

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

4911/01

**PHYSICAL EDUCATION (SHORT COURSE)  
UNIT 1**

P.M. TUESDAY, 14 May 2013

45 minutes

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

**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 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 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 in (Q3 (b) and (c)).



M A Y 1 3 4 9 1 1 0 1 0 1

*Answer all the questions in the spaces provided.*

1. Video clip of a fitness test.

(a) (i) Name the physical fitness test observed in the video clip. [1]  
Tick (✓) **one** box only.

- 30m sprint test
- Sit and reach test
- Multi stage fitness test
- 1 Rep max
- Vertical jump

(ii) Identify the major component of health related fitness that is being tested. [1]  
Tick (✓) **one** box only.

- Cardiovascular endurance
- Co-ordination
- Balance
- Flexibility
- Speed

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

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(b) Describe the procedures for the test observed in the video. [3]

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(c) Identify **three** reasons why testing is important to a health or fitness exercise programme. Tick (✓) **three** boxes only. [3]

It allows

- Athletes to compare levels of fitness
- Athletes to realise the coach is in charge
- Athletes to increase or reduce the frequency of training
- Athletes to boast to other athletes about their fitness
- Athletes to measure progress
- Athletes to plan their holidays
- Parents to check up on the athletes
- Athletes to check their weight

(d) (i) Name a method of training that could be used to help in developing cardiovascular fitness. [1]

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(ii) Describe how this method of training would differ when designing a health related fitness programme for an athlete and for a sedentary individual. [2]

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(iii) In the table below identify the health benefits from following a fitness training programme. [3]

	Benefit
<b>Physical</b>	..... .....
<b>Social</b>	..... .....
<b>Mental</b>	..... .....

16

2. Video clip of cricket.

(a) (i) Identify **one** of the main physical fitness components demonstrated by the batsmen in the video clip. Tick (✓) **one** box only. [1]

- Agility
- Flexibility
- Balance
- Strength
- Cardiovascular endurance
- Speed
- Muscular endurance

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

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(iii) Describe a method of fitness training that could be used to help in developing the component of fitness identified in 2(a) (i). [2]

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(iv) Describe how this method of training could improve performance in a sporting activity of your choice. [2]

Sporting activity .....

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(b) (i) Identify **one** main skill related fitness component demonstrated by the batsmen in the video clip. Tick (✓) **one** box only. [1]

- Reaction time
- Body composition
- Co-ordination
- Muscular endurance
- Cardiovascular endurance

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

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- (c) (i) Through observing the video clip, explain safety precautions that have been taken to minimise the risk of injury. [2]

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- (ii) Explain why keeping a diary, monitoring heart rate and counting calories consumed are important parts of evaluating a health and fitness programme.

Complete the table below.

[4]

Technique	Importance
Diary keeping	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Heart monitoring	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Calorie counting	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>



3. (a) (i) Give **three** reasons why Physical Education is a compulsory subject in the National Curriculum. [3]

- .....
- .....
- .....

(ii) Describe the factors that affect **provision** for sport in your local community. [3]

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