



**General Certificate of Secondary Education
2014**

Centre Number

71

Candidate Number

Physical Education

[G9741]

FRIDAY 16 MAY, AFTERNOON

ML

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**

2. _____

_____ [1]

1. _____ [1]

2. _____ [1]

1. _____ [1]

2. _____ [1]

3. _____ [1]

8699.02 ML

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.

[illegible]

Examiner Only	
Marks	Remark

1. _____

[2]

2. _____

[2]

3. _____

[2]

4. _____

_____ [2]

5. _____

_____ [2]

Examiner Only	
Marks	Remark

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

-
- [1]

-
- [1]

-
-
-
-
- [2]

Examiner Only	
Marks	Remark

[2]

[2]

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

[4]

[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.

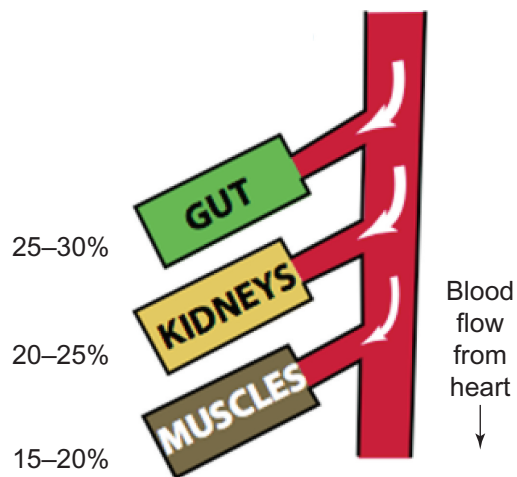


Fig. 1

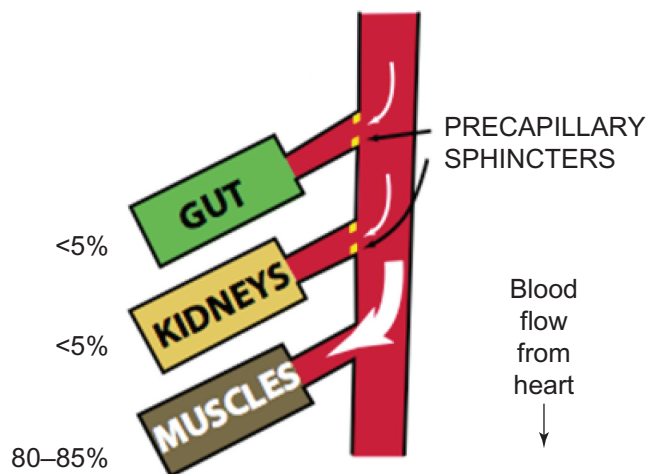


Fig. 2

© *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.

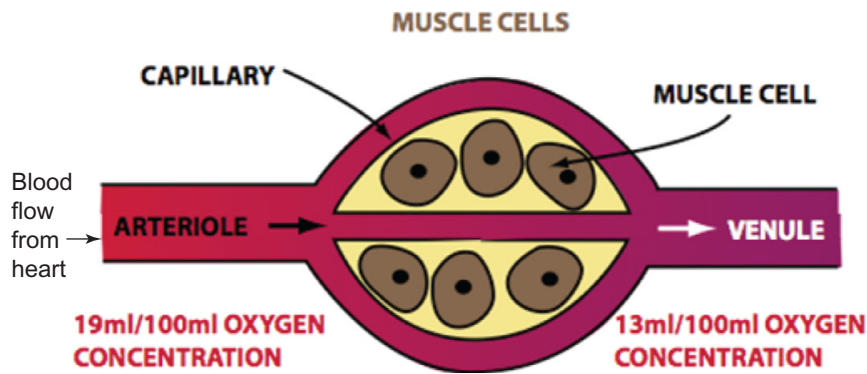


Fig. 3

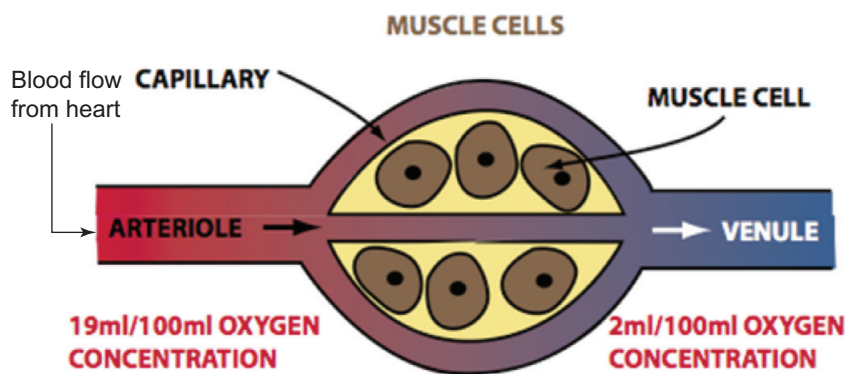


Fig. 4

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published by Colourpoint Educational, 2006. ISBN 1904242596

Explain in detail the information that these two figures provide.

[4]

Examiner Only	
Marks	Remark

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

8699.02 ML

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.

[illegible]

Examiner Only	
Marks	Remark

3. _____

[2]

14

- 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.

[illegible]

Examiner Only	
Marks	Remark

[12]

THIS IS THE END OF THE QUESTION PAPER

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