

GENERAL CERTIFICATE OF SECONDARY EDUCATION

PHYSICAL EDUCATION

Developing Knowledge in Physical Education

B453

Candidates answer on the question paper.

OCR supplied materials:
None

Other materials required:
None

Tuesday 25 January 2011

Afternoon

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. Pencil may be used for graphs and diagrams only.
- 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).
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- 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** Which one of the following is an example of a hinge joint?
- (a) The shoulder joint
 - (b) The hip joint
 - (c) The knee joint
 - (d) The wrist joint
- [1]**
- 2** Which one of the following best describes fartlek training?
- (a) A high resistance, low repetition method with strength and power
 - (b) A varied, continuous training method with speed and endurance
 - (c) A bounding and hopping method with flexibility and power
 - (d) A mobility training method with active and passive stretching
- [1]**
- 3** Which one of the following is a government initiative to encourage healthy eating?
- (a) Take brisk walks instead of using a car
 - (b) Drink no more than eight units of alcohol per day
 - (c) Eat at least five portions of fruit and vegetables per day
 - (d) Add salt to food to improve flavour
- [1]**
- 4** Which one of the following is an effect of lactic acid during an exercise session?
- (a) Helps you focus on the exercise task
 - (b) Causes muscle fatigue during exercise
 - (c) Causes stomach ache due to over-eating
 - (d) Helps to break down oxygen to produce more energy
- [1]**

- 5 Which one of the following is an example of trial and error when learning movement skills?
- (a) Watching a video of basketball shooting technique
 - (b) Copying your coach's demonstration of the forehand drive technique in tennis
 - (c) Practising shooting in hockey to get the right technique
 - (d) Listening to your teacher's instructions about the handstand technique in gymnastics [1]
- 6 Which one of the following is a joint problem?
- (a) Osteoarthritis
 - (b) Athlete's foot
 - (c) Diabetes
 - (d) Obesity [1]
- 7 SMART target setting is often used to improve performance in physical activities.
Which one of the following does the **S** in the SMART principle stand for?
- (a) Superficial
 - (b) Standardised
 - (c) Specific
 - (d) Special [1]
- 8 Which one of the following is a role of the National Governing Bodies in sport?
- (a) To ensure health and safety guidelines are in place
 - (b) To make money for the share-holders
 - (c) To write the curriculum for school physical education
 - (d) To provide equipment to fitness clubs [1]

- 9 Which one of the following is a potential hazard in a sports hall?
- (a) Falling over and experiencing concussion
 - (b) Water that has been spilled causes the floor to be slippery
 - (c) A twisted ankle playing 5-a-side football
 - (d) Needing a plaster after cutting yourself [1]
- 10 Which one of the following is a short term effect on the heart during an exercise session?
- (a) Lower resting heart rate
 - (b) Increase in tidal volume
 - (c) Hypertrophy of the heart muscle
 - (d) Increase in cardiac output [1]
- 11 Which one of the following is an example of a ball and socket joint?
- (a) Elbow joint
 - (b) Vertebral joint
 - (c) Shoulder joint
 - (d) Knee joint [1]
- 12 Which one of the following muscle groups are mainly responsible for a good performance in the long jump?
- (a) Trapezius
 - (b) Latissimus dorsi
 - (c) Deltoid
 - (d) Quadriceps [1]

- 13** Which one of the following best describes the intensity element of the FITT principle of training?
- (a) How hard you work in an exercise class
 - (b) How long your training session lasts
 - (c) The method of training you choose to keep fit
 - (d) The number of exercise classes that you attend each week
- [1]
- 14** Which one of the following is **not** a good reason for goal setting?
- (a) To be more motivated
 - (b) To control anxiety
 - (c) To make the game more realistic
 - (d) To measure progress
- [1]
- 15** Which one of the following is a major influence of the media on levels of participation in physical activities?
- (a) Raises interest of many people in sport
 - (b) Provides home entertainment
 - (c) Enables big prize money to be offered
 - (d) Encourages TV advertising
- [1]

[15 marks]

Section B

Answer **all** questions.

16 Give **three** examples of current government initiatives to promote a healthy lifestyle.

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..... [3]

17 Identify and describe **two** functions of the skeletal system.

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..... [4]

18 The main training principles are overload; specificity; progression and reversibility.

Describe **three** of these training principles and give a practical example for each.

Training principle 1

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Practical example

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Training principle 2

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Practical example

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Training principle 3

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Practical example

..... [6]

19 The British Olympic Association is a national organisation involved in promoting sport and participation in physical activities.

Identify **three** other types of organisations that promote participation in physical activities.

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..... [3]

21 Fig. 1 below shows flexion at the elbow joint during an arm curl.

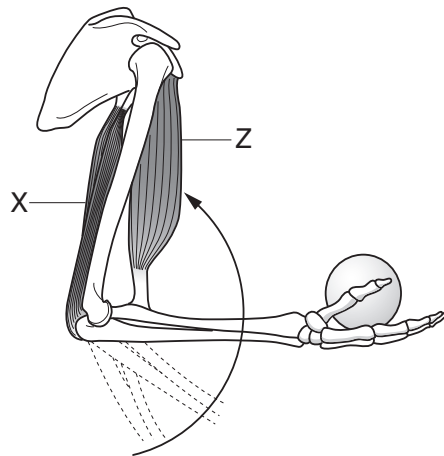


Fig. 1

Using Fig. 1:

(i) Name muscle X.

..... [1]

(ii) Name muscle Z.

..... [1]

(iii) Identify which muscle is the agonist.

..... [1]

(iv) Identify which muscle is the antagonist.

..... [1]

22 Describe **four** long term effects of exercise on muscles.

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[4]

23 Describe ways in which you might reduce the potential risks in outdoor, adventurous activities.

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..... [5]

24 Describe **four** ways in which continuous training can improve performance in physical activities.

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..... [4]

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