



GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION

B453

Developing Knowledge in Physical Education

Candidates answer on the Question Paper

OCR Supplied Materials:
None

Other Materials Required:
None

Friday 21 May 2010
Afternoon

Duration: 1 hour



Candidate Forename		Candidate Surname	
--------------------	--	-------------------	--

Centre Number						Candidate Number				
---------------	--	--	--	--	--	------------------	--	--	--	--

INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Do **not** write in the bar codes.
- 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).

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**.
- This document consists of **12** pages. Any blank pages are indicated.

Section A

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

- 1 Which one of the following is a role of the school in promoting an active, healthy lifestyle?
- (a) Running health awareness programmes.
 - (b) Checking on sleep patterns.
 - (c) Giving parents advice on health.
 - (d) Ensuring that family housing is appropriate. [1]
- 2 Which one of the following is an example of a national governing body?
- (a) British Olympic Association.
 - (b) UK Sport.
 - (c) Lawn Tennis Association.
 - (d) International Olympic Committee. [1]
- 3 Which one of the following is a positive effect of sponsorship on participation in physical activities?
- (a) Only elite athletes are funded.
 - (b) More company profits.
 - (c) More funds available to purchase equipment.
 - (d) Small range of activities are funded. [1]
- 4 Which one of the following best describes the frequency element of the FITT principle of training?
- (a) How hard you exercise.
 - (b) The type of exercise you choose.
 - (c) How much time you take to exercise.
 - (d) How many times a week you exercise. [1]

- 5 Which one of the following is **not** a hazard found on a grass playing field?
- (a) Broken glass.
 - (b) Football posts.
 - (c) Concussion.
 - (d) Pot holes. [1]
- 6 Which one of the following training methods is mostly aerobic?
- (a) Circuit training.
 - (b) Weight training.
 - (c) Continuous training.
 - (d) Flexibility training. [1]
- 7 Which one of the following precautions would you take to minimise the risk of injury in a sports hall?
- (a) Check that the equipment is well maintained.
 - (b) Make sure you have a friend to exercise with.
 - (c) Cool down properly.
 - (d) Take first aid material with you. [1]
- 8 Which one of the following is an effective personal hygiene method to avoid minor infections following exercise?
- (a) Wash your hands thoroughly before exercise.
 - (b) Warm up all of your main muscle groups.
 - (c) Wash and dry your feet after exercise.
 - (d) Use a nasal strip during exercise. [1]

- 9 There are many long term effects of exercise and training on the body. Which one of the following is a long term effect on the heart?
- (a) Increase in stroke volume.
 - (b) Decrease in stroke volume.
 - (c) Increase in tidal volume.
 - (d) Decrease in tidal volume. [1]
- 10 Mental preparation is important when participating in physical activity. Which one of the following best describes the purpose of mental preparation for a young person who is exercising to keep **generally** fit?
- (a) To psych yourself up to win and be competitive.
 - (b) To concentrate effort and forget about stressful events.
 - (c) To focus on one particular muscle group and to build muscle group.
 - (d) To block out the crowd. [1]
- 11 What value is cartilage in trying to maintain an active, healthy lifestyle?
- (a) Protects bones from wear and tear.
 - (b) Gives strength to a joint.
 - (c) Produces valuable red blood cells.
 - (d) Acts as a nutrient to bones. [1]
- 12 Which one of the following is an intrinsic motive for participating in the role of a leader in a physical activity?
- (a) Getting paid for leading a physical activity session.
 - (b) Running sessions to get a qualification.
 - (c) To please your parents.
 - (d) To enjoy leading a physical activity session. [1]

- 13** Which one of the following is the **least** effective way to learn physical activity skills?
- (a) Trial and error.
 - (b) Copy role models.
 - (c) Practise hard.
 - (d) Reading a coaching manual. [1]
- 14** Which one of the following is the best example of how knowledge of results can motivate a young person?
- (a) To show a young person that they have run a distance quicker than they have before.
 - (b) To show a video playback of a javelin throw to an athlete.
 - (c) To give a badge for a gymnast who learns a new skill.
 - (d) To give money to a young person who stops smoking. [1]
- 15** Which one of the following best describes the vascular shunt mechanism?
- (a) Speeding up the flow of blood to all organs during exercise.
 - (b) The redistribution of blood during exercise.
 - (c) The pushing forward of waste products to help excretion.
 - (d) An increase in heart rate that increases cardiac output. [1]

[15 marks]

11
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

PLEASE DO NOT WRITE ON THIS PAGE



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations, is given to all schools that receive assessment material and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.