

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
AS GCE**

G451/01

PHYSICAL EDUCATION

An Introduction to Physical Education

FRIDAY 5 JUNE 2015: Afternoon

**DURATION: 2 hours
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 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).

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 (*).

Any blank pages are indicated.

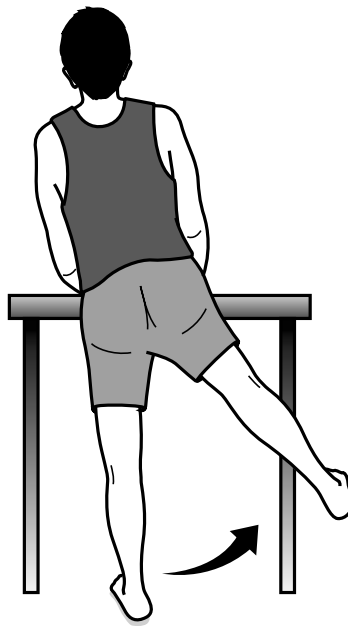
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SECTION A – Anatomy and Physiology

Answer ALL parts of the question.

- 1 (a) Fig. 1 shows an athlete performing a warm up exercise.

FIG. 1



- (i) Complete the table below for the athlete's hip joint in the direction of the arrow. [3]

Joint	Movement	Agonist	Antagonist	Type of muscular contraction
Hip		Gluteus Medius		

- (ii) Give TWO ways in which a warm up would affect skeletal muscle during exercise.**

[2]

- (b) (i) Define blood pressure.**

[1]

- (ii) Describe the changes that occur to both systolic and diastolic blood pressure during exercise.**

[4]

(c) Explain hormonal regulation of the heart during exercise.

[4]

[6]

(e)* Explain the changes in the distribution of cardiac output from rest to maximal exercise.

Make reference to:

Vascular shunt mechanisms

Venous return

Control by the vasomotor centre

[10]

[illegible]

[illegible]

[illegible]

SECTION B – Acquiring Movement Skills

Answer ALL parts of the question.

- 2 (a) Abilities are often regarded as being innate and enduring.
Describe other characteristics of gross motor and psychomotor abilities and give an example of each.**

[4]

(b) Describe Whiting's model of information processing.

[5]

(c) Explain, using examples, how positive reinforcement, negative reinforcement and punishment can be used to promote a balanced, active and healthy lifestyle.

[illegible]

[5]

(e)* Describe the different types of transfer and critically evaluate their impact on the learning of movement skills. [10]

[illegible]

[illegible]

[illegible]

SECTION C – Socio-Cultural Studies relating to participation in physical activity

Answer ALL parts of the question.

- 3 (a) (i) Identify reasons why many people lead increasingly sedentary lifestyles in contemporary UK society.**

[2]

- (ii) State the recommended amounts of physical activity needed to be healthy.**

[2]

- (b) (i) Identify TWO benefits of outdoor recreation. Give a practical example of how each can be achieved.**

[4]

- (ii) State TWO differences between outdoor education and outdoor recreation.**

[2]

(c) Explain why ethnic sports such as the Highland Games are still popular today.

[5]

- (d) The relationship between sport and sponsorship is one part of the 'golden triangle'. Discuss possible advantages and disadvantages of the relationship between sport and sponsorship.**

[5]

(e)* Discuss the commercialisation of the Olympic Games post-1984 (Los Angeles). Explain how the Olympic Games can bring about nation building. [10]

[illegible]

[illegible]

[illegible]

END OF QUESTION PAPER

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