



General Certificate of Secondary Education
2013

Centre Number

71

Candidate Number

Physical Education

[G9741]

TUESDAY 14 MAY, AFTERNOON



TIME

1 hour 30 minutes.

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 **12** and **25(a)**.

For Examiner's use only

Page Number	Marks
2-3	
4-5	
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14-15	
16-17	
18-19	

Total Marks



- 1 Complete the statement below by choosing the correct word from the following list.

attitude happiness health
awareness physical shock

The World Health Organisation defines health as a state of complete _____, mental and social well-being. [1]

- 2 Over the past year, John ran lots of 10 km races.

Underline the statement below that best demonstrates John's **improvement** in physical fitness.

- (a) John doesn't feel tired at the end of his 10 km races.
 (b) John keeps running the 10 km races with improving running technique.
 (c) John is not out of breath at the end of his 10 km races.
 (d) John's heart rate during 10 km races stays within his target heart rate zone.
 (e) John keeps running personal best times in his 10 km races. [1]

- 3 Which **one** of the following terms is most closely linked with **learning a skill**?

practice strength diuretics
flexibility peaking relaxation

The term _____ is most closely linked with learning a skill. [1]

- 4 Calcium is a mineral that should be included in the food/drinks that we take as it helps keep our bodies functioning properly.

Name **one** other major mineral that we need from our food/drink to help keep our bodies functioning properly.

_____ [1]

Examiner Only	
Marks	Remark

- 5 Which **one** of the terms, **high in carbohydrate**, **high in fat**, or **high in protein** best describes **potatoes**?

Potatoes are best described as being **high in**

_____ [1]

- 6 The number of kilocalories that a person needs depends on a number of factors. One factor is the person's **metabolism**.

What is a person's metabolism?

A person's **metabolism** is _____

_____ [1]

- 7 Which **one** of the following should be part of a normal, **healthy diet**?

high salt intake **high fat intake**

high fibre intake **high sugar intake**

_____ is **linked** with a **healthy diet**. [1]

- 8 Which **one** of the following terms is normally linked with **long-term over-eating**?

anorexia nervosa **obesity** **bingeing**

health **bulimia** **malnutrition**

_____ [1]

Examiner Only	
Marks	Remark

13 Explain how regular and appropriate exercise can help with:

(a) weight control,

[1]

(b) posture.

[1]

Examiner Only	
Marks	Remark

14 (a) Energy can be produced **aerobically** or **anaerobically**.

Complete **Table 1** below by stating the event that best matches how the energy would have been produced in each case by **elite** athletes.

Choose from the following events

Shot put 100 m 200 m 800 m 5000 m Marathon

Table 1

Aerobic/Anaerobic Ratio	Event
50% Aerobic/50% Anaerobic	
85% Aerobic/15% Anaerobic	
1% Aerobic/99% Anaerobic	

[3]

(b) Aerobic fitness allows us to keep going at activities such as running for long periods of time without getting tired.

What determines a person's **aerobic** fitness?

A person's **aerobic** fitness is determined by the ability of _____

[3]

(c) Running can be either an aerobic activity or an anaerobic activity.

What makes running an **anaerobic** activity?

Running is an **anaerobic** activity when _____

[2]

Examiner Only

Marks Remark

- 21 (a) Explain the **two** different ways you can use **time** and **distance** to set up tests to monitor **aerobic fitness levels**.

First way

[3]

Second way

[3]

- (b) Which **components of physical fitness** would the following **tests** measure?

(i) **Test 1** The number of press-ups or push-ups done in 60 seconds.

This test would measure muscular _____ [1]

(ii) **Test 2** The Standing Broad Jump (two footed long jump)

This test would measure muscular _____ [1]

Examiner Only	
Marks	Remark

23 Clearly describe **four different things** that a sports person can do to **minimise the risk of getting injured** from playing **four different sports**.

1. Name of sport _____

Action to minimise the risk of injury in this sport _____

_____ [1]

2. Name of sport _____

Action to minimise the risk of injury in this sport _____

_____ [1]

3. Name of sport _____

Action to minimise the risk of injury in this sport _____

_____ [1]

4. Name of sport _____

Action to minimise the risk of injury in this sport _____

_____ [1]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

[12]

Examiner Only	
Marks	Remark

(b) Apply your advice to what would, in reality, be done over the training period. Complete the following grid to show what your friend has to do in each work out. [9]

Examiner Only	
Marks	Remark

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

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