

Wednesday 25 January 2012 – Afternoon

GCSE PHYSICAL EDUCATION

B451 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:
None

Other materials required:
None

Duration: 1 hour



Candidate forename		Candidate surname	
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Centre number							Candidate number				
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Section A

Answer **all** questions. Please **circle** one answer per question.

1 Minerals are essential components of a balanced diet.

Which one of the following is **not** a mineral?

- (a) Water
- (b) Iron
- (c) Calcium
- (d) Potassium

[1]

2 Which one of the following is an example of a role the school Physical Education curriculum has in promoting an active, healthy lifestyle?

- (a) Selecting the best players for the school team
- (b) Teaching pupils that winning is the only important aim
- (c) Developing pupils' motor skills
- (d) Giving effective childcare advice

[1]

3 Which one of the following is a component of fitness?

- (a) Cardiovascular endurance
- (b) A cool down
- (c) A fundamental motor skill
- (d) Health screening

[1]

4 A referee is an official who has an important role in physical activities.

Which one of the following is an example of the role of a referee in a physical activity?

- (a) Ensuring that all players have a good level of fitness
- (b) Recording performance statistics
- (c) Applying rules fairly
- (d) Supervising the warm up

[1]

- 5 Which one of the following best explains the key concept of creativity in Physical Education?
- (a) Trying to win in football
 - (b) Reaching the best fitness level in hockey
 - (c) Encouraging a friend to join you in an exercise class
 - (d) Exploring the use of different tactics in tennis [1]
- 6 Which one of the following is the best example of a role model promoting participation in physical activities?
- (a) Trying to beat your personal best in the high jump
 - (b) To enjoy participating in an exercise class
 - (c) Taking up yoga to keep flexible
 - (d) Watching an Olympic athlete and joining an athletics' club [1]
- 7 Which one of the following is an example of a performance goal?
- (a) To try to win the league in your sport
 - (b) To try to get a goal back near the end of the match
 - (c) To try to improve your throwing technique in the javelin
 - (d) To try to beat your opponent and win a trophy [1]
- 8 Which one of the following is an example of muscular endurance?
- (a) To be able to stretch effectively in a gymnastics activity
 - (b) To be able to lift a heavy weight correctly in training
 - (c) To be able to finish a circuit training session
 - (d) To be able to run quickly over a short distance [1]

- 9 Which one of the following is the best example of good etiquette when performing a physical activity?
- (a) Shaking hands with your opponent when you have finished a rugby game
 - (b) Letting someone else win in a swimming race
 - (c) Shouting at the referee to get across your point of view in a football match
 - (d) Breaking the rules in a hockey game
- [1]
- 10 Which one of the following is a fundamental motor skill?
- (a) Slice serve in tennis
 - (b) Spin bowling in cricket
 - (c) Running for the ball in football
 - (d) Back spin in a table tennis shot
- [1]
- 11 A lack of confidence is often given as a reason for non-participation in physical activities. Which one of the following is an example of a lack of confidence leading to non-participation?
- (a) Kerry does not turn up to her dance class because of work commitments
 - (b) Steve has given up on physical exercise because he has a knee injury
 - (c) Kamal does not see the point of physical exercise because he enjoys playing computer games more
 - (d) James does not go weight training because he feels that he is not as good as the other people in the class
- [1]
- 12 One way to measure the body's readiness for exercise is to use the body mass index (BMI) measurement. Which one of the following is the BMI score that indicates obesity?
- (a) 15
 - (b) 20
 - (c) 25
 - (d) 30
- [1]

- 13** Which one of the following is an example of an aesthetic characteristic of skilful movement?
- (a) Scoring a goal near the end of a netball match
 - (b) Completing a co-ordinated and smooth floor routine in gymnastics
 - (c) A goalkeeper knowing which way to dive to save the ball in football
 - (d) Winning a sprint race in record time **[1]**
- 14** Which one of the following is an example of a health and safety consideration when setting up a fitness test?
- (a) The same person records the time taken to complete the test by all the athletes
 - (b) The weight training equipment is checked before being used
 - (c) Each person performing the test is encouraged in exactly the same way
 - (d) All those performing the test should try to be the best **[1]**
- 15** Which one of the following is the most popular in terms of participation in the UK for all age groups?
- (a) Yoga
 - (b) Cycling
 - (c) Squash
 - (d) Walking **[1]**

[15 marks]

Section B

Answer **all** questions.

16 Identify **three** different pathways for involvement in physical activities.

- 1)
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- 2)
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- 3)
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[3]

17 Describe **four** characteristics of skilful movement.

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[4]

18 Identify and describe **three** measures or indicators of health and well-being.

Identification

Description

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Identification

Description

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Identification

Description

..... [6]

19 Explain how over-eating can limit participation in physical activities.

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20 Explain why older people may not participate in physical activities as much as other age groups.

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..... [6]

21 Give an example of a cool down exercise **and** explain why it is important to cool down following physical activity.

Example

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Explanation

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..... [5]

22 Describe suitable tests for speed and flexibility.

Speed test

Description

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Flexibility test

Description

..... [4]

23 More females are getting involved in sport but males are still more likely to participate in sport than females.

Give **three** reasons why some females are less likely than males to participate in sport.

Reason 1

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Reason 2

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Reason 3

..... [3]

24 A well-balanced diet includes water and fibre.

Explain why water and fibre are important components of a balanced diet.

Water

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Fibre

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25* Explain, using practical examples, the benefits of an active **and** healthy lifestyle.

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[6]

[45 marks]

[Paper total: 60 marks]

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