



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 _____

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, 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]

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]

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/>
