

Tuesday 24 May 2016 – Morning

AS GCE PHYSICAL EDUCATION

G451/01 An Introduction to Physical Education

Candidates answer on the Question Paper.

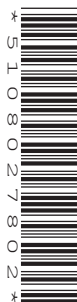
OCR supplied materials:

None

Other materials required:

None

Duration: 2 hours



Candidate forename		Candidate surname	
Centre number		Candidate number	

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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- 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 a swimmer performing the front crawl.



Fig. 1

- (i) Complete the table below for the swimmer's ankle joint.

[3]

Joint	Joint type	Movement	Agonist	Antagonist
Ankle		Plantar Flexion		

- (ii) Give **three** ways in which a warm up would affect the speed and strength of skeletal muscle contractions.

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

3

(b) Describe the mechanics of breathing for inspiration during exercise.

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..... [5]

(c) Describe intrinsic control of the heart during exercise.

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..... [4]

4

(d) Explain why more oxygen dissociates from the blood into the muscle cell during exercise.

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..... [5]

(e)* Critically evaluate the effect of physical activity on the skeletal and muscular systems of young people. [10]

[illegible]

[illegible]

SECTION B – Acquiring Movement Skills

Answer **all** parts of the question.

- 2 (a) Fitts and Posner identified three phases of learning movement skills.
Using practical examples, describe a characteristic of each of the three phases of learning movement skills.

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..... [3]

- (b) (i) Identify a motor skill in sport and justify its classification on the simple-complex continuum.

Name of motor skill

Justification for classification

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- (ii) Describe **two** practice methods that would be appropriate for the skill you have identified.

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(c) Explain schema theory when developing movement skills.

[5]

(d) Positive behaviours associated with a balanced, healthy lifestyle can be learned by observing others and modelling or copying their behaviour.

Explain the factors that affect the modelling or copying of healthy lifestyle behaviour.

[5]

(e)* The Multi-store model is one way of understanding the role of the memory in developing movement skills.

Using practical examples, explain each part of the Multi-store model of memory in developing movement skills.

Describe strategies that might improve memory storage.

[10]

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[illegible]

12

- (c) Taking performance enhancing drugs has a variety of consequences.

Other than enhanced performance and possibly receiving a ban, describe consequences of using drugs in sport.

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- (d) Modern technology is part of contemporary sport.

Discuss positive and negative impacts of modern technological products on sports performance.

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(e)* Describe the factors that have contributed to increasingly sedentary lifestyles in modern society.

Explain possible barriers to young people's participation in physical activity.

[10]

[illegible]

[illegible]

END OF QUESTION PAPER

[illegible]

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