

**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

**Tuesday 24 May 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 pairs is a range of movement allowed by the hinge joint?
- (a) Abduction and adduction
  - (b) Flexion and extension
  - (c) Flexion and rotation
  - (d) Adduction and extension [1]
- 2 Which one of the following is the best example of intrinsic feedback?
- (a) A demonstration of a skill to be learned
  - (b) The feeling that a participant gets when they have performed well
  - (c) First aid is available if needed
  - (d) The teacher says “well done” if the skill is performed correctly [1]
- 3 Which one of the following is an example of a school extra-curricular activity that promotes an active, healthy lifestyle?
- (a) A fitness club before school starts
  - (b) The local hockey club using the school facilities
  - (c) A health promotion talk in assemblies
  - (d) A warm up before every PE lesson [1]
- 4 Which one of the following helps to reduce the risk of injury when participating in a physical activity on a playing field?
- (a) Playing a full game as soon as possible
  - (b) Having regular competitions in lessons
  - (c) Showering after the activity
  - (d) Wearing appropriate protective clothing [1]

- 5 Which one of the following is a long term effect of exercise on the respiratory system?
- (a) Increase in cardiac output
  - (b) Increase in tidal volume
  - (c) Increase in stroke volume
  - (d) Increase breathing rate [1]
- 6 Which one of the following is a typical problem associated with muscles when participating in physical activities?
- (a) Stretching
  - (b) Getting out of breath
  - (c) Arthritis
  - (d) Inflammation [1]
- 7 Which one of the following is an example of extrinsic feedback?
- (a) Feeling that you have performed well in netball
  - (b) Your teacher telling you that you did well in badminton
  - (c) Having the will power to keep going in a long distance race
  - (d) Enjoying winning a football match [1]
- 8 Which one of the following is found in joints?
- (a) White blood cells
  - (b) Lactic acid
  - (c) Adrenaline
  - (d) Synovial fluid [1]

- 9 Which one of the following best describes the role of the agonist in muscle movement?
- (a) Strengthens the muscle
  - (b) Produces the movement
  - (c) Fixes origin to insertion
  - (d) Protects the joint [1]
- 10 Which one of the following is an example of sponsorship?
- (a) TV advertising for a sports drink
  - (b) Health campaign in the local newspaper
  - (c) A drinks company giving money for a fun run event
  - (d) Money paid to a professional footballer by his club [1]
- 11 Which one of the following is a term given for changes in blood flow to muscles during exercise?
- (a) Stroke volume
  - (b) Resting heart rate
  - (c) Hypertrophy of blood vessels
  - (d) Vascular shunt [1]
- 12 Which of the following is a good example of a performer controlling their emotions during physical activity?
- (a) Shouting at a team mate for playing poorly
  - (b) Playing more aggressively because your team is losing
  - (c) Accepting a decision by the official which you think is wrong
  - (d) Only fouling when the referee is not looking [1]
- 13 Which one of the following is the most appropriate role model for learning physical activity skills?
- (a) A well qualified coach
  - (b) A friend who is also learning new skills
  - (c) A successful sports team that you watch
  - (d) A top quality newspaper [1]

14 Which one of the following best describes the plyometrics training method?

- (a) Involves mainly stretching
- (b) Involves continuous running
- (c) Involves interval work
- (d) Involves mainly bounding/hopping

[1]

15 Which one of the following best describes reversibility as a training principle?

- (a) Repeating each move backwards leads to better results
- (b) Variety in training reduces boredom
- (c) Performance can deteriorate if training stops
- (d) Training should involve lots of rest intervals

[1]

[15 marks]

**Section B**

Answer **all** questions.

**16** Give **three** short term effects of exercise on the heart.

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..... [3]

**17** Identify the **four** components of the FITT principle of training.

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..... [4]

**18** Identify and describe **three** ways that local authority provision can promote participation in physical activities.

Identification 1 .....

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Description .....

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Identification 2 .....

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Description .....

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Identification 3 .....

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Description .....

..... [6]

**19** Identify **five** potential hazards that may be found in a fitness centre.

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