



4421/01

PHYSICAL EDUCATION

UNIT 1

P.M. FRIDAY, 16 May 2014

1 hour 30 minutes plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only			
	Question	Maximum Mark	Mark Awarded
Section A	1.	18	
	2.	14	
	3.	18	
	Section A Total	50	
Section B	4.	4	
	5.	8	
	6.	9	
	7.	8	
	8.	9	
	9.	6	
	10.	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 (d) and (e)) and Section B (Q.9, Q.10).

SECTION A

Answer ALL the questions in the spaces provided.

1. Video clip of climber.

(a) Describe how each of the components of fitness below are used in the video clip. [4]

COMPONENT OF FITNESS	DESCRIPTION OF WHEN THE COMPONENT IS USED
Flexibility	
Local Muscular endurance	
Coordination	
Strength	

1(b) In the table opposite define each of the components of fitness in (a) and name a recognised test for each component of fitness.

[8]

(c) Explain why weight training could benefit performance in this activity. [2]

1(d) Explain why it is important for climbers to warm up correctly. [2]

1(e) Apart from fitness testing, how could the climber MONITOR his training? [2]

2. Video clip of runner.

- (a) (i) Identify the method of training demonstrated in the video clip. Tick (✓) ONE box only. [1]**

Circuit

PNF Stretching

Weight

Continuous

Interval

- (ii) Identify the main component of physical fitness that could be developed from this method of training. Tick (✓) ONE box only. [1]**

Speed

Endurance

Flexibility

Balance

Agility

‘When developing a training programme to improve physical fitness components, it is important to apply the principles of training.’

2(b) Using specific examples in the table opposite, describe how the runner could apply the following principles to a training programme. [8]

2(c) Using specific sporting examples, complete the table below. [4]

<p>MAJOR COMPONENT OF FITNESS</p>	<p>SPORT/ ACTIVITY/ POSITION/ EVENT</p>	<p>DESCRIPTION OF WHEN THE COMPONENT IS USED</p>
		<hr/> <hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/> <hr/>

3(a) Identify a reason why companies want to sponsor individual athletes. [1]

Tick (✓) ONE box only.

- Talent identification**
- Advertising**
- Develop sport**
- Increase participation**

(b) Give TWO ways by which a local sports club could be funded. [2]

SECTION B

Answer ALL the questions in the spaces provided.

4(a) Which of the following is the definition of STROKE VOLUME?

Tick (✓) ONE box only. [1]

The amount of blood pumped out of the heart in one minute.

The pressure of blood flow on the arteries.

The re-distribution of blood in the body when exercising.

The amount of blood which the heart can pump with each beat.

(b) What advantage is there for a sports person in improving his/her stroke volume? [1]

4(c) Which of the following is the definition of CARDIAC OUTPUT?

Tick (✓) ONE box only. [1]

The amount of blood which the heart can pump with each beat.

The pressure of blood flow on the arteries.

The amount of blood pumped out of the heart in one minute.

The re-distribution of blood in the body when exercising.

(d) Explain what happens to cardiac output during exercise. [1]

- 5(a) The table below shows the heart rate of three 16 year old athletes before and after exercise, running at the same speed and for the same duration on a treadmill.

	RESTING HEART RATE	HEART RATE STRAIGHT AFTER EXERCISE	HEART RATE 1 MINUTE AFTER EXERCISING
A	60	110	65
B	70	185	130
C	70	150	80

- (i) Tick (✓) the box to suggest who is the fittest. [1]

A

B

C

5(a) (ii) Explain your answer to 5(a)(i). [2]

(b) Suggest TWO ways in which a high level of physical fitness could improve a sportsperson's performance. [2]

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(c) Which ENERGY SYSTEM would a 400 metre SPRINTER mainly use? [1]

5(d) What causes FATIGUE during high intensity exercise? [2]

8

- 6(a) **LIGAMENTS, CARTILAGE AND TENDONS** help in providing efficient movement during physical activity.

Draw a line to link each term to the correct function. Each term should be linked to **ONE** function only. [3]

TERM**FUNCTION****LIGAMENTS****Provide protection for bone ends: shock absorption****CARTILAGE****Join muscles to bone****TENDONS****Join bone to bone**

6(b) (i) Which type of synovial joint allows FLEXION/EXTENSION only? [1]

(ii) Give an example of where this type of joint can be found in the body. [1]

(iii) Give a sporting example of the movement allowed by this type of joint. [1]

6(c) (i) Name ONE type of synovial joint which allows ROTATION. [1]

(ii) Give an example of where the type of joint named in (c)(i) can be found in the body. [1]

(iii) Give a sporting example of the movement allowed by the type of joint named in (c)(i). [1]

7(a) Explain why a balanced DIET is important for all sportspersons. [2]

(b) Give TWO reasons to explain why being obese could affect sporting performance. [2]

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7(c) Explain the term ENERGY BALANCE. [2]

7(d) Why is fluid intake an important consideration for a sports person? [2]

8

8(a) 'GUIDANCE is important when learning a new skill.'

(i) Why can VERBAL GUIDANCE be of limited use on its own? [1]

(ii) For which level of performer is VISUAL GUIDANCE particularly suitable for learning a new skill? [1]

8(a) (iii) When might MANUAL/MECHANICAL GUIDANCE be best used? [1]

(b) Explain how motivation can affect the development of a skill or performance. [2]

8(c) Name TWO factors which could affect EXERCISE ADHERENCE and MOTIVATION in sport.

- _____ [1]

- _____ [1]

(d) Explain why FEEDBACK is best when both KNOWLEDGE OF PERFORMANCE and KNOWLEDGE OF RESULTS are given by the teacher/coach. [2]

END OF PAPER

6

COMPONENT OF FITNESS	DEFINITION AND TEST
Flexibility	Definition: _____
	Test: _____
Local Muscular endurance	Definition: _____
	Test: _____
Coordination	Definition: _____
	Test: _____
Strength	Definition: _____
	Test: _____

PRINCIPLES OF TRAINING	APPLICATION
SPECIFICITY	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
PROGRESSION	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
OVERLOAD	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
VARIANCE	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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