



Rewarding Learning

General Certificate of Secondary Education
2014

Centre Number

71

Candidate Number

Physical Education

[G9741]

FRIDAY 16 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 **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

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

Workout 1

5 repetitions of 200m 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 use of the training method most likely to improve?

_____ [1]

(c) What evidence can you present from the workout 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 use of the training method most likely to improve?

_____ [1]

- (c) What evidence can you present from the workout 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 use of the training method most likely to improve?

_____ [1]

- (c) What evidence can you present from the workout to explain your choice of component?

 _____ [2]

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.

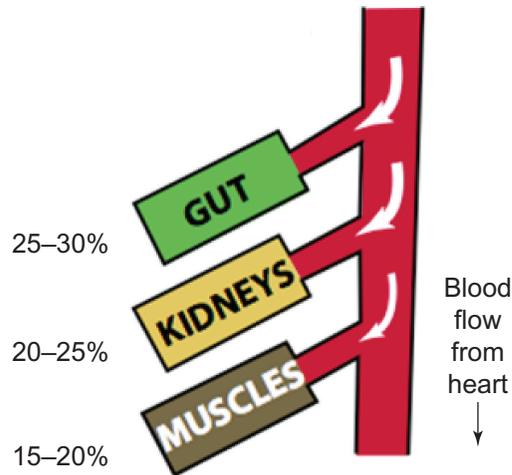


Fig. 1

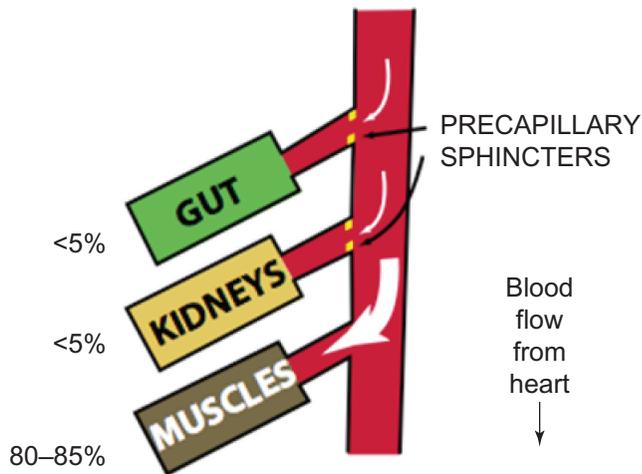


Fig. 2

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Explain in detail the information that these two figures provide.

[4]

Examiner Only	
Marks	Remark

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.

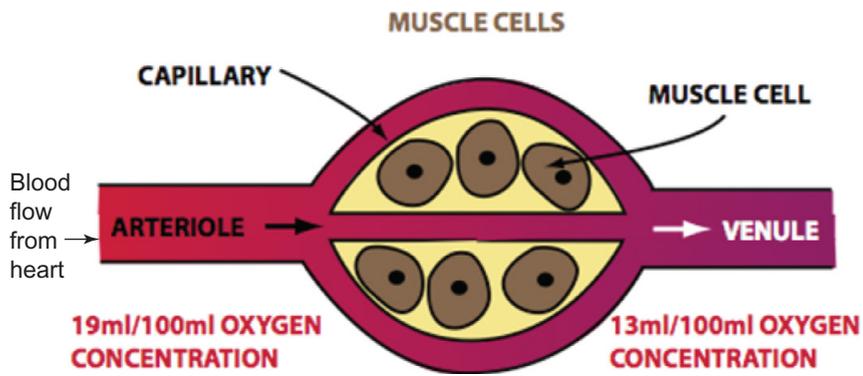


Fig. 3

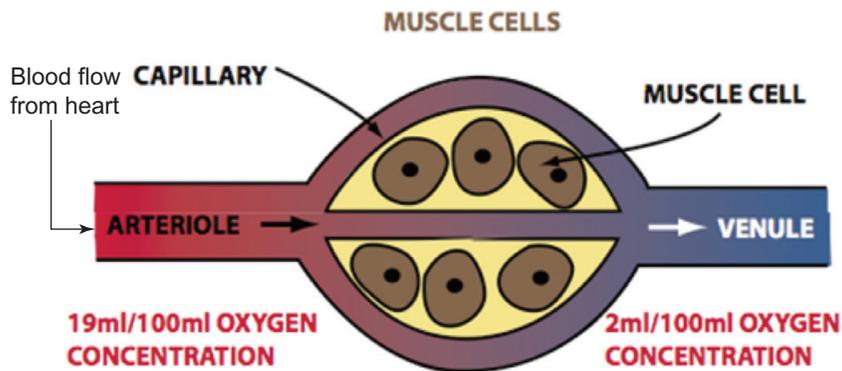


Fig. 4

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Explain in detail the information that these two figures provide.

[4]

Examiner Only	
Marks	Remark

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