



Friday 16 May 2014 – Afternoon

GCSE PHYSICAL EDUCATION

B451/01 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:
None

Other materials required:
None

Duration: 1 hour



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** 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**.
- This document consists of **12** pages. Any blank pages are indicated.
- The quality of your written communication will be assessed in the question marked with an asterisk (*).

SECTION A

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

- 1** Which one of the following is the best example of a food source rich in vitamins?
- (a) Red meat
 - (b) Fresh vegetables
 - (c) Water
 - (d) A hamburger without sauce
- [1]**
- 2** Which one of the following is the best example of a healthy lifestyle?
- (a) Paul who only smokes two cigarettes a day, eats at least five fruit and vegetables per day and exercises three times each week.
 - (b) Sally who exercises every day but Sunday, consumes 20 units of alcohol per week and is a strict vegetarian.
 - (c) Ahmed exercises at least 30 mins per day. He does not smoke and eats plenty of fruit and vegetables but does not drink more than a litre of water each day.
 - (d) Alisha does not smoke or drink alcohol and thinks carefully about her diet and only eats one bar of chocolate per day. She goes to PE lessons in school once a week.
- [1]**
- 3** Which one of the following shows a pathway for involvement in physical activity?
- (a) Taking part in a sports quiz in school
 - (b) Regularly watching school sports teams after school
 - (c) Volunteering to put up posters about healthy eating around school
 - (d) Always participating in PE lessons in school
- [1]**
- 4** Which one of the following is a possible effect of under eating?
- (a) You build up too much body fat
 - (b) You lack energy and get tired easily
 - (c) Your whole body strength improves
 - (d) Your nutritional balance is more positive
- [1]**

3

- 5 Which of the following is an example of etiquette in physical activities?
- (a) Shaking your opponent's hand after playing tennis
 - (b) Informing the referee in football that he has made a wrong decision
 - (c) Shouting and kicking a chair over in basketball
 - (d) Encouraging your team mates to win [1]
- 6 Which one of the following is an example of making informed decisions about lifestyle?
- (a) Changing your eating habits after a GCSE PE lesson on balanced diets
 - (b) Working hard at improving your forehand in tennis
 - (c) Encouraging your friends to watch a football match at the weekend
 - (d) Planning your career after finishing school [1]
- 7 Which one of the following is a health reason for participating in physical activities?
- (a) To join a local cycling club because your friend has joined
 - (b) To be a professional rugby player as a career
 - (c) To go to the gym to improve your body image
 - (d) To swim regularly to avoid heart disease [1]
- 8 Which one of the following is an example of flexibility being part of a healthy lifestyle?
- (a) To be able to reach for things without hurting yourself
 - (b) To be able to run very quickly to catch a bus
 - (c) To be able to keep going and not getting too tired
 - (d) To be able to carry a small child or carry shopping more effectively [1]

- 9** Which one of the following is an example of an appropriate warm up activity?
- (a) To do as many fast sprints as possible and then to mentally focus
 - (b) To go for a light jog and then to stretch the main muscle groups
 - (c) To wear a thick tracksuit and talk to your coach about the game
 - (d) To do some stretching and then consume a warm drink before playing [1]
- 10** Which one of the following is an example of a lack of confidence affecting participation in physical activities?
- (a) Feeling that you have too much else to do and not having enough time to go to the gym and exercise
 - (b) Having no way of getting to the venue to play in a hockey match
 - (c) Feeling that you are not as good as anyone else so you do not turn up to an exercise class
 - (d) Always thinking that you are the best at the activity and trying to win in all your games of badminton [1]
- 11** Which one of the following is an example of the family affecting participation in physical activities?
- (a) Your uncle often provides you with transport to attend training
 - (b) Your parents have strict rules about staying out late at night with friends
 - (c) Your brother or sister have exciting sports computer games
 - (d) Your grandparents take a keen interest in your overall education [1]
- 12** Which one of the following is an effect of blood doping in physical activities?
- (a) Feeling of well-being and of always being happy with life
 - (b) Building up of muscle fibres and looking toned
 - (c) Increasing the amount of oxygen available for the working muscles
 - (d) Improving the speed of reactions in many physical activities [1]

- 13** Which one of the following is used in measuring the body mass index (BMI)?
- (a) Blood pressure
 - (b) Height
 - (c) Age
 - (d) Muscle mass
- [1]**
- 14** Which one of the following is an example of decision making as a coach of a physical activity?
- (a) To take a time-out in basketball
 - (b) To pass a ball during a rugby match
 - (c) To indicate that a player is offside in football
 - (d) To measure the distance jumped in the long jump
- [1]**
- 15** Which one of the following is the best method of exercise to improve cardiovascular endurance?
- (a) Yoga
 - (b) Spin
 - (c) Pilates
 - (d) Circuit training
- [1]**

6

SECTION B

Answer **all** questions.

- 16** Identify **three** fundamental motor skills and describe how the performance of each might be analysed.

1

.....

2

.....

3

.....

[3]

- 17** Identify the **four** key concepts in Physical Education.

1

.....

2

.....

3

.....

4

.....

[4]

- 18** Using practical examples describe how **three** characteristics of skilful movement can be used to judge the quality of performance.

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

[6]

- 19** Explain how the environment and the climate can affect participation in physical activities.

.....

.....

.....

.....

.....

.....

.....

.....

[4]

20 Using practical examples, describe **three** indicators of health and well-being.

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

[6]

21 Describe **five** different examples of decision making that might be made by a performer in physical activities.

1

.....

2

.....

3

.....

4

.....

5

.....

[5]

22 Flexibility is a component of fitness.

Identify **four** other components of fitness.

- 1
-
- 2
-
- 3
-
- 4
-
- [4]

23 The Paralympics in London 2012 showed many athletes with disabilities competing.

Describe **three** ways in which having a disability may have a positive effect on participation.

- 1
-
- 2
-
- 3
-
- [3]

10

- 24** Describe **four** different pathways that are outside the school curriculum which lead to involvement in physical activities.

1

.....

2

.....

3

.....

4

.....

[4]

[6]

[6]

© OCR 2014

PLEASE DO NOT WRITE ON THIS PAGE



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.