



Oxford Cambridge and RSA

**Friday 20 May 2016 – Afternoon**

**GCSE PHYSICAL EDUCATION**

**B451/01 An Introduction to Physical Education**

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Candidates answer on the Question Paper.

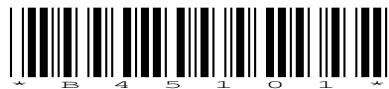
**OCR supplied materials:**

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. 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 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 analysing the fundamental motor skill of running?
  - (a) Measuring the height achieved
  - (b) Measuring the length achieved
  - (c) Measuring the time achieved
  - (d) Measuring the width achieved

[1]
  
- 2 Which one of the following is an example of a food high in fibre?
  - (a) A baked potato
  - (b) A fried egg
  - (c) A barbecued spare rib
  - (d) A grilled chicken

[1]
  
- 3 Which one of the following is an example of an outcome goal when learning a physical activity skill?
  - (a) To improve the technique of a handstand in gymnastics
  - (b) To spin the ball when playing a table tennis shot
  - (c) To win a 400 metre race in athletics
  - (d) To shorten your swing during a golf tournament

[1]
  
- 4 Which one of the following is the best example of an effect of over-eating on the performance of a physical activity?
  - (a) You feel tired and lethargic
  - (b) You feel energised and motivated
  - (c) You feel more flexible and mobile
  - (d) You feel pain and anxiety

[1]

- 5 Which one of the following is an example of a key process in Physical Education?
- (a) Competence with creativity  
(b) Physical and mental capacity  
(c) Pathways and community  
(d) Performance with effectiveness [1]
- 6 Which one of the following is the best example of an activity that requires cardiovascular endurance?
- (a) To be able to reach for things effectively without losing balance  
(b) To be able to pick up a heavy object without straining yourself  
(c) To be able to get a job done quickly without making mistakes  
(d) To be able to carry out a repetitive task without tiring easily [1]
- 7 Which one of the following is an example of a test protocol when assessing the body's readiness for exercise?
- (a) Using a grip dynamometer to test for strength  
(b) Measuring leg length in the sit and reach test for flexibility  
(c) Checking that the distance is exactly 30 metres in a speed test  
(d) Following a fitness training programme [1]
- 8 Which one of the following is an example of an effect of blood doping?
- (a) An increase in the number of red blood cells in the body  
(b) A decrease in oxygen uptake in muscles  
(c) A decrease in the likelihood of blood infections  
(d) An increase in the temperature of muscles [1]

- 9 Which one of the following is an example of a cultural reason affecting participation in physical activity?
- (a) More fans attending a rugby match against a rival team
  - (b) An athlete not getting in the team because they cannot always train
  - (c) A golf club not allowing female members
  - (d) Lacking confidence to join in an exercise class
- [1]
- 10 Which one of the following is an example of the influence of a role model when participating in physical activities?
- (a) Copying a parent who rarely goes to an exercise class and is obese
  - (b) A friend who enjoys playing cricket regularly
  - (c) Watching a top hockey player and cheering their team
  - (d) A teacher who shows the benefit of healthy eating in class
- [1]
- 11 Which one of the following is **not** an example of decision making as an official?
- (a) A referee in football who wrongly blows the whistle for offside
  - (b) An umpire in hockey who performs an effective warm up before the game
  - (c) An umpire in cricket who correctly signals that a batsman is out
  - (d) A referee in rugby who adds on time at the end of the match
- [1]
- 12 Which one of the following is the best description of a balanced diet?
- (a) Eating a good breakfast and then two other meals per day
  - (b) The amount you eat is matched by the amount of energy you use
  - (c) Always drinking at least four litres of water per day
  - (d) The amount you eat is always matched by the amount you drink
- [1]

13 Which one of the following is the most accurate description of the circuit training method of exercise?

- (a) A variety of music and movement activities indoors
- (b) A mixture of speed and power activities in competition
- (c) A range of activities that involve resistance and repetition
- (d) A series of combat exercises with a partner

[1]

14 Which one of the following statements is true?

- (a) A characteristic of skilful performance is slow decision making
- (b) Steroids are legal performance enhancing drugs
- (c) The current recommended amount of exercise for a 16 year old is 1 hour per week
- (d) A pathway for involvement in physical activities is through volunteering

[1]

15 Which one of the following is the best reason for completing a warm up before a physical activity?

- (a) To remove lactic acid which prevents soreness
- (b) To decrease the temperature of working muscles
- (c) To help the digestion of food taken before the game
- (d) To help to reduce the risk of injury during the game

[1]

## SECTION B

Answer **all** questions.

- 16** Give **three** different health reasons to participate in physical activities.

1 .....

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3 .....

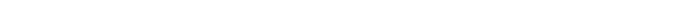
[3]

- 17 Describe why location could have a negative effect on participation in physical activities.

[4]

- 18** Give **two** examples of cool down activities and give **four** reasons why a cool down is important following physical activities.

Example of cool down activity.....

Example of cool down activity ..... 

Reason for cool down .....

- 19 Explain how flexibility can help to maintain a healthy lifestyle.

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[4]

- 20 (a) Identify **three** different examples of sportsmanship in activities of your choice.

1. Activity 1 .....  
Example of sportsmanship .....
2. Activity 2 .....  
Example of sportsmanship .....
3. Activity 3 .....  
Example of sportsmanship .....

[3]

- (b) Explain why sportsmanship is so important when participating in physical activities.

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[3]

- 21 For a named physical activity, describe how each of the following characteristics of skilful movement could be shown in performance.

Physical Activity .....

Efficiency

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Pre-determined

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Co-ordinated

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Fluent

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Aesthetic

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[5]

- 22 Give a practical example for each of the following reasons for non-participation in physical activities:

1. Injury – practical example .....

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2. Discrimination – practical example .....

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3. Peer pressure – practical example .....

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[3]

- 23 Describe **four** ways in which old age might affect participation in physical activities.

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

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[4]

10

- \*25** Using examples, describe different ways in which you could assess a young person's health and well-being.

• [6]

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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