Eat lots of carbohydrates**
  - (b) Get plenty of sleep**
  - (c) Maintain a healthy body weight**
  - (d) Do exercise classes in bare feet** [1]
- 6 Which one of the following is an example of extrinsic motivation for an official in a physical activity?**
- (a) Enjoying umpiring a tennis game**
  - (b) Sponsorship for the players in a basketball game**
  - (c) Payment for refereeing in a football game**
  - (d) Feeling proud to be so important as a netball umpire** [1]

- 7 Which one of the following is an example of trial and error when learning movement skills?**
- (a) Following the instructor's moves in an exercise class**
  - (b) Trying to perfect the right technique when practising badminton**
  - (c) Getting a reward by a coach for serving well in a tennis match**
  - (d) Watching a video of a sprinter to learn the sprint start** [1]
- 8 Which one of the following muscle groups is worked the hardest when performing a high jump?**
- (a) Deltoid**
  - (b) Quadriceps**
  - (c) Latissimus dorsi**
  - (d) Trapezius** [1]

- 9 Which one of the following is a function of the skeletal system?**
- (a) To remove synovial fluid**
  - (b) To produce vitamins**
  - (c) To remove lactic acid**
  - (d) To produce red blood cells [1]**
- 10 Which one of the following is an effect of a successful campaign to promote participation in physical activities?**
- (a) Encourages people to be interested in physical activities**
  - (b) Gives television entertainment at home**
  - (c) Warns people against taking drugs**
  - (d) Sponsors elite sports' players [1]**

- 11 Which one of the following best describes fartlek as a type of exercise?**
- (a) A weight training method with strength and power**
  - (b) A continuous and varied training method with speed and endurance**
  - (c) A bounding and hopping method with power and flexibility**
  - (d) A continuous and fixed training method with stamina and endurance**
- [1]**
- 12 Which one of the following is an example of mental preparation when performing physical activities?**
- (a) A performer choosing the appropriate equipment in circuit training**
  - (b) A netball player shooting effectively**
  - (c) A tennis player concentrating on the ball as the opponent hits it**
  - (d) A coach showing incorrect movements in gymnastics**
- [1]**



- 13 Which one of the following is an example of personal protective equipment in a physical activity?**
- (a) A football coach providing water bottles during a game**
  - (b) A hockey player carrying a light hockey stick**
  - (c) An aerobics performer changing their socks after the class**
  - (d) A rugby player wearing a gum shield [1]**
- 14 Which one of the following best describes overload as a principle of training in physical activities?**
- (a) The body works harder than normal with stress and discomfort**
  - (b) Performance can deteriorate if training stops**
  - (c) There should be variety in training methods to reduce boredom**
  - (d) Training should be relevant to your chosen physical activity [1]**

**15 Which one of the following explains the role of an antagonist in muscle movement?**

- (a) The movement of the antagonist is also the prime mover**
- (b) The movement of the agonist is countered by the action of the antagonist**
- (c) The movement of the agonist is joined in the same direction as the antagonist**
- (d) The movement of the antagonist is helped by the synergist** **[1]**

**[15 marks]**

## SECTION B

Answer ALL questions.

**16 Describe THREE potential hazards that are associated with performing physical activities on a public playing field.**

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_ [3]

**17 Give THREE short-term effects of physical activity on the respiratory system.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_ [3]

**18 The FITT principle for exercise and training identifies that frequency, intensity, time and type are the important factors.**

**Describe how you would plan an exercise programme by using these factors of the FITT principle.**

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**[4]**

**19 Identify where synovial fluid is found and explain its function.**

**Synovial fluid is found** \_\_\_\_\_

**Function** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**20 A key process in physical education is to learn and develop skills and techniques.**

**Describe THREE methods that might be used to learn skills and techniques.**

**1)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3)** \_\_\_\_\_

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

**21 Describe how lactic acid affects the ability of the body to maintain physical activity.**

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**[3]**

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**[6]**



**23 Explain how Physical Education examination courses in schools can help to promote an active, healthy lifestyle.**

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**[5]**

**24 Describe how the availability of funds can affect young people's ability to follow an active, healthy lifestyle.**

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**[5]**

[illegible]

**[Paper total: 60 marks]**

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