

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

**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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M A Y 1 2 4 9 1 1 0 1 0 1

*Answer all the questions in the spaces provided.*

**1. 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 (a)(i). [3]

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



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

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(ii) Explain why it is important to follow correct procedures when fitness testing. [2]

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**Total 16 Marks**

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2. Video clip of Netball.

(a) The following are the four main fitness components 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 in developing speed.

Tick (✓) **one** box only.

[1]

Interval training

Skill session

Continuous training

Stretching

- (ii) Describe how the method of training you identified in (c)(i) could improve performance in a sporting activity of your choice.

[2]

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- (iii) Identify **two** reasons why athletes cool down at the end of a high intensity game.

Tick (✓) **two** boxes only.

[2]

To socialise

To aid recovery

To remove waste products

To analyse performance

To lose weight

- (iv) Other than cool downs, give **two** ways athletes can speed up the recovery process.

Tick (✓) **two** boxes only.

[2]

Listening to music

Eating carbohydrates

High intensity training

Ice baths

Sleeping



(d) Name **two** ways that netballers could regulate 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** ways, other than sponsorship, in which **sport** can be funded. [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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