

Wednesday 25 January 2012 – Afternoon

GCSE PHYSICAL EDUCATION

B453 Developing Knowledge in 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 Which one of the following is a function of the skeleton?
- (a) To help store minerals
 - (b) To produce lactic acid
 - (c) To provide vitamins
 - (d) To aid with digestion [1]
- 2 Which one of the following is the best example of the frequency part of the FITT principle?
- (a) Training at least three times a week
 - (b) Training with heavy weights
 - (c) Training with varied activities
 - (d) Training for a long period of time [1]
- 3 Which one of the following is an example of sponsorship?
- (a) A football club paying one of their players
 - (b) Paying to watch an athletic event
 - (c) A drinks company pays for the organisation of a marathon
 - (d) A government grant to build a leisure centre [1]
- 4 Which one of the following is **not** a method of reducing risks of injury when participating in physical activities?
- (a) Wearing shin pads when playing hockey or football
 - (b) Making sure you warm up before participating in an exercise class
 - (c) Playing with others of similar ability in a rugby match
 - (d) Wearing fashionable sports equipment when going to the gym [1]

- 5 Which one of the following is the best example of flexibility training?
- (a) Bounding and hopping exercises
 - (b) A mixture of sprinting and walking
 - (c) A number of stretching activities
 - (d) Careful use of weight training with few repetitions [1]
- 6 Which one of the following is an example of schools promoting an active, healthy lifestyle?
- (a) Extra-curricular physical activities open for anyone to join
 - (b) A good homework policy emphasising literacy
 - (c) Strong leadership to keep discipline in class
 - (d) Good library facilities with access to the internet [1]
- 7 Which one of the following is a hazard when participating in a physical activity?
- (a) Slipping on the floor by the swimming pool
 - (b) Concussion in a gymnastics class
 - (c) Broken glass on a football pitch
 - (d) Twisting your ankle in an exercise class [1]
- 8 Which one of the following is a good reason for setting goals when participating in physical activities?
- (a) To decrease levels of performance
 - (b) To raise anxiety about self esteem
 - (c) To reduce motivation levels
 - (d) To try to stick to an exercise programme [1]
- 9 Which one of the following statements best describes aerobic training?
- (a) Long intervals of moderate exercise
 - (b) Short sharp sprints with long rest intervals
 - (c) Lifting heavy weights with few repetitions
 - (d) Plyometric exercises over short intervals [1]

- 10** Which one of the following is a long-term effect of leading an active and healthy lifestyle?
- (a) Increase in muscle temperature
 - (b) Increase in stroke volume
 - (c) Decrease in cardiac output
 - (d) Decrease in rate of recovery [1]
- 11** Which one of the following is a term given for changes in blood flow to muscles during exercise?
- (a) Tidal volume
 - (b) Vascular shunt
 - (c) Prime movers
 - (d) Cardiac control [1]
- 12** What role does cartilage play in efficient joint movement?
- (a) Attaches muscle to muscle
 - (b) Produces red blood cells
 - (c) Supplies the joint with oxygen
 - (d) Prevents bones from wear and tear [1]
- 13** Which one of the following is an example of intrinsic feedback?
- (a) A fellow player shouting 'well done' when you have scored a goal in netball
 - (b) Statistics on how far you have run during a football match
 - (c) Hitting a shot in tennis and it feeling like a good shot
 - (d) A trophy given for the best performance in a dance competition [1]
- 14** Which one of the following best describes the range of movement called abduction?
- (a) An outward leg movement in breaststroke
 - (b) A high board diver doing a tucked somersault
 - (c) A performer in an aerobics class jogging on the spot
 - (d) A rugby player kicking the ball [1]

15 Which one of the following best describes the effect of arthritis?

- (a) Inflammation in joints
- (b) Increase in white blood cells
- (c) Makes bones more flexible
- (d) Weakness in ligaments

[1]

[15 marks]

Section B

Answer **all** questions.

16 Describe **three** long term effects of exercise on the muscular system.

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

17 Explain how private enterprise can increase participation in physical activities.

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..... [3]

18 Tendonitis can be a barrier to participating in physical activities.

Describe the symptoms of tendonitis.

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..... [3]

23 Describe the structure of a joint. Give an example of a **hinge** joint.

Description of a joint

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Example of a **hinge** joint

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..... [4]

24 Describe how good personal hygiene can help to avoid minor infections when participating in physical activities.

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..... [4]

11
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