

OCR

Oxford Cambridge and RSA

Thursday 21 May 2015 – Afternoon**GCSE PHYSICAL EDUCATION****B453/01** Developing Knowledge in Physical Education

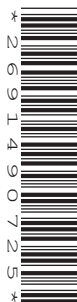
Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour

Candidate forename						Candidate surname					
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**.
- The 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** Which one of the following is an example of a ball and socket joint?
- (a) Ankle joint
 - (b) Elbow joint
 - (c) Shoulder joint
 - (d) Neck joint
- [1]**
- 2** Which one of the following muscle groups is found in the arms?
- (a) Abdominals
 - (b) Triceps
 - (c) Latissimus dorsi
 - (d) Trapezius
- [1]**
- 3** Which one of the following is a National Governing Body?
- (a) The International Tennis Federation
 - (b) The British Olympic Association
 - (c) The Local Authority Committee
 - (d) The Rugby Football Union
- [1]**
- 4** Which one of the following pairs is part of SMART goal setting?
- (a) Sports and Time-phased
 - (b) Movement and Specific
 - (c) Achievable and Tedium
 - (d) Realistic and Measurable
- [1]**

3

- 5 Which one of the following is an example of trial and error learning?
- (a) Watching a coach perform a forehand in tennis and then copying it perfectly
 - (b) Rehearsing a bowling technique in cricket to perfect the skill
 - (c) Serving in tennis and hitting it out but getting it right next time
 - (d) Reading a coaching manual on javelin technique and then attempting a throw [1]
- 6 Which one of the following is a use of synovial fluid?
- (a) To connect muscle to bone
 - (b) To lubricate joints
 - (c) To stop the build-up of lactic acid
 - (d) To produce red blood cells [1]
- 7 Which one of the following is an example of a long term effect of exercise on the heart?
- (a) Increase in tidal volume
 - (b) Decrease in resting heart rate
 - (c) Increase in heart disease
 - (d) Decrease in stroke volume [1]
- 8 Which one of the following best describes the training principle of reversibility?
- (a) Fitness can deteriorate if training stops
 - (b) If a programme is reversed fitness will improve
 - (c) Variety of training is important to relieve tedium
 - (d) Training should always be progressively more difficult [1]
- 9 Which one of the following is the role of the synergist in muscle movement?
- (a) This is the prime mover of the muscle movement
 - (b) This is the antagonist that opposes movement of the agonist
 - (c) This stabilises the movement at the joint
 - (d) This ensures that all movements can take place at the same time [1]

- 10 Which one of the following shows the influence of the media on participation in physical activities?
- (a) Advertising a product at rugby matches can increase product sales
 - (b) Showing live football matches can increase the size of the audience
 - (c) Radio commentary can inform everyone immediately about the scores in cricket
 - (d) Coverage of the Wimbledon Championships can encourage people to play tennis [1]
- 11 Which one of the following is **not** an example of continuous training?
- (a) Jogging around an athletics track five times
 - (b) Stretching one muscle group for over five minutes
 - (c) Swimming 20 lengths of a swimming pool
 - (d) Cycling five miles without stopping [1]
- 12 Which one of the following is an example of mental preparation for effectively performing physical activities?
- (a) Concentrating on the take-off board when about to perform the long jump
 - (b) Stretching all the main muscle groups before a netball game
 - (c) Jogging for a short distance before preparing for a sprint race
 - (d) Eating a high proportion of carbohydrates before running a marathon [1]
- 13 Which one of the following is an example of adduction?
- (a) Moving your leg out to the side to gain balance in a gymnastic routine
 - (b) Bending your arms when performing a biceps curl in weight training
 - (c) Throwing your head back when breathing in backstroke
 - (d) Moving both arms towards your body during the breast stroke [1]

- 14** Which one of the following is an example of intrinsic feedback?
- (a) A coach telling you about the mistakes you have made in a gymnastics sequence
 - (b) Looking at the scoreboard and realising that you have won the game in basketball
 - (c) Feeling that a golf shot has gone wrong even before you see where the ball has gone
 - (d) A lineswoman shouting out during a tennis rally at Wimbledon
- [1]**
- 15** Which one of the following shows the role of a school in promoting healthy lifestyles?
- (a) Ensuring that school sports teams win against other local schools
 - (b) Only allowing pupils to play sports if they are getting good grades
 - (c) Letting pupils who are good at sports have time off lessons
 - (d) Running a healthy eating programme in the school canteen
- [1]**

SECTION B

Answer **all** questions.

- 16** One of the elements of the FITT training principle is 'type'.

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

1

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2

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3

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[3]

- 17** Describe **two** potential hazards that might be found in an artificial outdoor area and suggest a way to reduce the risk of each hazard.

Hazard

Way to reduce risk

.....

Hazard

Way to reduce risk

.....

[4]

- 18** Describe **three** positive effects and **three** different negative effects that the media may have on following an active, healthy lifestyle.

Positive effects

1

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2

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3

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Negative effects

1

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2

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3

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[6]

- 19** Give **four** examples of how schools can promote involvement in physical activity.

1

2

3

4

[4]

- 20** What role do tendons play in movement? What problems are associated with tendons that might stop participation in physical activities?

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..... [4]

- 21** What type of joint is the knee joint?

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When bending the knees, describe the movement around the joint and identify the **two** muscle groups involved.

Description

.....

Muscle group 1

Muscle group 2

Give a practical example of when you might use such a movement.

.....

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[5]

- 22** Describe **two** current government initiatives to promote active, healthy lifestyles.

1

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2

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[4]

23 Explain when and how lactic acid affects the ability to maintain physical activity.

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..... [4]

24 Briefly describe the vascular shunt mechanism and identify **three** other short term effects of exercise on the body.

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..... [5]

25* Using practical examples, explain how you might motivate a young person to participate in physical activities.

[6]

END OF QUESTION PAPER

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