

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
AS GCE**

G451/01

PHYSICAL EDUCATION

An Introduction to Physical Education

TUESDAY 24 MAY 2016: Morning

**DURATION: 2 hours
plus your additional time allowance**

MODIFIED ENLARGED

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| 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. 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.

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 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.

[3]

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

[5]

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

[4]

[illegible]

[illegible]

[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.**

[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 _____

[3]

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

[4]

[illegible]

- (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.

[illegible]

(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]

[illegible]

[illegible]

[illegible]

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

Answer ALL parts of the question.

- 3 (a) Explain why sport has such a high status in Australia.**

[5]

(b) (i) Describe different ways that high level sport is privately funded in the UK.

[3]

(ii) Describe the role of the National Institutes of Sport in promoting high level sport in the UK.

[3]

(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.

[5]

(d) Modern technology is part of contemporary sport.

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

[4]

(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]

[illegible]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

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