

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

4911/01

**PHYSICAL EDUCATION (SHORT COURSE)**

**Unit 1**

P.M. WEDNESDAY, 23 May 2012

45 minutes

**Suitable for Modified  
Language Candidates**

**ADDITIONAL MATERIALS**

DVD.

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

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.

If you run out of space, use the continuation page at the back of the booklet, taking care to number the question(s) correctly.

**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 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)).

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

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*Answer all the questions in the spaces provided.*

1. Look at the video clip of Mountain Biking.

(a) (i) Identify **three** components of fitness seen in the mountain biking clip. Explain your answer. [6]

Component of Fitness	Explanation
1. ....	..... ..... .....
2. ....	..... ..... .....
3. ....	..... ..... .....

(ii) Define each of the components of fitness identified in your first answer, (a)(i). [3]

Component of Fitness	Definition
1. ....	..... ..... .....
2. ....	..... ..... .....
3. ....	..... ..... .....



(b) (i) Describe, in detail, the procedures to test **two** components of fitness identified in (a)(i). [5]

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(ii) Why is it important to follow correct procedures when fitness testing? Explain your answer. [2]

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**Total 16 Marks**

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2. Look at the video clip of Netball.

(a) The four main fitness components are demonstrated in the netball clip.

- Agility
- Speed
- Flexibility
- Balance

Describe how each of the components of fitness are used in the clip.

[4]

Component of Fitness	Description
Agility	..... .....
Speed	..... .....
Flexibility	..... .....
Balance	..... .....

(b) (i) Identify **one other** physical fitness component demonstrated in the clip.

[1]

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(ii) Explain your answer given in (b)(i).

[2]

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- (c) (i) Identify **one** method of fitness training that could be used to help to develop speed. Tick (✓) **one** box only. [1]

Interval training	<input type="checkbox"/>
Skill session	<input type="checkbox"/>
Continuous training	<input type="checkbox"/>
Stretching	<input type="checkbox"/>

- (ii) Choose a sporting activity. How can the method of training you identified in (c)(i) improve performance in this activity? [2]

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- (iii) Why do athletes cool down at the end of a high intensity game? Choose two reasons. Tick (✓) **two** boxes only. [2]

To socialise	<input type="checkbox"/>
To aid recovery	<input type="checkbox"/>
To remove waste products	<input type="checkbox"/>
To analyse performance	<input type="checkbox"/>
To lose weight	<input type="checkbox"/>

- (iv) Give **two** other ways athletes can speed up the recovery process. Do not choose cool downs. Tick (✓) **two** boxes only. [2]

Listening to music	<input type="checkbox"/>
Eating carbohydrates	<input type="checkbox"/>
High intensity training	<input type="checkbox"/>
Ice baths	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>



(d) Name **two** ways that netballers could control body fat.  
Tick (✓) **two** boxes only.

[2]

- Exercising
- Balanced diet
- Having a sedentary life style
- Drinking alcohol
- Reducing training

**Total 16 Marks**

3. (a) (i) Give **two** reasons why companies such as McDonalds want to sponsor the Olympic Games.  
Tick (✓) **two** boxes only.

[2]

- Talent identification
- Advertising
- Improve performance
- Increase accessibility
- Improve sales
- Raise money

(ii) Suggest **two** ways in which **sport** can benefit from having sponsorship.

[2]

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(iii) Suggest **two** other ways in which **sport** can be funded. Do not use sponsorship. [2]

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(b) Mens' and womens' sport should have equal media coverage in the 2012 London Olympics. Discuss this statement. [6]

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