

Candidate Name	Centre Number	Candidate Number
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GCSE

4911/01

PHYSICAL EDUCATION (SHORT COURSE)

Unit 1

P.M. TUESDAY, 24 May 2011

45 minutes

For Examiner's use only		
Question	Maximum mark	Mark awarded
1	16	
2	16	
3	18	
Total	50	

ADDITIONAL MATERIALS

Video tape in VHS format or DVD.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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

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

When there is not sufficient space for your answer, continue the answer at the back of the booklet.

INFORMATION FOR CANDIDATES

The clips for Questions 1 and 2 will be shown three times.

Before the clips are shown you will have five minutes to read the questions. Two clips will be shown during which time you may answer the questions and make notes.

The clips will be shown a second time, there will be five minutes after each clip to answer the questions.

The clips will be shown for a third time and final time.

There will then be approximately twenty five minutes to complete the paper.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing (Q3 (b) and (c)).

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

1. Video clip of two different activities.

(a) (i) Which **one** of the following physical fitness components does the **trampolinist** need to develop to try to improve her performance? Tick (✓) **one** box only. [1]

- Reaction time
- Speed
- Agility
- Co-ordination

(ii) Explain your answer given in 1 (a) (i). [2]

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(iii) Which **one** of the following physical fitness components do the **hurdlers** need to develop to try to improve their performance? Tick (✓) **one** box only. [1]

- Cardiovascular endurance
- Power
- Flexibility
- Body composition

(iv) Explain your answer given in 1 (a) (iii). [2]

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- (b) (i) Identify a method of fitness training that could be used to help in developing performance for **either** the trampolinist **or** the hurdlers. [3]

Activity:
Method of fitness training:
<p>Give two reasons for your choice of method of fitness training:</p> <ul style="list-style-type: none"> • •

- (ii) What **training principles** should the competitors in both the activities shown in the video clip consider when developing a fitness programme? Tick (✓) **three** boxes only. [3]

- Progression
- Personality
- Overload
- Ability
- Decision making
- Diet
- Motivation
- Specificity

(c) (i) Give **two** reasons to explain why it would be important for all the competitors in the video clip to warm up. [2]

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(ii) Suggest **two** reasons why **monitoring fitness levels** is an essential aspect of a training programme. [2]

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Total 16 marks

2. Video clip of training.

(a) (i) Identify **two** of the **main** physical fitness components which could be **developed** by using the training method shown in the video clip. Tick (✓) **two** boxes only. [2]

- Power
- Muscular strength
- Muscular endurance
- Reaction time
- Flexibility
- Static balance

(ii) Explain your answers given in 2 (a) (i). [2]

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(iii) Define the **two** main physical fitness components that you identified in 2 (a) (i). [2]

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(b) (i) Identify the method of training shown in the video clip. [1]

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(ii) Explain your answer given in 2 (b) (i). [1]

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(iii) Describe how this method of training could improve performance in your chosen sporting activity. [2]

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(c) Describe in detail the procedures for testing the **two** main physical fitness components identified in 2 (a) (i).

Name of Physical fitness component 1: [2]

Name of Test:

Procedures:

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Name of Physical fitness component 2: [2]

Name of Test:

Procedures:

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(d) Why would the **intensity** and **duration** of training differ for the performers in the video clip from that of a sedentary individual? [2]

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Total 16 marks

3. (a) Hill walking, mountain biking, surfing and sailing are activities in the Adventurous Area of Experience of the Physical Education National Curriculum.

(i) Suggest **three** reasons to explain why many school pupils do **not** participate in such activities. [3]

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(ii) Give **three** reasons why the Adventurous Area of Experience might be of benefit to an individual's health and fitness. [3]

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(b) Discuss the factors which have influenced **your** participation in sport/physical activity. [6]

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