



**4911/01**

**PHYSICAL EDUCATION (SHORT COURSE)**

**UNIT 1**

**P.M. FRIDAY, 16 May 2014**

**45 minutes plus your additional time allowance**

**Surname** \_\_\_\_\_

**Other Names** \_\_\_\_\_

**Centre Number** \_\_\_\_\_

**Candidate Number** 0 \_\_\_\_\_

<b>For Examiner's use only</b>		
<b>Question</b>	<b>Maximum Mark</b>	<b>Mark Awarded</b>
<b>1.</b>	<b>18</b>	
<b>2.</b>	<b>14</b>	
<b>3.</b>	<b>18</b>	
<b>Total</b>	<b>50</b>	

**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 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 (d) and (e).**

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]

<b>COMPONENT OF FITNESS</b>	<b>DESCRIPTION OF WHEN THE COMPONENT IS USED</b>
<b>Flexibility</b>	
<b>Local Muscular endurance</b>	
<b>Coordination</b>	
<b>Strength</b>	

**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]**

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

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

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