

**Tuesday 15 January 2013 – Morning**

**AS GCE PHYSICAL EDUCATION**

**G451/01** An Introduction to Physical Education

Candidates answer on the Question Paper.

**OCR supplied materials:**

None

**Other materials required:**

None

**Duration: 2 hours**



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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### INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** parts of the question in each of Sections A, B and C.
- 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).
- Do **not** write in the bar codes.

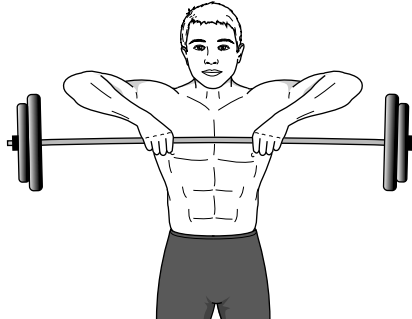
### INFORMATION FOR CANDIDATES

- 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 **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (\*).
- This document consists of **16** pages. Any blank pages are indicated.

**SECTION A – Anatomy and Physiology**

Answer **all** parts of the question

- 1 (a) Fig. 1 shows an athlete performing an upright row.



**Fig. 1**

- (i) Complete the table below for the athlete’s shoulder joint whilst the bar is being raised. [4]

Joint	Joint Type	Movement	Agonist	Antagonist	Type of Muscular Contraction
Shoulder		Abduction			

- (ii) The upright row requires a strong force of contraction.

Which is the main muscle fibre type recruited during this exercise?

..... [1]

- (b) (i) Identify **two** physiological factors which affect joint stability.

.....  
 ..... [2]

- (ii) Outline **three** ways in which physical activity can improve joint stability.

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 .....  
 .....  
 .....  
 .....  
 ..... [3]





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(c) Describe the characteristics of each of the **three** named phases of learning movement skills.

**Named phase:** .....

**Characteristics:** .....

.....

**Named phase:** .....

**Characteristics:** .....

.....

**Named phase:** .....

**Characteristics:** .....

.....

..... [6]

(d) Describe the **five** different types of transfer that can occur when learning movement skills.

Give **one** way in which transfer of learning positively affects the development of schema.

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..... [6]





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**END OF QUESTION PAPER**

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