

Centre Number

4421/01 PHYSICAL EDUCATION **UNIT 1** P.M. FRIDAY, 15 May 2015 1 hour 30 minutes plus your additional time allowance Surname _____ Other Names _____

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Candidate Number 0

	For Examiner's use only			
	Question	Maximum Mark	Mark Awarded	
Section A	1.	15		
	2.	17		
	3.	18		
	Section A Total	50		
Section B	4.	8		
	5.	9		
	6.	10		
	7.	11		
	8.	6		
	9.	6		
	Section B Total	50		
	Overall Total	100		

ADDITIONAL MATERIALS

DVD.

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Answer ALL questions in the spaces provided in this booklet.

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

INFORMATION FOR CANDIDATES

The clips for Questions 1 and 2 in Section A 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 seventy minutes to complete Sections A and B.

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 in Section A (Q3 (b) and (c)) and Section B (Q.8, Q.9).

SECTION A

Answer ALL the questions in the spaces provided.

- 1. Video clip of rugby player.
- (a) Describe when the following SKILL-RELATED components can be seen in the clip. [2]

Skill-related fitness components	Description of when the components are seen in the clip
Agility	
Speed	

1(b)	"Power is another component of physical fitness demonstrated in the clip."			
	(i)	Define the term power. [1]		
	(ii)	Explain where power is demonstrated in the clip. [2]		

1(b) (iii)		Describe a method of fitness training that could be used to help develop power. [3]			

1(c)	(i)	Explain why warming up and warming/cooling down are so important for the players in the clip. [4]			
		 Warming up 			
		 Warming/cooling down 			

(ii)	State how some players in the clip have VISIBLY attempted to prevent injury. [1]
(iii)	Suggest TWO reasons why rugby is more likely to cause injury than many other sports. [2]
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7	

2.	Video	clip	of	cyclists.
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(a)	The following are the two main fitness
	components demonstrated in the clip:

Cardiovascular endurance;

Local muscular endurance.

(i) Explain how these components of fitness are demonstrated in the clip. [2]

Dhysiaal Eiteana	Evalenction of how common and one
Physical Fitness Components	Explanation of how components are demonstrated in the clip
Components	demonstrated in the clip
Cardiovascular	
endurance	
Local muscular endurance	

2(a)	(ii)	Identify the method of training taking place. [1]
	(iii)	Explain how the cyclists could apply the PRINCIPLES OF TRAINING to improve their performance. [4]

2(b) (i) Describe in detail the procedures for the two physical fitness tests identified opposite. [4]

2(b) (ii)		"Fitness tests must be both VALID and RELIABLE for results to be meaningful."			
		Explain both these terms. [2]			
		VALID			
		RELIABLE			

2(c)	Give FOUR reasons why the testing of physical fitness is important as part of a training programme. [4]		
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47	
17	

3(a) Explain what has been done to improve access to physical activity for the following target groups.

[6]

WOMEN

DISABLED

3(b)	egative aspects of [6]

3(c)	can influence participation in physical activity. [6]

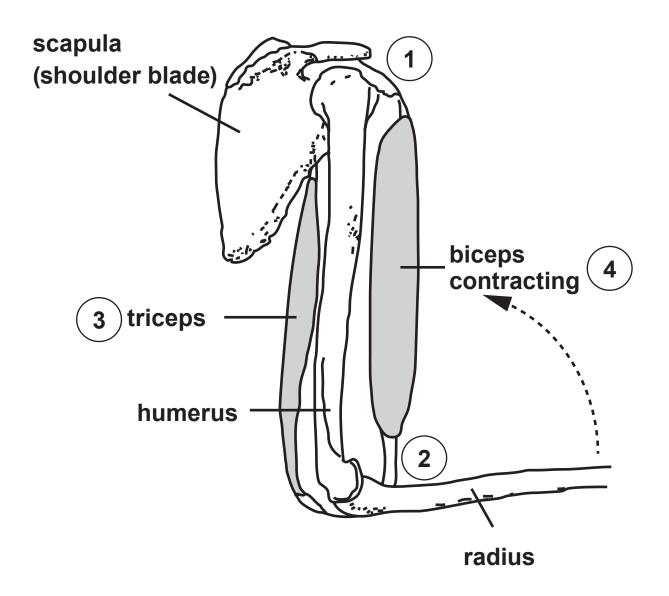
SECTION B

Answer ALL the questions in the spaces provided.

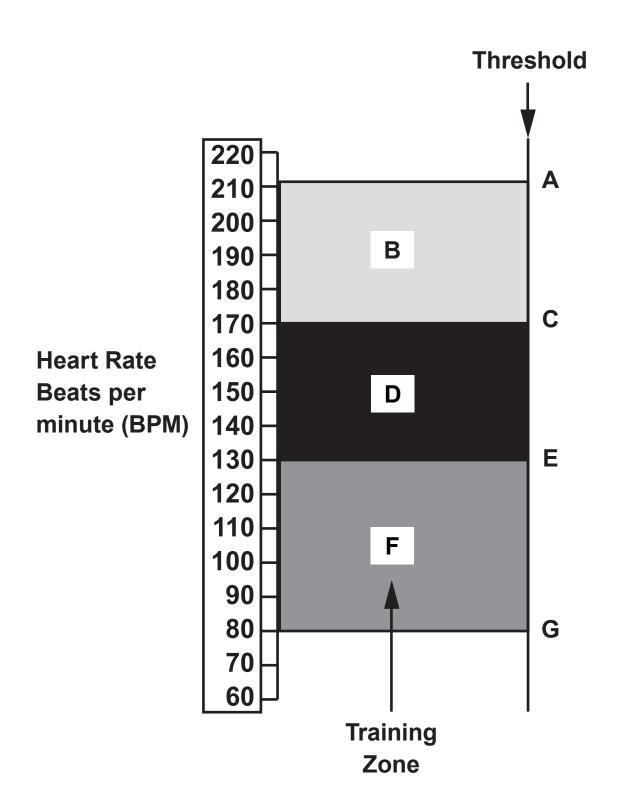
4(a) Describe the following types of muscle contractions. [2]

Concentric contraction	Eccentric contraction

4(b)	The diagram opposite illustrates contraction at the elbow joint.			
		the diagram on the opposite page identitellowing:	y	
	(i)	the origin – 1 or 2.	[1]	
	(ii)	the insertion – 1 or 2.	[1]	
	(iii)	which muscle is the prime mover – 3 or 4.	[1]	
	(iv)	which muscle is the antagonist – 3 or 4.	[1]	
	(v)	What type of synovial joint is found at the elbow? [1]	ne	
	(vi)	What tissue connects muscles to bones a joint? [1]	at	



Э.	can be used to establish TRAINING ZONES and THRESHOLDS.		
(a)	(i)	How has the threshold E been calculated? [1]	
	(ii)	How has the threshold C been calculated? [1]	
	(iii)	Identify training Zone B. [1]	
	(iv)	Identify training Zone D. [1]	



5(b)	Explain why it is important for a sportsperson to have an understanding of training thresholds and zones. [4]

5(c)	State the term used for the extra oxygen taken in at the end of an anaerobic activity. [1]
9	

6(a) The following terms and definitions are used in the production of quality movement.

Draw a line to link each term to its definition. [4]

TERM	DEFINITION	
Skill	Basic movement pattern	
Ability	How skill is carried out	
Technique	Innate characteristics which facilitate movement	
Performance	Learned ability	

6(b)	Give reasons why it is usually more difficult to			
	learn an open skill rather than a closed skill.	[3]		

Describe the performance of a sportsperson in tearly stages of learning. [3]	he

			_
1			

7(a)	To which part of the Information Processing model would the following apply? [1] "Playing a smash having seen the shuttlecock being hit high in the air by your opponent." Tick (/) ONE box only.					
					Decision making	
					Feedback	
		Input				
		Output				

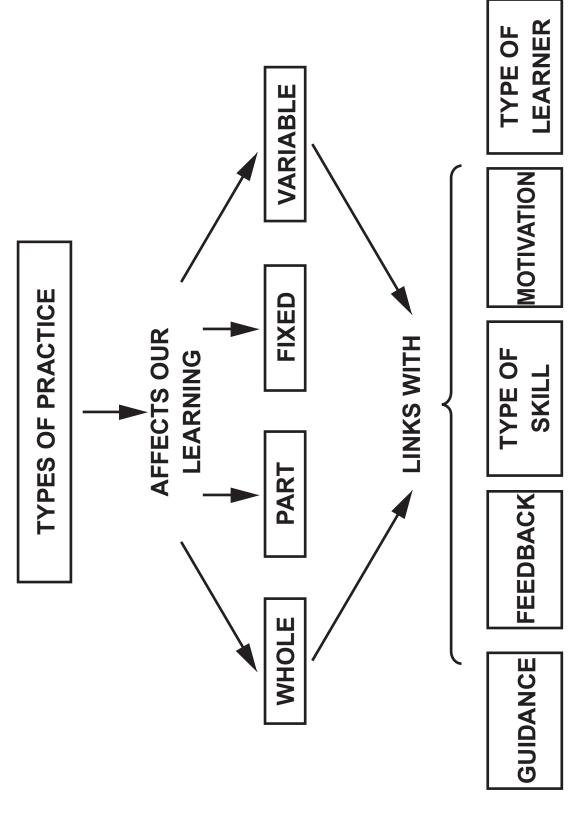
<i>(</i> (0)	performance and learning."
	Suggest FOUR ways how feedback should be presented to make it effective for a sportsperson. [4]
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7(c)	(i)	Explain the term SELECTIVE ATTENTION in sport. [1]

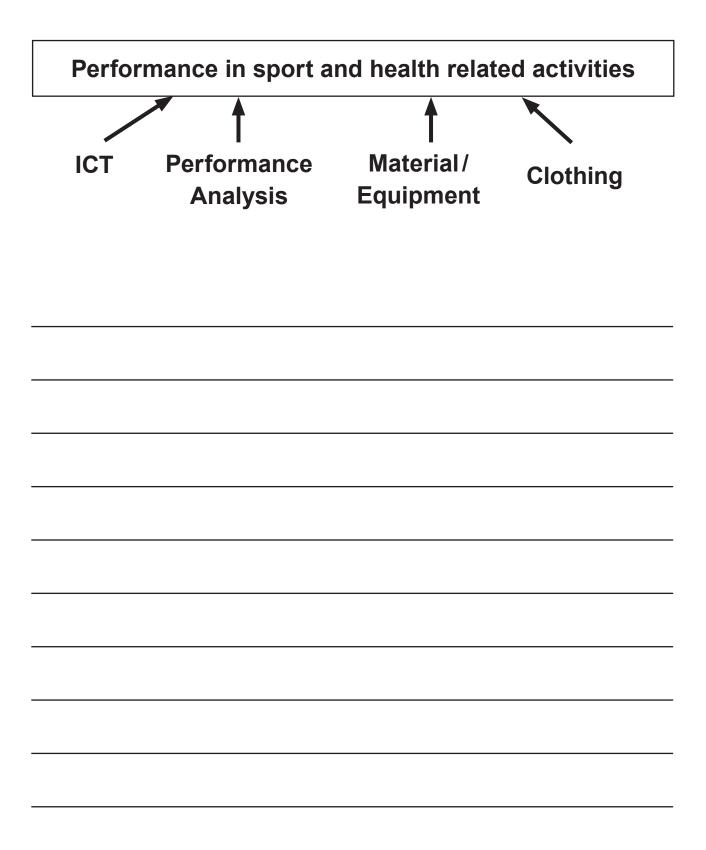
7(c)	(ii)	Give an example of SELECTIVE ATTENTION from a sporting activity of your choice. [1]

7(d)	Explain why setting goals can help to maintain				
	motivation in sport and physical activity.	[4]			

8.	Using the diagram opposite as a guide, describe how appropriate practice can contribute to the quality of a sporting performance. [6]				



9. Describe how recent technological developments have helped to improve performance in sport and health related activities. [6]



6			
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Physical Fitness	Test	Description of procedures
Components	Multi Stone	
Cardiovascular endurance	Multi Stage Fitness Test	
Local muscular	Abdominal	
endurance	Curl Test	