



Centre Number

71

Candidate Number

General Certificate of Secondary Education
2014

Physical Education

[G9741]

ML

FRIDAY 16 MAY, AFTERNOON

TIME

1 hour 30 minutes, plus your additional time allowance.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.
Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions 7 and 18.

For Examiner's use only	
Page Number	Marks
2–3	
4–5	
6–7	
8–9	
10–11	
12–13	
14–15	
16–17	

Total Marks	
-------------	--

1 State **two** different positive things that a person can do as part of their lifestyle to help improve their physical health.

1. _____

[1]

2. _____

[1]

2 State **two** different negative things a person might do as part of their lifestyle that would not help improve their physical health.

1. _____

[1]

2. _____

[1]

3 State **three** different and important dietary guidelines that should be followed to have a healthy, balanced diet.

1. _____

[1]

2. _____

[1]

3. _____

[1]

Examiner Only	
Marks	Remark

4 Explain **two** physical effects that smoking tobacco has on the body.

1. _____

[2]

2. _____

[2]

5 State **two** long-term physical effects that can develop as a result of drinking too much alcohol over a prolonged period of time.

1. _____

[1]

2. _____

[1]

6 Give **three** good health reasons why active teenagers should have sufficient quality sleep each night.

1. _____

[1]

2. _____

[1]

3. _____

[1]

Examiner Only	
Marks	Remark

7 Define **cultural heritage**. Then use examples to explain how cultural heritage in sport can develop within families and at community level.

[8]

Examiner Only	
Marks	Remark

8 The human body is built for use. The more the respiratory, circulatory and musculatory systems are used, the more efficient they become.

Explain **five** other benefits of regular and appropriate exercise.

1. _____

[2]

2. _____

[2]

3. _____

[2]

4. _____

[2]

5. _____

[2]

Examiner Only	
Marks	Remark

9 Study **Workout 1** then answer the questions that follow.

Workout 1

5 repetitions of 200 m with each repetition run in 30 seconds and a recovery time of 120 seconds between each of the repetitions.

(a) What is the name of the training method that is being used in Workout 1?

_____ [1]

(b) Which component of physical fitness is this training method most likely to improve?

_____ [1]

(c) Use evidence from Workout 1 to explain your choice of component.

_____ [2]

Examiner Only	
Marks	Remark

10 Study **Workout 2** then answer the questions that follow.

Workout 2

Run for 30 minutes working at a moderate intensity throughout.

(a) What is the name of the training method that is being used in Workout 2?

_____ [1]

(b) Which component of physical fitness is this training method most likely to improve?

_____ [1]

(c) Use evidence from Workout 2 to explain your choice of component.

 _____ [2]

Examiner Only	
Marks	Remark

11 Study **Workout 3** then answer the questions that follow.

Workout 3

20 repetitions of 100 m with each repetition run in 20 seconds and a recovery time of 20 seconds between each of the repetitions.

(a) What is the name of the training method that is being used in Workout 3?

_____ [1]

(b) Which component of physical fitness is this training method most likely to improve?

_____ [1]

(c) Use evidence from Workout 3 to explain your choice of component.

[2]

Examiner Only	
Marks	Remark

12 (a) Explain what is meant by “recovery rate” in fitness testing.

[2]

(b) Explain how you use the recovery rate to judge if your aerobic training is effective.

[4]

Examiner Only	
Marks	Remark

13 Study **Fig. 1** and **Fig. 2** which show the blood flow in the body under two different situations. Answer the question that follows.

Examiner Only	
Marks	Remark

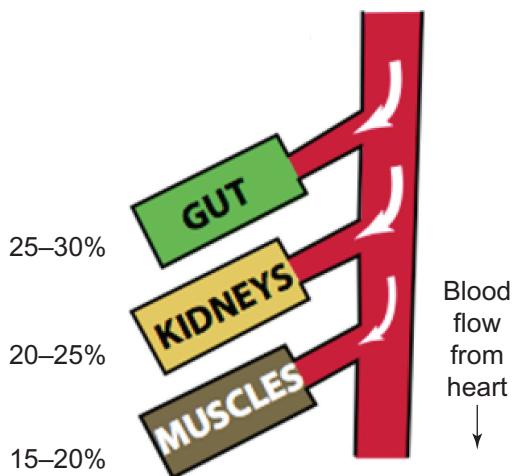


Fig. 1

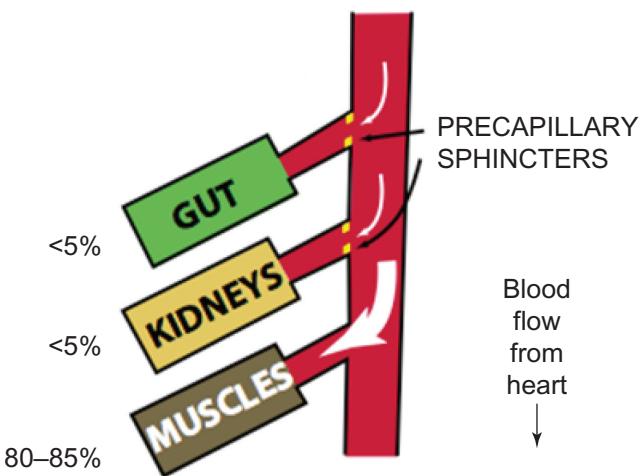


Fig. 2

© Physical Education for CCEA GCSE (second edition) by D Prentice, page 81,
published by Colourpoint Educational, 2006. ISBN 1904242596

Explain in detail the information that these two figures provide.

[4]

14 Study **Fig. 3** and **Fig. 4** which show the blood flow to the muscle cells under two different situations. Answer the question that follows.

Examiner Only	
Marks	Remark

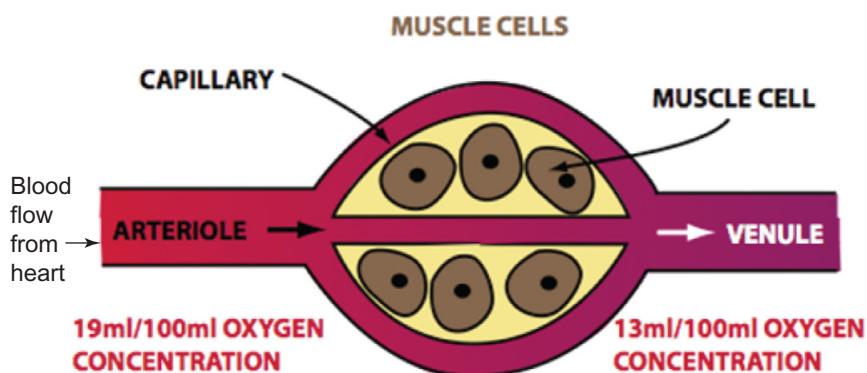


Fig. 3

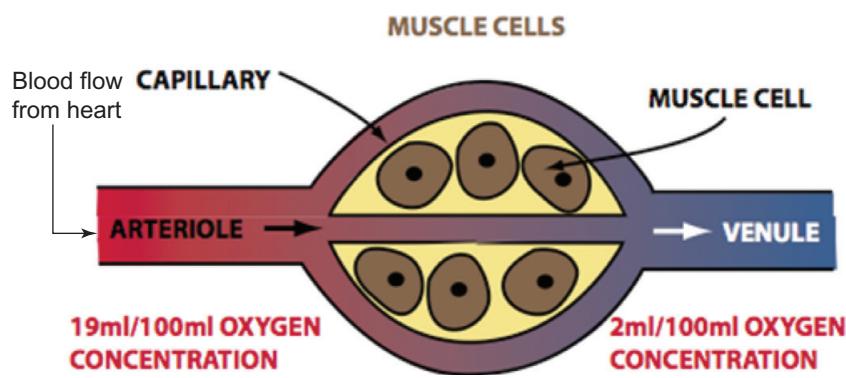


Fig. 4

© Physical Education for CCEA GCSE (second edition) by D Prentice, page 81,
published by Colourpoint Educational, 2006. ISBN 1904242596

Explain in detail the information that these two figures provide.

[4]

15 A hazard is something that can cause illness, injury or even death.

Identify **four** potential hazards for a pupil doing Physical Education at school.

1. _____ [1]
2. _____ [1]
3. _____ [1]
4. _____ [1]

Examiner Only	
Marks	Remark

16 A person wants to train to swim 2 kilometres in less than 40 minutes.

Which **three** components of physical fitness should definitely be included in this person's training programme?

For each of the three components, explain in detail why it should be included in the training programme. Then name an appropriate method of training for developing each component.

[12]

Examiner Only	
Marks	Remark

17 (a) Explain **three advantages** in choosing circuit training (without the use of weights) to develop muscular fitness as opposed to choosing training with fixed weight machines and free weights.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

(b) Explain **three disadvantages** in choosing circuit training (without the use of weights) to develop muscular fitness as opposed to choosing training with fixed weight machines and free weights.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

18 You are asked to take a person from a state of inactivity and unfitness to being active and in a state of good physical health. Explain in detail how you should apply the principles of **specificity, overload, progressive overload** and **rest/recovery** in planning and implementing a safe, appropriate and effective **weekly health-related exercise programme** for this person.

Examiner Only	
Marks	Remark

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