

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
GCSE**

**B453/01**

**PHYSICAL EDUCATION  
Developing Knowledge in  
Physical Education**

**THURSDAY 21 MAY 2015: Afternoon  
DURATION: 1 hour  
plus your additional time allowance**

**MODIFIED ENLARGED**

<b>Candidate forename</b>		<b>Candidate surname</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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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.**

**The quality of written communication is assessed in the question marked with an asterisk (\*).**

**Any blank pages are indicated.**

## SECTION A

Answer ALL questions. Please **circle** one answer per question.

- 1 Which one of the following is an example of a ball and socket joint?
- (a) Ankle joint
  - (b) Elbow joint
  - (c) Shoulder joint
  - (d) Neck joint [1]
- 2 Which one of the following muscle groups is found in the arms?
- (a) Abdominals
  - (b) Triceps
  - (c) Latissimus dorsi
  - (d) Trapezius [1]

- 3 Which one of the following is a National Governing Body?**
- (a) The International Tennis Federation**
  - (b) The British Olympic Association**
  - (c) The Local Authority Committee**
  - (d) The Rugby Football Union** [1]
- 4 Which one of the following pairs is part of SMART goal setting?**
- (a) Sports and Time-phased**
  - (b) Movement and Specific**
  - (c) Achievable and Tedium**
  - (d) Realistic and Measurable** [1]
- 5 Which one of the following is an example of trial and error learning?**
- (a) Watching a coach perform a forehand in tennis and then copying it perfectly**
  - (b) Rehearsing a bowling technique in cricket to perfect the skill**
  - (c) Serving in tennis and hitting it out but getting it right next time**
  - (d) Reading a coaching manual on javelin technique and then attempting a throw** [1]

- 6 Which one of the following is a use of synovial fluid?**
- (a) To connect muscle to bone**
  - (b) To lubricate joints**
  - (c) To stop the build-up of lactic acid**
  - (d) To produce red blood cells** [1]
- 7 Which one of the following is an example of a long term effect of exercise on the heart?**
- (a) Increase in tidal volume**
  - (b) Decrease in resting heart rate**
  - (c) Increase in heart disease**
  - (d) Decrease in stroke volume** [1]
- 8 Which one of the following best describes the training principle of reversibility?**
- (a) Fitness can deteriorate if training stops**
  - (b) If a programme is reversed fitness will improve**
  - (c) Variety of training is important to relieve tedium**
  - (d) Training should always be progressively more difficult** [1]

- 9 Which one of the following is the role of the synergist in muscle movement?**
- (a) This is the prime mover of the muscle movement**
  - (b) This is the antagonist that opposes movement of the agonist**
  - (c) This stabilises the movement at the joint**
  - (d) This ensures that all movements can take place at the same time [1]**
- 10 Which one of the following shows the influence of the media on participation in physical activities?**
- (a) Advertising a product at rugby matches can increase product sales**
  - (b) Showing live football matches can increase the size of the audience**
  - (c) Radio commentary can inform everyone immediately about the scores in cricket**
  - (d) Coverage of the Wimbledon Championships can encourage people to play tennis [1]**

- 11 Which one of the following is NOT an example of continuous training?**
- (a) Jogging around an athletics track five times**
  - (b) Stretching one muscle group for over five minutes**
  - (c) Swimming 20 lengths of a swimming pool**
  - (d) Cycling five miles without stopping** [1]
- 12 Which one of the following is an example of mental preparation for effectively performing physical activities?**
- (a) Concentrating on the take-off board when about to perform the long jump**
  - (b) Stretching all the main muscle groups before a netball game**
  - (c) Jogging for a short distance before preparing for a sprint race**
  - (d) Eating a high proportion of carbohydrates before running a marathon** [1]

**13 Which one of the following is an example of adduction?**

- (a) Moving your leg out to the side to gain balance in a gymnastic routine**
  - (b) Bending your arms when performing a biceps curl in weight training**
  - (c) Throwing your head back when breathing in backstroke**
  - (d) Moving both arms towards your body during the breast stroke**
- [1]**

**14 Which one of the following is an example of intrinsic feedback?**

- (a) A coach telling you about the mistakes you have made in a gymnastics sequence**
  - (b) Looking at the scoreboard and realising that you have won the game in basketball**
  - (c) Feeling that a golf shot has gone wrong even before you see where the ball has gone**
  - (d) A lineswoman shouting out during a tennis rally at Wimbledon**
- [1]**

- 15 Which one of the following shows the role of a school in promoting healthy lifestyles?**
- (a) Ensuring that school sports teams win against other local schools**
  - (b) Only allowing pupils to play sports if they are getting good grades**
  - (c) Letting pupils who are good at sports have time off lessons**
  - (d) Running a healthy eating programme in the school canteen**
- [1]**

## SECTION B

Answer ALL questions.

16 One of the elements of the FITT training principle is 'type'.

Identify the other THREE elements of the FITT principle.

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

[3]

**17 Describe TWO potential hazards that might be found in an artificial outdoor area and suggest a way to reduce the risk of each hazard.**

**Hazard** \_\_\_\_\_

**Way to reduce risk** \_\_\_\_\_

\_\_\_\_\_

**Hazard** \_\_\_\_\_

**Way to reduce risk** \_\_\_\_\_

\_\_\_\_\_

**[4]**

**18 Describe THREE positive effects and THREE different negative effects that the media may have on following an active, healthy lifestyle.**

**Positive effects**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**Negative effects**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

**[6]**

**19 Give FOUR examples of how schools can promote involvement in physical activity.**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

[4]

**20 What role do tendons play in movement? What problems are associated with tendons that might stop participation in physical activities?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[4]

**21 What type of joint is the knee joint?**

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**When bending the knees, describe the movement around the joint and identify the TWO muscle groups involved.**

**Description** \_\_\_\_\_

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**Muscle group 1** \_\_\_\_\_

**Muscle group 2** \_\_\_\_\_

**Give a practical example of when you might use such a movement.**

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**[5]**

**22 Describe TWO current government initiatives to promote active, healthy lifestyles.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**[4]**







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