

**OCR**

Oxford Cambridge and RSA

**Friday 19 May 2017 – 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. 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 **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 foods is **not** a source of fibre?
- (a) Grilled chicken
  - (b) Peanut butter
  - (c) Baked beans
  - (d) Chickpeas
- [1]
- 2 Which one of the following best describes a performance goal and an outcome goal?
- (a) Performance and outcome goals are set targets that are realistic and are concerned with achieving the end result
  - (b) Outcome goals are concerned with tactics and strategies and performance goals are concerned with the end result
  - (c) An outcome goal for a trampolinist is to improve their somersault technique and winning the competition is their performance goal
  - (d) A performance goal for a rugby player is to improve their passing and winning the league is their outcome goal
- [1]
- 3 Which one of the following fitness components is assessed when completing the Cooper 12 minute run/walk test?
- (a) Speed
  - (b) Flexibility
  - (c) Stamina
  - (d) Strength
- [1]
- 4 Which one of the following statements is true?
- (a) Evaluating skills and creativity are key concepts in Physical Education
  - (b) Sportsmanship and etiquette are discouraged by National Governing Bodies of sport
  - (c) Not abiding by the rules in sport is a characteristic of an unskilled performance
  - (d) Throwing and jumping are fundamental motor skills and are analysed by distance
- [1]

## 3

- 5 Which one of the following best describes the importance of a warm up before a game of netball?
- (a) It consists of steady jogging, stretching and passing
  - (b) It speeds up the removal of lactic acid
  - (c) It is light exercise that gradually decreases in intensity
  - (d) It speeds up muscular contractions [1]
- 6 Which one of the following best describes a balanced diet?
- (a) Not drinking more than 14 units of alcohol in a week and not smoking
  - (b) Food calories that are eaten equal the amount of our daily energy requirements
  - (c) A daily calorie intake of 45% carbohydrate, 10% fat and 45% protein
  - (d) Sufficient hydration and eating five fruit and vegetables each day [1]
- 7 Which one of the following is a recommended amount of moderate intensity exercise for a 16 year old?
- (a) 60 minutes every weekend
  - (b) One hour every other week
  - (c) 60 minutes five times per week
  - (d) One hour four times a month [1]
- 8 Which one of the following best describes a component of fitness?
- (a) A suitable test for measuring strength is using the grip dynamometer
  - (b) A volleyball player that is able to finish a training session without fatigue
  - (c) A dancer performing an aesthetic and efficient routine
  - (d) A good body mass index score indicates a healthy weight for your height [1]

- 9 Which one of the following is the best example of the key process of decision making?
- (a) Performing a gymnastic floor routine that consists of new ideas
  - (b) Showing determination to finish a cricket training session
  - (c) Calling for a time-out in basketball to change tactics
  - (d) Learning how to stop and hit the puck effectively in ice hockey [1]
- 10 Which one of the following is the main function of carbohydrates?
- (a) Repair of muscle cells in the body
  - (b) Red blood cell production in the body
  - (c) Energy production in the body
  - (d) Used to control heat loss in the body [1]
- 11 Which one of the following statements is false?
- (a) Steroids are illegal in sport and increase the onset of fatigue in physical activity
  - (b) Living close to a park or the countryside are examples of access to green space
  - (c) A cool down increases the removal of lactic acid and decreases the risk of injury
  - (d) Yoga can improve muscular endurance and flexibility as well as a healthy mind [1]
- 12 Which one of the following is **not** a pathway for involvement in physical activity?
- (a) Becoming an outdoor and adventurous instructor for a private company
  - (b) Training the junior section of the local martial arts club
  - (c) Composing and performing a dance routine in a school assembly
  - (d) Watching a role model participating in an athletics competition [1]

- 13** Which one of the following is a role of the school curriculum in promoting an active lifestyle?
- (a) Having healthy meals in the school canteen
  - (b) Organising school trips to watch professional rugby matches
  - (c) Coaching effective tennis serves in a PE lesson
  - (d) Learning about a balanced diet in GCSE PE [1]
- 14** Which one of the following best describes circuit training?
- (a) Exercises that develop flexibility and mental health
  - (b) Exercises that work specific muscle groups at different stations
  - (c) Exercises that are low in intensity with little rest intervals
  - (d) Exercises that focus on building core strength and improving posture [1]
- 15** Which one of the following is the best indicator of a person's health and well-being?
- (a) Measuring the level of participation in a range of physical activities
  - (b) The sit and reach test is a measure for assessing flexibility
  - (c) Age and fitness need to be taken into consideration before exercising
  - (d) Under-eating that causes extreme weight loss and tiredness [1]

## SECTION B

Answer **all** the questions.

- 16** Using practical examples, describe how an official can display etiquette.

Give reasons for the importance of a football referee demonstrating etiquette during a game.

[4]

- 17** Describe spinning as a method of exercise to get fit and healthy.

What are the other benefits of using spinning as a type of exercise?

[5]

- 18** A skilled gymnast may demonstrate control and fluency during their floor routine.

Using practical examples, describe **four** other characteristics that a skilled gymnast may demonstrate.

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- 19** A cool down after exercise is important as it helps to reduce the risk of injury and muscle soreness.

Describe other reasons why a coach should encourage their team to perform a cool down after exercise.

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**20** Identify **three** different types of decision making associated with outdoor and adventurous activities.

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**21** Explain the effects of smoking on performance in physical activity.

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**22** Developing techniques and decision making are key processes in Physical Education.

Identify **three** other key processes in Physical Education.

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2 .....

3 ..... [3]



- 23** Measuring blood pressure is one health screening method to assess the body's readiness for exercise.

Describe the importance of taking blood pressure before involvement in physical activity and identify **one** other health screening method.

Importance of taking blood pressure: .....

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..... **[3]**

Other health screening method: ..... **[1]**

- 24** Older people may become involved in physical activity as a hobby and to meet new people.

Describe other reasons why older people may become involved in physical activities.

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..... **[4]**

**25\*** Using practical examples, describe the different concepts in Physical Education and explain how they can relate to participation within the different roles of performer, coach and official. **[6]**

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**END OF QUESTION PAPER**

