

Monday 28 January 2013 – Afternoon

GCSE PHYSICAL EDUCATION

B453/01 Developing Knowledge in Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour



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** the questions.
- Section A – candidates should only circle one answer per question.
- 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 **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

SECTION A

Answer **all** questions. Please circle one answer per question.

- 1** The SMART Principle refers to effective goal setting in physical activities.
Which one of the following does SMART represent?
- (a) Special; Meaningful; Achievable; Realistic; Tedium
 - (b) Specific; Measurable; Achievable; Realistic; Time-phased
 - (c) Sustainable; Measurable; Agreed; Recorded; Time-phased
 - (d) Sensible; Meaningful; Agreed; Recorded; Tedium [1]
- 2** Which one of the following is an effect of lactic acid?
- (a) Gives you a feeling of excitement
 - (b) Causes extreme hunger pains
 - (c) Helps to create oxygen in the lungs
 - (d) Causes muscle fatigue during exercise [1]
- 3** Which one of the following is a role of the school in promoting a healthy lifestyle?
- (a) Linking with local clubs to promote physical activity
 - (b) Recording eating habits of pupils
 - (c) Running a good school bus service to prevent walking
 - (d) Having a separate smoking area for pupils to promote non-smoking [1]
- 4** Which one of the following is an example of knowledge of performance in a physical activity?
- (a) A coach telling you that your tennis forehand technique is incorrect
 - (b) An official telling you that your badminton serve was out
 - (c) A spectator clapping you when you leave the football pitch
 - (d) Your parents telling you how many runs you scored in cricket [1]

3

5 Which one of the following is a function of the skeleton?

- (a) To deliver oxygen to working muscles
- (b) To produce lactic acid
- (c) To store minerals
- (d) To create a good image

[1]

6 Progression is an important principle of fitness training.

Which one of the following shows the principle of progression?

- (a) Doing more repetitions of the same weight in strength training
- (b) Making sure you take enough rest intervals in circuit training
- (c) Varying the types of training you follow in interval training
- (d) Making sure the training is specific in plyometric training

[1]

7 Which one of the following is an example of a national governing body?

- (a) The Lawn Tennis Association
- (b) The International Olympic Committee
- (c) The David Lloyd Leisure Group
- (d) The Local Authority

[1]

8 Which one of the following best describes the fartlek training method?

- (a) A circuit training method that improves strength and flexibility
- (b) A continuous training method that improves speed and endurance
- (c) A weight training method that improves strength and power
- (d) A flexibility training method that improves stretching and endurance

[1]

- 9 Which one of the following best describes the role of muscle synergists?
- (a) They are pairs of muscles which work together to produce movement
 - (b) They are muscle fibres which act together to maximise power
 - (c) They are bones which are attached to muscles to give joint stability
 - (d) They stabilise a joint and prevent unnecessary movement [1]
- 10 Which one of the following is an example of intrinsic motivation?
- (a) Trying to win the cup in a hockey tournament
 - (b) Earning money by refereeing a football match for younger children
 - (c) Enjoying performing a new dance routine
 - (d) Getting a swimming badge to please your parents [1]
- 11 Which one of the following is **not** a method of personal hygiene following an exercise class?
- (a) Drink plenty of water to prevent dehydration
 - (b) Change your clothes after exercise
 - (c) Wash and dry your feet thoroughly
 - (d) Use your own clean towel after showering [1]
- 12 Which one of the following best describes anaerobic training?
- (a) Sprinting during interval training
 - (b) Long intervals of moderate exercise
 - (c) Swimming over a long distance
 - (d) A ten mile jog along local roads [1]
- 13 Which one of the following is a government initiative to encourage healthy eating?
- (a) To advertise local fast food outlets
 - (b) Drink only 4 units of alcohol per day
 - (c) Eat different types of meat per day
 - (d) Eat five portions of fruit and vegetables per day [1]

5

14 Which one of the following is a short-term effect of exercise on the muscular system?

(a) Decrease in stroke volume

(b) Increase in the temperature of the muscles

(c) Decrease in blood flow from the heart

(d) Increase in muscle mass

[1]

15 Which one of the following physical activities might benefit the pectoral muscles the most?

(a) Sit-ups

(b) Straight leg stretches

(c) Press-ups

(d) Continuous running

[1]

6

SECTION B

Answer **all** questions.

16 Intensity is one of the elements of the FITT Principle.

Identify the other **three** elements of the FITT Principle.

- 1)
-
- 2)
-
- 3)
-

[3]

17 Describe **four** potential hazards when playing on an outdoor tennis court.

- 1)
-
- 2)
-
- 3)
-
- 4)
-

[4]

- [6]

- Adduction
-
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-
-

Abduction

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[4]

- 20** Describe **three** long-term effects of exercise on the heart and **three** long-term effects of exercise on the lungs.

Long-term effects of exercise on the heart

- 1)
- 2)
- 3)

Long-term effects of exercise on the lungs

- 1)
- 2)
- 3)

[6]

- 21** Describe how we might control our emotions when participating in physical activities. Give **one** reason why controlling our emotions is so important when performing physical activities.

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..... [5]

22 Describe how examination courses in Physical Education can help promote a healthy lifestyle.

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..... [4]

23 Identify **three** roles of the International Olympic Committee.

1)

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2)

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3)

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..... [3]

24 Explain what might motivate someone to be an official in a physical activity.

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10

25* Using examples, explain the effects of the media on young people's lifestyles.

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END OF QUESTION PAPER

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