

General Certificate of Secondary Education
Physical Education
Unit B451: An Introduction to Physical Education
Specimen Paper

B451

Time: 1 hour

Candidates answer on the question paper.

Additional materials:

Candidate
Forename

Candidate
Surname

Centre
Number

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Candidate
Number

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INSTRUCTIONS TO CANDIDATES

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do not write in the bar codes.
- Do not write outside the box bordering each page.
- Write your answer to each question in the space provided.

INFORMATION FOR CANDIDATES

- The number of marks for each question is given in brackets [] at the end of each question or part question.
- Your Quality of Written Communication is assessed on the question marked with an asterisk (*).
- The total number of marks for this paper is 60.

FOR EXAMINER'S USE	
Section A	
Section B	
TOTAL	

This document consists of **10** printed pages and **2** blank pages.

Section A

Answer **all** questions. Please circle the correct answer.

- 1 Which one of the following is a fundamental motor skill often used for active leisure activities?
- (a) Netball pass
 - (b) Hockey flick
 - (c) Running
 - (d) Triple jump
- [1]
- 2 The cool down after exercise is important because it:
- (a) Improves oxygen uptake
 - (b) Regulates breathing
 - (c) Speeds the removal of lactic acid
 - (d) Decreases adrenaline
- [1]
- 3 Which one of the following is a social reason that might affect participation in physical activities?
- (a) Family
 - (b) Equipment
 - (c) Weather
 - (d) Facilities
- [1]
- 4 Which of the following is **not** a recognised method of assessing an aspect of the body's readiness for exercise?
- (a) Cooper's 12 minute run/walk test
 - (b) Body mass index measurement
 - (c) Sit and reach test
 - (d) Height measurement
- [1]

- 5 Which one of the following is an example of a performance-enhancing drug?
- (a) Steroid
 - (b) Alcohol
 - (c) Carbohydrate
 - (d) Paracetamol
- [1]**
- 6 Which one of the following describes why skilled performers in physical education are different from unskilled performers?
- (a) They try harder
 - (b) They are more outgoing
 - (c) They are more co-ordinated
 - (d) They interact with spectators
- [1]**
- 7 Which of the following is a performance goal in a physical activity?
- (a) To win a tournament in golf
 - (b) To score the best in a strength test
 - (c) To improve your technique in tennis
 - (d) To get a personal best time in a 10 kilometre run
- [1]**
- 8 A secondary school is trying to encourage its students to participate in an active healthy lifestyle. Which piece of advice would you give to the staff at the school who are trying to encourage a healthy, active lifestyle among their students?
- (a) Make lunchtime sport compulsory for all
 - (b) Run teams only for the best performers
 - (c) Run sports clubs during weekends only
 - (d) Put on a number of activity clubs open to all
- [1]**

9 Which one of the following might be included in a good exercise programme to significantly improve flexibility?

- (a) Plyometrics
- (b) Interval training
- (c) Body pump
- (d) Yoga

[1]

10 Which of the following is **not** a characteristic of a balanced, healthy lifestyle?

- (a) Exercising regularly
- (b) Drinking water regularly
- (c) Only drinking 5 units of alcohol per day
- (d) Eating plenty of fruit and vegetables

[1]

11 Why is warming up before exercise important?

- (a) It improves flexibility
- (b) It improves heart rate
- (c) It decreases the removal of lactic acid
- (d) It slows adrenaline release

[1]

12 A young person doing his GCSEs in school no longer participates in exercise. Which of the following could be a reason for this non-participation in exercise?

- (a) Peer pressure to stop exercising
- (b) Physical Education is not compulsory in Year 11 at school
- (c) Exercise can stop effective learning
- (d) Young people do not need to exercise to stay healthy

[1]

13 Why might strength be an important health-related component to help a young person lead a healthy lifestyle?

- (a) To give a good body image
- (b) To be able to lift and carry objects safely
- (c) To be able to protect yourself from physical attack
- (d) To improve endurance

[1]

14 Cardio-vascular endurance is a component of fitness and a healthy balanced lifestyle. Which of the following describes cardio-vascular endurance most accurately?

- (a) The ability of our heart and lungs to cope with exercise over a long period of time
- (b) The ability to use muscles over a long period of time without them getting tired
- (c) The amount of force a muscle can exert against a resistance over a long period of time
- (d) The ability to change the body's movement quickly over a long period of time

[1]

15 Most sports players accept that, when they participate in physical activities, they should observe appropriate codes of behaviour or etiquette. Which of the following is the best example of good etiquette when performing a physical activity?

- (a) Shaking hands with your opponent at the end of a tennis match
- (b) Obeying the referee in football
- (c) Shouting 'well played' to one of your team-mates in hockey
- (d) Politely questioning a decision made by the referee in basketball

[1]

Section A Total [15]

Section B

Answer **all** questions.

16 Identify **four** reasons why it is important to follow an active, healthy lifestyle.

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..... [4]

17 Explain how flexibility can influence a healthy, balanced lifestyle.

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..... [3]

18 Describe **four** possible measures or indicators of a person's health and well-being.

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19 What are the negative effects on health of illegal blood doping?

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..... [3]

20 How do schools promote an active, healthy lifestyle?

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21* Discuss why old age might affect participation in physical activity.

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SPECIMEN

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Specimen Mark Scheme

The maximum mark for this paper is 60.

SPECIMEN

Section A		
Question Number	Answer	Max Mark
1	<p>Which one of the following is a fundamental motor skill often used for active leisure activities?</p> <p>C Running.</p>	[1]
2	<p>The cool down after exercise is important because it:</p> <p>C Speeds up the removal of lactic acid.</p>	[1]
3	<p>Which one of the following is a social reason that might affect participation in physical activities?</p> <p>A Family.</p>	[1]
4	<p>Which of the following is <u>not</u> a recognised method of assessing an aspect of the body's readiness for exercise?</p> <p>D Height measurement.</p>	[1]
5	<p>Which one of the following is an example of a performance-enhancing drug?</p> <p>A Steroid.</p>	[1]
6	<p>Which one of the following describes why skilled performers in physical education are different from unskilled performers?</p> <p>C They are more co-ordinated.</p>	[1]
7	<p>Which of the following is a performance goal in a physical activity?</p> <p>C To improve your technique in tennis.</p>	[1]
8	<p>A secondary school is trying to encourage its students to participate in an active healthy lifestyle. Which piece of advice would you give to the staff at the school who are trying to encourage a healthy, active lifestyle among their students?</p> <p>D Put on a number of activity clubs open to all.</p>	[1]

Question Number	Answer	Max Mark
9	<p>Which one of the following might be included in a good exercise programme to significantly improve flexibility?</p> <p>D Yoga.</p>	[1]
10	<p>Which of the following is <u>not</u> a characteristic of a balanced, healthy lifestyle?</p> <p>C Only drinking 5 units of alcohol per day.</p>	[1]
11	<p>Why is warming up before exercise important?</p> <p>A It improves flexibility.</p>	[1]
12	<p>A young person doing his GCSEs in school no longer participates in exercise. Which of the following could be a reason for this non-participation in exercise?</p> <p>A Peer pressure to stop exercising.</p>	[1]
13	<p>Why might strength be an important health-related component to help a young person lead a healthy lifestyle?</p> <p>B To be able to lift and carry objects safely.</p>	[1]
14	<p>Cardio-vascular endurance is a component of fitness and a healthy balanced lifestyle. Which of the following describes cardio-vascular endurance most accurately?</p> <p>A The ability of our heart and lungs to cope with exercise over a long period of time.</p>	[1]
15	<p>Most sports players accept that, when they participate in physical activities, they should observe appropriate codes of behaviour or etiquette. Which of the following is the best example of good etiquette when performing a physical activity?</p> <p>A Shaking hands with your opponent at the end of a tennis match.</p>	[1]
	Section A Total	[15]

Section B		
Question Number	Answer	Max Mark
16	<p>Identify <u>four</u> reasons why it is good to follow an active, healthy lifestyle.</p> <p>One mark for each of four reasons from:</p> <ol style="list-style-type: none"> 1 To be able to exercise for long periods of time 2 Any positive physiological adaptations (eg stronger heart/lungs) 3 To be able to recover quickly 4 To live longer/to be healthy/any identified health benefits/to avoid illness/heart attacks/problems/CHD 5 To make friends/socialise 6 To feel better/emotional benefits/enjoyment. 	[4]
17	<p>Explain how flexibility can influence following a healthy, balanced lifestyle.</p> <p>One mark for each of three explanations from:</p> <ol style="list-style-type: none"> 1 Ensures good mobility 2 Less likely to have an injury/joint/muscular problems 3 Can enable you to be involved in physical activity/gives more participation options. 	[3]
18	<p>Describe <u>four</u> possible measures or indicators of a person's health and well-being.</p> <p>One mark for each of four measures/indicators from:</p> <ol style="list-style-type: none"> 1 Satisfaction with aspects of life 2 Frequency of positive and negative feelings 3 Frequency of feelings or activities which may have a positive or negative impact on well-being 4 Access to green space 5 Level of participation in other activities 6 Positive mental health. 	[4]
19	<p>What are the negative effects on health of illegal blood doping?</p> <p>One mark for each of three effects from:</p> <ol style="list-style-type: none"> 1 Injection site infections/risk of blood infection/AIDS 2 Increase in blood pressure 3 Heart problems/failure 4 Kidney problems/failure. 	[3]

Question Number	Answer	Max Mark
20	<p>How do schools promote an active, healthy lifestyle?</p> <p>One mark for each of six ways from:</p> <ol style="list-style-type: none"> 1 National curriculum/lessons in PE/educating about benefits 2 Examination courses/national qualifications 3 Teachers being role models/using/visits by external role models 4 Coaching courses/qualifications 5 Extra curricular clubs/activities 6 Sports teams 7 Links with exercise clubs/sports clubs 8 Promotions/leaflets/healthy eating days/posters 9 Canteen having healthy food available/no junk food/vending machines for junk food. 	[6]
21*	<p>Discuss why old age might affect participation in physical activity.</p> <p>Six marks total. Levels marked question.</p> <p>Level 1 [1-2 marks]</p> <p>Candidate makes some points about why old age might affect participation in physical activities but struggles to make any relevant links between the aspects identified and levels of participation.</p> <p>Candidate shows ability to communicate at least one point using some appropriate terminology. Sentences have limited coherence and structure, often being of doubtful relevance to the main focus of the question. Errors of grammar, punctuation and spelling may be noticeable and intrusive.</p> <p>Level 2 [3-4 marks]</p> <p>Candidate makes several points about why old age might affect participation in physical activities and demonstrates good knowledge and understanding, making some links between the aspects identified and levels of participation.</p> <p>Candidate shows ability to present relevant material in a planned and logical sequence. Appropriate terminology is used. Sentences, for the most part relevant, are presented in a balanced, logical and coherent manner which addresses the question. There will be occasional errors of grammar, punctuation and spelling.</p> <p>Level 3 [5-6 marks]</p> <p>Candidate makes several developed points analysing why old age might affect participation in physical activities and demonstrates excellent knowledge and understanding, explaining the factors that affect increasing involvement in physical activity.</p> <p>Candidate shows ability to present relevant material in a well planned and logical sequence. Material is clearly structured using appropriate terminology confidently and accurately. Sentences, consistently relevant, are well structured in a way which directly answers the question. There will be few, if any, errors of grammar, punctuation and spelling.</p>	

Question Number	Answer	Max Mark
21* cont	<p>Indicative content:</p> <p>The following must state why each could lead to non-participation.</p> <ol style="list-style-type: none"> 1 Health reasons/injury/disability 2 (perceived) lack of ability/Lack of confidence 3 Discrimination by others 4 Loss of self esteem 5 Other pressures from other interests/hobbies 6 Lack of role models 7 Lack of appropriate facilities/equipment 8 Inadequate provision in local area 9 Poor transport/access. 	[6]
22*	<p>Explain how you would assess someone's readiness for cardiovascular exercise and flexibility so that they can participate in physical activities.</p> <p>Six marks total. Levels marked question.</p> <p>Level 1 [1-2 marks]</p> <p>Candidate makes some points about how you would assess someone's readiness for cardiovascular exercise and flexibility so that they can participate in physical activities but struggles to make any relevant links between the aspects identified and levels of participation.</p> <p>Candidate shows ability to communicate at least one point using some appropriate terminology. Sentences have limited coherence and structure, often being of doubtful relevance to the main focus of the question. Errors of grammar, punctuation and spelling may be noticeable and intrusive.</p> <p>Level 2 [3-4 marks]</p> <p>Candidate makes several points about how you would assess someone's readiness for cardiovascular exercise and flexibility so that they can participate in physical activities and demonstrates good knowledge and understanding, making some links between the aspects identified and levels of participation.</p> <p>Candidate shows ability to present relevant material in a planned and logical sequence. Appropriate terminology is used. Sentences, for the most part relevant, are presented in a balanced, logical and coherent manner which addresses the question. There will be occasional errors of grammar, punctuation and spelling.</p> <p>Level 3 [5-6 marks]</p> <p>Candidate makes several developed points about how you would assess someone's readiness for cardiovascular exercise and flexibility so that they can participate in physical activities and demonstrates excellent knowledge and understanding, explaining the factors that affect increasing involvement in physical activity.</p>	

Question Number	Answer	Max Mark
22* cont	<p>Candidate shows ability to present relevant material in a well planned and logical sequence. Material is clearly structured using appropriate terminology confidently and accurately. Sentences, consistently relevant, are well structured in a way which directly answers the question. There will be few, if any, errors of grammar, punctuation and spelling.</p> <p>Indicative content:</p> <ol style="list-style-type: none"> 1 Investigate/ask about health/fitness history/take onto account current health/fitness 2 Investigate/ask about reasons for exercise to establish suitable programme 3 Observe the subjects exercising/visual assessment 4 Use a suitable test to establish level of fitness 5 (for CV) Description of the multi-stage fitness test 6 (for flexibility) Description of sit and reach test 7 Possible use of medical checks eg heart rate/blood pressure etc 8 Use of tests to establish appropriateness of exercise programme/ to check progress 9 Use of tests to motivate the subjects. 	[6]
23	<p>Giving an example, explain why carbohydrates are so important for those who participate in a healthy lifestyle.</p> <p>Total of three marks: One mark for suitable example of a carbohydrate Two marks for each explanation from:</p> <ol style="list-style-type: none"> 1 Provides (fast) energy release 2 Used as a fuel for cell respiration 3 Can provide (carbo-loading) energy for long periods of exercise 	[3]
24*	<p>Analyse the reasons why teenagers often give up on participating in physical activity and following an active, healthy lifestyle.</p> <p>Six marks total. Levels marked question.</p> <p>Level 1 [1-2 marks]</p> <p>Candidate makes some points about factors which could affect participation but struggles to make any relevant links between the aspects identified and levels of participation.</p> <p>Candidate shows ability to communicate at least one point using some appropriate terminology. Sentences have limited coherence and structure, often being of doubtful relevance to the main focus of the question. Errors of grammar, punctuation and spelling may be noticeable and intrusive.</p> <p>Level 2 [3-4 marks]</p> <p>Candidate makes several points about factors which could affect participation and demonstrates good knowledge and understanding,</p>	

Question Number	Answer	Max Mark
24* cont	<p>making some links between the factors identified and their influence on non-participation.</p> <p>Candidate shows ability to present relevant material in a planned and logical sequence. Appropriate terminology is used. Sentences, for the most part relevant, are presented in a balanced, logical and coherent manner which addresses the question. There will be occasional errors of grammar, punctuation and spelling.</p> <p>Level 3 [5-6 marks]</p> <p>Candidate makes several developed points analysing the link between factors identified and levels of participation and demonstrates excellent knowledge and understanding, explaining the role that the identified factors play in influencing non-participation.</p> <p>Candidate shows ability to present relevant material in a well planned and logical sequence. Material is clearly structured using appropriate terminology confidently and accurately. Sentences, consistently relevant, are well structured in a way which directly answers the question. There will be few, if any, errors of grammar, punctuation and spelling.</p> <p>Indicative content:</p> <ol style="list-style-type: none"> 1 Health reasons/injury - perceived inability 2 Disability - external prejudice and internal lack of motivation 3 Discrimination - loss of self esteem 4 Peer pressure - needing to be part of a group 5 Cultural/religious factors - wanting to conform/beliefs 6 Other pressures from other interests/hobbies - low status of physical activity/healthy lifestyle 7 Lack of confidence - stay within acceptable comfort-zone 8 Lack of parental support/role model - no-one to push them and to show them the right road or modelling of poor behaviour 9 Lack of opportunity - lack of access. 	[6]
25	<p>Volunteering is one way young people can follow a pathway of participation in physical activities. Describe four other different pathways for involvement in physical activities as a role of performer, coach or official.</p> <p>One mark for each of four descriptions from:</p> <ol style="list-style-type: none"> 1 Regular involvement/playing/exercising/coaching/officiating regularly. 2 Taking part in school sport/activities 3 Taking part in community sport/activities 4 Taking a qualification to be a coach or an official 5 Train to get to a high level of expertise. 6 Making the involvement a career/job/paid. 	[4]
Section B Total		[45]
Paper Total		[60]

Assessment Objectives Grid (includes QWC*)

Question	AO1	AO2	AO3	Total
1	1	-	-	1
2	1	-	-	1
3	1	-	-	1
4	1	-	-	1
5	1	-	-	1
6	1	-	-	1
7	1	-	-	1
8	1	-	-	1
9	1	-	-	1
10	1	-	-	1
11	1	-	-	1
12	1	-	-	1
13	1	-	-	1
14	1	-	-	1
15	1	-	-	1
16	4	-	-	4
17	2	-	1	3
18	4	-	-	4
19	3	-	-	3
20	6	-	-	6
21*	2	-	4	6
22*	2	-	4	6
23	1	-	2	3
24*	2	-	4	6
25	2	-	2	4
TOTALS	43	0	17	60