

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4911/01

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

P.M. FRIDAY, 16 May 2014

45 minutes

Suitable for Modified Language Candidates

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

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 in Q3 (d) and (e).



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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	



(b) Define each of the components of fitness in (a). Name a recognised test for each component of fitness. [8]

Component of fitness	Definition and test
Flexibility	Definition: Test:
Local Muscular endurance	Definition: Test:
Coordination	Definition: Test:
Strength	Definition: Test:

(c) Why could weight training help performance in this activity. [2]

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(d) Why is it important for climbers to warm up correctly?

[2]

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(e) Apart from fitness testing, how could the climber **monitor** his training?

[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.’

- (b) Describe how the runner could apply the following principles to a training programme. Use specific examples. [8]

Principles of training	Application
SPECIFICITY
PROGRESSION
OVERLOAD
VARIANCE



(c) Complete the table below. Use specific sporting examples.

[4]

Major component of fitness	Sport/Activity/ Position/Event	Description of when the component is used
		<p>.....</p> <p>.....</p> <p>.....</p>
		<p>.....</p> <p>.....</p> <p>.....</p>

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3. (a) Why would companies want to sponsor individual athletes? [1]
Tick (✓) **one** box only.

- Talent identification
- Advertising
- Develop sport
- Increase participation

(b) How could a local sports club could be funded? Give two ways. [2]

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(c) How can local leisure centres encourage more children to participate in sport? [3]

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