

|                |               |                  |
|----------------|---------------|------------------|
| 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. FRIDAY, 18 May 2007

(1½ hours)

**(This includes five minutes reading time)**

| For Examiner's use only |              |              |
|-------------------------|--------------|--------------|
| Question                | Maximum mark | Mark awarded |
| 1                       | 13           |              |
| 2                       | 10           |              |
| 3                       | 17           |              |
| 4                       | 30           |              |
| <b>Total</b>            | <b>70</b>    |              |
| <b>QWC</b>              | <b>3</b>     |              |
| <b>Final Total</b>      | <b>73</b>    |              |

**ADDITIONAL MATERIALS**

Video tape in VHS format or DVD.

**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 clips for Section A will be shown three times.

Before the 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 clip 1**

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

.....

(b) Complete the following table. [3]

|       |   |  |
|-------|---|--|
| (i)   | <b>Number of sets of exercise shown.</b>              |  |
| (ii)  | <b>Intensity of exercise.</b>                         |  |
| (iii) | <b>Component of physical fitness being developed.</b> |  |

(c) Give reasons for your answer to (b)(iii). [2]

.....  
 .....  
 .....

(d) Describe how the method of training identified in 1(a) could improve performance in a sporting activity of your choice. [3]

Name of sporting activity .....

.....  
 .....  
 .....  
 .....

(e) Identify **four** precautions you would take to minimise risk of injury in the method of training shown in the clip. [4]

(i) .....

.....

(ii) .....

.....

(iii) .....

.....

(iv) .....

.....

**Total Mark**

---

---

**ROUGH NOTES**

**Questions for clip 2**

2. (a) What component of physical fitness is being developed? [1]

*Tick (✓) one box only.*

|          |  |             |  |           |  |
|----------|--|-------------|--|-----------|--|
| Strength |  | Flexibility |  | Endurance |  |
|----------|--|-------------|--|-----------|--|

(b) (i) Where in a training session would this activity be found? [1]

.....

(ii) Give reasons for your answer. [2]

.....  
.....  
.....  
.....

(c) Describe how the physical fitness component identified in 2(a) could help to improve performance in a sporting activity of your choice. [3]

Name of sporting activity .....

.....  
.....  
.....  
.....  
.....

(d) Suggest **three** ways in which the activity shown could be developed further. [3]

(i) .....

.....

(ii) .....

.....

(iii) .....

.....

**Total Mark**

**Questions for clip 3**

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

.....

(b) (i) What is the main component of physical fitness being developed? [1]

*Tick (✓) one box only.*

|             |  |          |  |         |  |
|-------------|--|----------|--|---------|--|
| Flexibility |  | Strength |  | Agility |  |
|-------------|--|----------|--|---------|--|

(ii) Define the component of physical fitness being developed. [1]

.....  
.....

(iii) Give **two** examples of how this component of physical fitness is used in sporting activity. [2]

(I) .....

.....

(II) .....

.....

(c) Give **four** different ways of making the training session more demanding. [4]

(i) .....

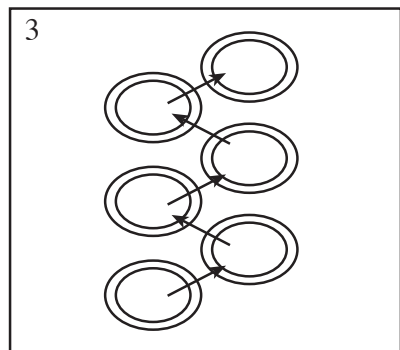
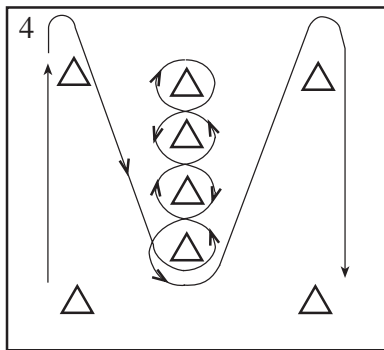
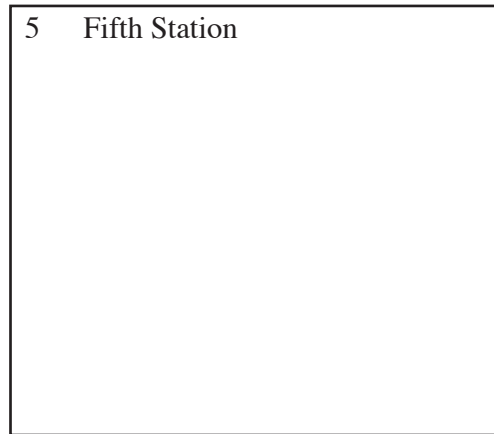
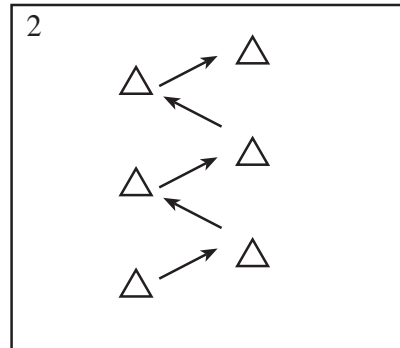
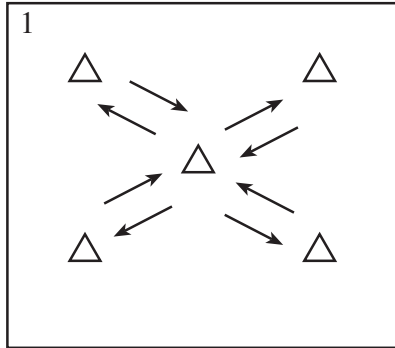
(ii) .....

(iii) .....

(iv) .....

**ROUGH NOTES**

(d) With the use of a diagram describe a fifth station and explain how it could improve this component of physical fitness. [4]



△ Cones → Direction of travel

Description of the fifth station.

.....

.....

.....

.....

.....

Explain how the fifth station could improve the component of physical fitness.

.....  
.....  
.....  
.....  
.....

- (e) Where in the periodisation cycle would this component of physical fitness be developed?  
Give reasons for your answer. [4]

*Tick (✓) one box only.*

|            |  |                    |  |               |  |
|------------|--|--------------------|--|---------------|--|
| Pre-season |  | Competitive-season |  | Closed-season |  |
|------------|--|--------------------|--|---------------|--|

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

**Total Mark**

**ROUGH NOTES**

**SECTION B**

- 4. New research in Wales and England shows that some children are filling their week with physical activities but many are not exercising at all and are often over-eating. Ideally all children should adopt a healthy lifestyle and exercise regularly.

The table below shows the percentage of girls and boys who are classed as overweight (obese).

| Year | Girls aged 2-15 | Boys aged 2-15 |
|------|-----------------|----------------|
| 1995 | 25%             | 24%            |
| 2004 | 35%             | 33%            |

- (a) (i) In what ways does the information in the table suggest that the lifestyle of many young people is a problem? [2]

.....

.....

.....

- (ii) State **two** reasons why a healthy active lifestyle is important for children. [2]

(I) .....

(II) .....

- (iii) Give **four** reasons why young people might **not** take part in sporting activity. [4]

(I) .....

(II) .....

(III) .....

(IV) .....



(iv) “Some children are filling their week with physical activities.” How might their health be at risk by taking part in **too much** exercise? [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(b) Discuss the importance of the media in influencing participation in sporting activity. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(c) (i) List **two** differences between private health and fitness clubs **and** leisure centres run by local authorities. [2]

(I) .....

(II) .....

(ii) Explain why private health and fitness clubs are becoming more popular. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(d) “The way in which sports stars conduct themselves will always have a positive influence on young people who participate in sport.” Discuss. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....