

**Tuesday 14 May 2013 – Afternoon**

**GCSE PHYSICAL EDUCATION**

**B451/01** An Introduction to Physical Education

Candidates answer on the Question Paper.

**OCR supplied materials:**

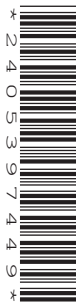
None

**Other materials required:**

None

**Duration:** 1 hour

**MODIFIED LANGUAGE**



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. 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 for each question.

- 1** Lack of self esteem is often a reason for non-participation in physical activities.

Which one of the following shows a lack of self esteem?

- (a) Having low fitness levels
- (b) Being unable to get to the leisure facilities
- (c) Feeling that you are not very good at sport
- (d) Being unable to pay the swimming pool entrance fee

**[1]**

- 2** Co-ordination is important for a skilled performer.

Which one of the following methods of exercise would be best to improve your co-ordination?

- (a) Dance exercise
- (b) Long distance running
- (c) Weight training
- (d) Sit-ups

**[1]**

- 3** Which one of the following is a key concept in Physical Education?

- (a) Fundamental motor skills
- (b) Pathways
- (c) Peer pressure
- (d) Creativity

**[1]**

- 4** Which one of the following is an example of health screening?

- (a) Measuring endurance
- (b) Measuring strength
- (c) Measuring speed
- (d) Measuring blood pressure

**[1]**

5 Muscular endurance is a component of fitness.

Which one of the following best describes a good level of muscular endurance?

- (a) To be able to run fast over 20 metres
- (b) To be able to keep lifting a weight without tiring too soon
- (c) To be able to stretch down to the floor with straight legs
- (d) To be able to lift a very heavy weight once [1]

6 Which one of the following is a typical decision that is made by a leader in a physical activity?

- (a) Decide when to pass the ball in a football match
- (b) Decide when to catch the ball in a netball match
- (c) Decide to try hard during an exercise class
- (d) Decide to call for a time-out in a basketball game [1]

7 Which one of the following is **not** a characteristic of a healthy lifestyle?

- (a) Reading a sports section of a newspaper
- (b) Avoiding smoking cigarettes
- (c) Drinking water
- (d) Eating five portions of fruit or vegetables [1]

8 Which one of the following is an example of the school curriculum promoting an active and healthy lifestyle?

- (a) Having cheaper meals at the school canteen
- (b) Having lessons about the importance of exercise
- (c) Having separate playgrounds for boys and girls
- (d) Having a separate indoor seating area for older pupils [1]

- 9** Which one of the following is a recommended amount of exercise for an average 5–18 year old?
- (a) 120 minutes for one day per week
  - (b) 60 minutes for five days per week
  - (c) 140 minutes per week
  - (d) 60 minutes for one day per week
- [1]**
- 10** Which one of the following is an example of positive mental health?
- (a) I become jealous of other people who are good at sport
  - (b) I am often angry when I play football
  - (c) I am happy when I exercise
  - (d) I enjoy upsetting other players
- [1]**
- 11** Which one of the following is a food high in fats?
- (a) Oranges
  - (b) Red meat
  - (c) Bread
  - (d) Tomatoes
- [1]**
- 12** Which one of the following is an example of volunteering as a way of being involved in physical activities?
- (a) Employed by the local council as a leisure assistant
  - (b) Being coach of the England Rugby team
  - (c) Running an unpaid exercise class at a local care home
  - (d) Refereeing a professional football match
- [1]**
- 13** Which one of the following is an example of community sport?
- (a) Water skiing when you are on holiday
  - (b) International rugby competitions
  - (c) Yoga class in a private gym
  - (d) Local 5-a-side football team
- [1]**

**14** Which one of the following is an example of discrimination in physical activities?

- (a) A golf club preventing women from joining
- (b) An exercise class for beginners
- (c) A wheelchair ramp at the leisure centre
- (d) A crèche for children at the swimming pool

**[1]**

**15** Which one of the following is an example of a good role model?

- (a) A teacher who smokes cigarettes
- (b) A friend who bullies others
- (c) A mum who regularly attends an exercise class
- (d) A sports performer who does not tell the truth

**[1]**

## SECTION B

Answer **all** questions.

- 16** Describe **three** different characteristics of skilful movement. Use practical examples in your answer.

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

[3]

- 17** Describe **four** effects of over-eating on the performance of physical activities.

- 1) .....
- .....
- 2) .....
- .....
- 3) .....
- .....
- 4) .....
- .....

[4]

- 18** Identify and explain **three** different ways of testing a person's readiness for exercise, other than health screening.

1) .....

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2) .....

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3) .....

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[6]

- 19** Explain why it is important to cool down after physical activity.

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[4]

- 20** Describe **three** effects of using illegal steroids and **three** different effects of blood doping on performance in physical activities.

Effects of using illegal steroids

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

Effects of blood doping

- 1) .....  
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- 2) .....  
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- 3) .....  
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[6]

- 21** Describe **five** reasons for a young person to follow an active lifestyle.

- 1) .....  
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- 2) .....  
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- 3) .....  
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- 4) .....  
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- 5) .....  
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[5]



- 22** Describe why speed **and** strength are important components of fitness for physical activity. Use practical examples in your answer.

Speed .....

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Strength .....

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[4]

- 23** Identify **three** key processes in Physical Education.

1) .....

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2) .....

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3) .....

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[3]

- 24** Explain why activities like pilates and yoga can be effective exercise techniques for a healthy lifestyle.

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[4]

**25\*** Explain the importance of following the rules and the importance of good behaviour when taking part in physical activities. Use practical examples in your answer.

..... [6]

**END OF QUESTION PAPER**

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