



Oxford Cambridge and RSA

Tuesday 23 May 2017 – Morning

AS GCE PHYSICAL EDUCATION

G451/01 An Introduction to Physical Education



Candidates answer on the Question Paper.

OCR supplied materials:

None

Duration: 2 hours

Other materials required:

None



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. 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 barcodes.

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 golfer during the backswing phase of a golf shot.



Fig. 1

- (i) Complete the table below for the left shoulder joint of the golfer.

[3]

Joint	Joint type	Movement	Agonist	Antagonist
Shoulder		Adduction		

- (ii) The rotator cuff is important for maintaining the stability of the shoulder joint.

Name **two** muscles of the rotator cuff.

Muscle 1:

.....

Muscle 2:

[2]

- (b) (i) Identify and give **two** structural characteristics of the muscle fibre type predominantly involved in a golf shot.

Muscle Fibre Type:

Characteristic 1:

Characteristic 2:

[3]

- (ii) How might a warm up affect the skeletal muscle tissue of the golfer?

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[2]

- (c) Explain the process of the distribution of blood in muscles and organs during exercise.

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[5]

- (d) Describe the process of gaseous exchange of oxygen at the alveoli during rest.

How does this change during exercise?

[5]

. [5]

- (e)* Explain the benefits of a person taking up regular jogging on the health of the cardiovascular and muscular-skeletal systems of the body. [10]

SECTION B – Acquiring Movement Skills

Answer **all** parts of the question.

- 2 (a) Learning movement skills involves the use of memory.

Describe the Multi-store memory process when learning movement skills.

[4]

- (b) Fig. 2 below shows the relationship between performance and arousal when performing movement skills. This is known as the Catastrophe Theory.

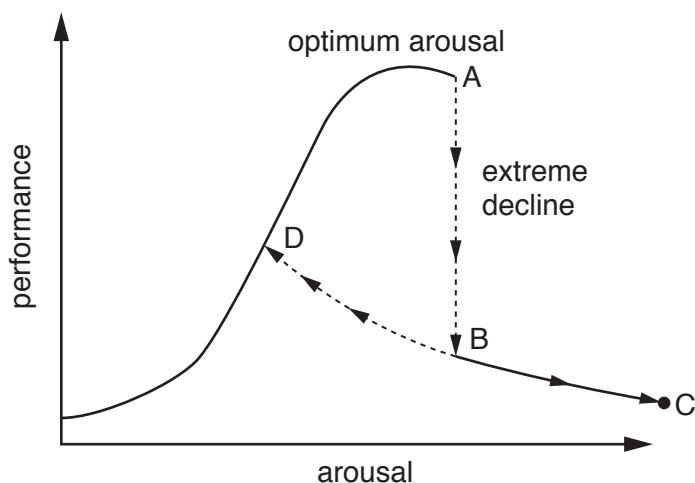


Fig. 2

Explain the sudden decrease in performance of movement skills shown in Fig. 2.

[5]

- (c) Using **one** practical example, show what is meant by a motor programme and how this relates to the performance of movement skills.

[5]

- (d) Using practical examples, describe Schema Theory. As a coach, show how you would use this theory in your practice sessions to develop movement skills.

[6]

[6]

10

- (e)* The organisation of practices to ensure effective skill learning can involve using part and whole practice methods.

Using practical examples, describe each of these methods and evaluate their effectiveness in learning different types of movement skills. [10]

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

Answer **all** parts of the question.

- 3 (a) (i) Define the terms:

Physical activity:

Exercise:

[2]

- (ii) Other than physical activity and exercise, identify **one** other component that contributes to a healthy balanced lifestyle.

..... [1]

- (b) (i) Sport is a competitive and organised activity.

Describe **two** other characteristics of sport and **two** benefits from taking part.

Characteristic 1:

Characteristic 2:

Benefit 1:

Benefit 2:

[4]

- (ii) Describe **three** sources of funding available to a sports performer.

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[3]

13

- (c) The UK has changed from an amateur approach to a more professional approach with regards to sport in recent years.

Explain the role of government and sporting organisations in promoting and supporting this change.

Government organisations:

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Sporting organisations:

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[4]

- (d) (i) Other than winning, explain **three** other reasons why an athlete might use drugs in sport.

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[3]

- (ii) Give **three** possible solutions to reduce the use of drugs in sport.

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.....

[3]

14

(e)* Discuss how the Olympic Games can benefit sport and society in the country hosting them.

Explain how Governments use sport as a political tool.

[10]

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 margin(s).



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