

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

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	18	
2.	14	
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 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).



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

*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>
Flexibility	
Local Muscular endurance	
Coordination	
Strength	



(b) Define each of the components of fitness in (a) and 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) Explain why weight training could benefit performance in this activity. [2]

.....

.....

.....

.....



(d) Explain why it is important for climbers to warm up correctly.

[2]

.....

.....

.....

.....

.....

.....

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

[2]

.....

.....

.....

.....

.....

.....

18



**BLANK PAGE**

**PLEASE DO NOT WRITE  
ON THIS PAGE**

4911  
01005



**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) Using specific examples, describe how the runner could apply the following principles to a training programme. [8]

Principles of training	Application
SPECIFICITY	..... ..... ..... ..... ..... ..... ..... .....
PROGRESSION	..... ..... ..... ..... ..... ..... ..... .....
OVERLOAD	..... ..... ..... ..... ..... ..... ..... .....
VARIANCE	..... ..... ..... ..... ..... ..... ..... .....



(c) Using specific sporting examples, complete the table below.

[4]

Examiner  
only

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>

14



0 8



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]

.....

.....

.....

.....

(c) Explain how local leisure centres can increase participation rates of children. [3]

.....

.....

.....

.....

.....

.....

.....



(d) Discuss the factors which have influenced **your** participation in sport/physical activity. [6]

A series of horizontal dotted lines provided for the student to write their answer to question (d).



(e) Discuss the risks associated with a sedentary lifestyle.

[6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**END OF PAPER**

18



