

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE

B453/01

PHYSICAL EDUCATION
Developing Knowledge in
Physical Education

FRIDAY 16 MAY 2014: Afternoon

DURATION: 1 hour
plus your additional time allowance

MODIFIED ENLARGED

Candidate forename		Candidate surname	
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Centre number						Candidate number				
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Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes on the first page. 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).

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.
- Any blank pages are indicated.
- The quality of your written communication will be assessed in the question marked with an asterisk (*).

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SECTION A

Answer ALL questions.

Please circle one answer per question.

- 1 Which one of the following is an example of reducing risks and injuries during physical activities?**
- (a) Always trying your best in an activity**
 - (b) Wearing a mouth guard in hockey**
 - (c) Playing to win at all times**
 - (d) Shaking hands with your opponents after the game** [1]
- 2 Which one of the following is a short term effect of exercise on muscles?**
- (a) An increase in muscle temperature**
 - (b) A decrease in hypertrophy of muscle fibres**
 - (c) An increase in rate of recovery**
 - (d) A decrease in minute volume** [1]

- 3 Which one of the following is the best description of the movement allowed by a hinge joint?**
- (a) Allows a wide range of movement**
 - (b) Only allows rotation**
 - (c) Allows for abduction and adduction**
 - (d) Only allows flexion and extension [1]**
- 4 Which one of the following is an example of extrinsic motivation?**
- (a) Enjoying exercising with weights in a gymnasium**
 - (b) Feeling a sense of achievement after running a race**
 - (c) Being satisfied with your efforts in trying to eat healthily**
 - (d) Wanting to win the basketball tournament to get a trophy [1]**

- 5 Which one of the following is NOT a function of the skeleton?**
- (a) To give support to the body**
 - (b) To protect the heart and lungs**
 - (c) To ensure enough oxygen reaches the working muscles**
 - (d) To produce red blood cells** **[1]**
- 6 Which one of the following is a problem that can be experienced with tendons?**
- (a) Too much lactic acid can stop carbon dioxide intake**
 - (b) Lack of synovial fluid can make them more fragile**
 - (c) They can become inflamed following too much exercise**
 - (d) Can inhibit breathing if they get too big as a result of exercise** **[1]**

- 7 Which one of the following identifies the FITT principle?**
- (a) Frequency, Intensity, Type and Tapering**
 - (b) Frequency, Improvement, Type and Time**
 - (c) Frequency, Improvement, Talent and Time**
 - (d) Frequency, Intensity, Time and Type [1]**
- 8 Which one of the following is a role of the International Olympic Committee (IOC)?**
- (a) Selects the host city for the Olympic Games**
 - (b) Selects the Olympic teams for each country**
 - (c) Selects the officials for each Olympic track event**
 - (d) Selects the most appropriate opening ceremony for each Olympic Games [1]**

- 9 Which one of the following is a hazard in a swimming pool?**
- (a) Concussion of a swimmer after diving in**
 - (b) Lockers for your clothes and valuables are broken**
 - (c) Too much chlorine in the water**
 - (d) Cutting your foot on the way into the pool [1]**
- 10 Which one of the following is an example of a good role model when learning skills?**
- (a) A professional athlete who has recently been caught taking performance enhancing drugs**
 - (b) A coach who used to be an excellent player demonstrating a skill**
 - (c) A friend who has recently given up drinking alcohol and seems more friendly**
 - (d) A parent who regularly watches sport on the television [1]**

- 11 Which one of the following is the best example of goal setting to optimise performance?**
- (a) To focus on one thing at a time when training for a marathon**
 - (b) Setting a target to score 15 goals in half a season in hockey**
 - (c) Playing each game at a time and adjusting your hopes and ambitions as you go along**
 - (d) The coach of an athlete promising a financial bonus if the athlete wins the next race** [1]
- 12 Which one of the following pairs shows the difference between knowledge of results and knowledge of performance?**
- (a) Knowledge of results is knowing how good your technique is and knowledge of performance is knowing your score**
 - (b) Knowledge of results is knowing which tactics to use and knowledge of performance is knowing how fit you are**
 - (c) Knowledge of results is knowing how fit you are and knowledge of performance is knowing which tactics to use**
 - (d) Knowledge of results is knowing your score and knowledge of performance is knowing how good your technique is** [1]

- 13 Which one of the following muscle groups is mainly involved in moving the arms when performing a press up?**
- (a) Biceps and quadriceps**
 - (b) Deltoids and hamstrings**
 - (c) Pectorals and triceps**
 - (d) Trapezius and latissimus dorsi** [1]
- 14 Which one of the following is a good description of plyometrics as a type of training?**
- (a) A series of bounding, hopping and jumping movements**
 - (b) A mixture of aerobic and anaerobic training methods**
 - (c) Long distance running and walking with very little rest**
 - (d) Short sharp pliability exercises with intervals of rest and work** [1]

- 15 Which one of the following shows how funding could be used to affect participation levels in physical activities?**
- (a) To increase prize money to motivate the best performers to compete**
 - (b) To build new facilities to provide activities for people**
 - (c) To sponsor football players to advertise health products**
 - (d) To help pay for private medical care for athletes [1]**

SECTION B

Answer ALL questions.

16 Describe THREE effects of a six month training programme on muscles.

1 _____

2 _____

3 _____

[3]

17 Describe fartlek training and identify TWO ways it can improve fitness.

[4]

[illegible]

19 Describe, using a practical example for each, what is meant by the following terms for the roles of muscles in movement:

Agonist

Antagonist

Synergist

Antagonistic pairs

[4]

How would you use the fitness principles of overload, specificity and progression when planning circuit training?

[5]

21 The International Olympic Committee and the British Olympic Association are organisations that promote participation in physical activities.

Describe how TWO other organisations promote participation in physical activities.

1 _____

2 _____

[4]

22 Describe the structure and use of cartilage within joints.

[3]

[illegible]

24 Give ONE practical example of extrinsic feedback and explain the use of different types of extrinsic feedback to motivate participants in physical activities.

[4]

***25 Using practical examples, explain how you might reduce the risk of injury when performing physical activities outdoors. [6]**

[illegible]

END OF QUESTION PAPER

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