

Candidate Name	Centre Number	Candidate Number

WELSH JOINT EDUCATION COMMITTEE
General Certificate of Secondary Education



CYD-BWYLLGOR ADDYSG CYMRU
Tystysgrif Gyffredinol Addysg Uwchradd

197/01*266/01

PHYSICAL EDUCATION – PAPER 1

AND

PHYSICAL EDUCATION (SHORT COURSE)

A.M. MONDAY, 22 May 2006

(1½ hours)

(This includes five minutes reading time)

For Examiner's use only		
Question	Maximum mark	Mark awarded
1	14	
2	14	
3	12	
4	30	
Total	70	
QWC	3	
Final Total	73	

ADDITIONAL MATERIALS

Video tape in VHS format.

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** the questions in the spaces provided in this question-and-answer booklet.

INFORMATION FOR CANDIDATES

The video clips for Section A will be shown three times.

Before the video clips are shown you will have five minutes to read the questions.

All three clips will be shown during which time you may answer the questions and make notes.

Each clip will be shown a second time and there will be five minutes after each clip to answer the questions.

The three clips will be shown for the third and final time.

There will then be approximately forty five minutes to complete Sections A and B.

The mark allocation for each part of a question is shown in brackets.

You will be awarded up to three marks for the quality of written communication.

No certificate will be awarded to a candidate detected in any unfair practice during the examination.

Answer **all** the questions in the spaces provided.

SECTION A

Questions for video clip 1

1. (a) What method of training is taking place? [1]

- (b) Complete the following table. [3]

Number of sets of exercise shown.	
Number of repetitions per set.	
Component of physical fitness being developed.	

- (c) Define the component of physical fitness being developed. [2]

- (d) Describe a **specific** example of when the physical fitness component is used in a sporting activity of your choice. [2]

Sporting activity

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- (e) The exercise shown demonstrates the principle of **overload**.

- (i) Identify how overload is achieved in the **video clip**. [2]

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- (ii) Describe **other ways** in which overload can be achieved. [2]

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(f) Give **two** precautions you would take to minimise the risk of injury in the method of training **shown in the video**. [2]

(i)

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(ii)

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Total Mark

ROUGH NOTES

Questions for video clip 2

The students in the clip are 16 years old.

2. (a) What method of training is taking place? [1]

Tick (✓) **one** box only.

Circuit training		Interval Training		Continuous Training	
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(b) (i) What component of physical fitness is being developed in the method of training shown? [1]

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(ii) Define the component of physical fitness being developed. [2]

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(iii) Describe a **specific** example of when the physical fitness component is used in a sporting activity of your choice. [2]

Sporting activity

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(c) The table below shows the lap times and heart rates for the method of training shown in the video.

Lap	Total Time (minutes)	Heart Rate (beats/min)
1	2	90
2	4	100
3	6	110
4	8	120
5	10	130
6	12	140
7	14	142
8	16	143

What level of intensity is the student working at? Give reasons to support your answer. [4]

Tick (✓) one box only.

LOW		MEDIUM		HIGH	
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Reasons to support your answer.

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(d) "Periodisation of training is vital for successful performance."

Using a sporting example of your choice, explain how the method of training, shown in the video, could fit into the pre-season, the competitive season and the closed season. [4]

Sporting example

(i) Pre-season

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(ii) Competitive season

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(iii) Closed season

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Total Mark

ROUGH NOTES

Questions for video clip 3

3. (a) What method of training is taking place? [1]

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(b) Name **two** components of physical fitness that are being developed. [2]

(i)

(ii)

(c) Give **two** different ways in which the student could make the training session more demanding. [2]

(i)

(ii)

(d) Describe how this method of training could improve performance in a sporting activity of your choice. [3]

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(e) Identify **two** potential hazards shown in the video **and** explain how the dangers they present could be minimised. [4]

(i)

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(ii)

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Total mark

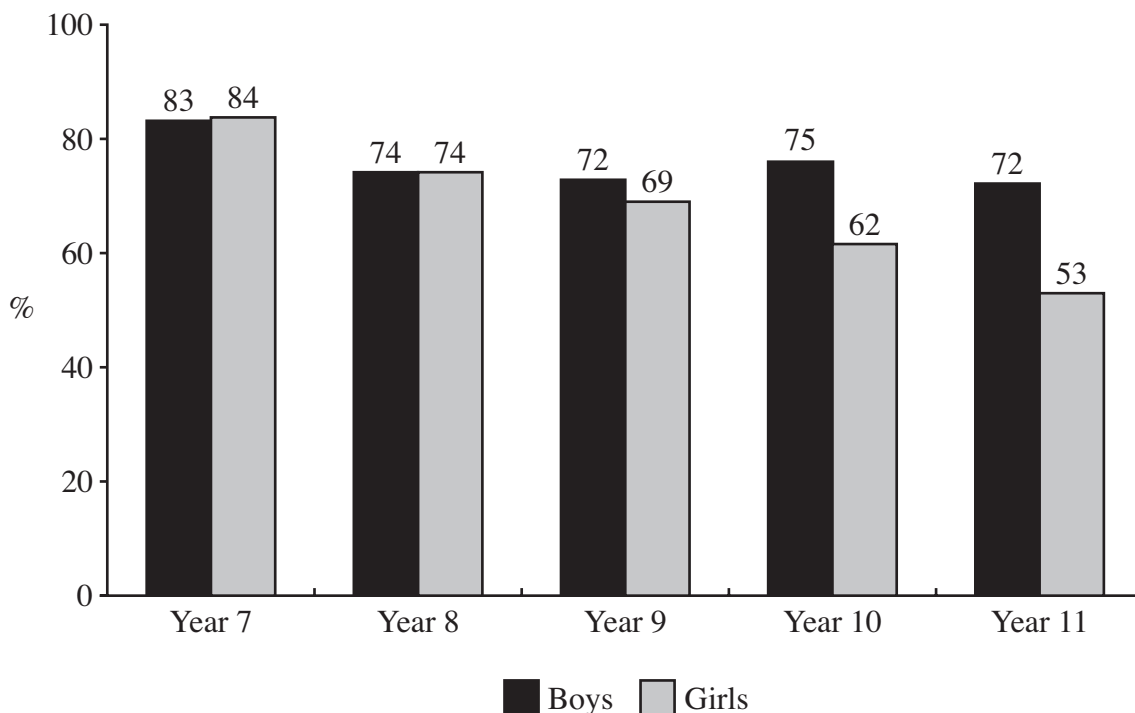
ROUGH NOTES

SECTION B

4. (a) Study the graph below and then answer the questions that follow.

Participation in extra-curricular physical activity by age and by gender

(Extra-curricular physical activity that is organised by the school at lunchtime, after school or at the weekend.)



(i) Describe, using the data, the changes in participation levels by age **and** by gender. [2]

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(ii) Explain **two** factors that might account for the changes in the participation levels shown in the data. [4]

(I)

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(II)

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