



GENERAL CERTIFICATE OF SECONDARY EDUCATION PHYSICAL EDUCATION

1970

Candidates answer on the Question Paper

OCR Supplied Materials:

None

Other Materials Required:

None

**Friday 21 May 2010
Afternoon**

Duration: 1 hour 45 minutes



Candidate Forename		Candidate Surname	
Centre Number		Candidate Number	

MODIFIED LANGUAGE

INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- 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).

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 **80**.
- You will be assessed on the quality of written communication in **Section B, questions B1 and B2**.
- **Four** marks will be available for the quality of written communication.
- This document consists of **12** pages. Any blank pages are indicated.

Section A

Answer **all** questions in this section.

- 1** Speed and agility are basic abilities when you are performing physical activities. Name **one** other basic ability.

.....
..... [1]

- 2** Good personal hygiene is important when you are participating in physical activities. Give **two** ways you could avoid getting a verruca.

1
..... [1]

2
..... [1]

- 3** Give **one** long-term training effect on the heart.

.....
..... [1]

- 4** Give **two** advantages of flexibility training.

1
..... [1]

2
..... [1]

- 5** Describe **two** ways white blood cells can help in the performance of physical activities.

1
..... [1]

2
..... [1]

6 Give **two** extrinsic motivating factors used in physical activity.

1
 [1]

2
 [1]

7 Explain **three** ways the environment can affect participation in physical activities.

1
 [1]

2
 [1]

3
 [1]

8 (a) Give an example of a physical activity that shows mostly **aerobic** work. Give a reason.

Aerobic activity:

..... [1]

Reason:

..... [1]

(b) Give an example of a physical activity that shows mostly **anaerobic** work. Give a reason.

Anaerobic activity:

..... [1]

Reason:

..... [1]

- 9 Explain why a performer who is focused during a physical activity may be more effective.

.....

.....

.....

.....

.....

..... [3]

[Total: 20]

Section B

Answer **all** questions in this section

B1 (a) Give **two** ways you may be intrinsically motivated to participate in physical activities.

1
..... [1]

2
..... [1]

(b) (i) What is meant by vital capacity?

.....
..... [1]

(ii) What is meant by tidal volume?

.....
..... [1]

(iii) What are the effects of long-term exercise on vital capacity and tidal volume?

.....
..... [1]

(c) (i) What does agility mean in physical activities?

.....
..... [1]

(ii) Choose one physical activity and identify one situation in this activity when agility is important.

.....
..... [1]

- (d) Explain how politics can have positive and negative effects on participation in physical activities.

Positive:

.....

.....

.....

.....

.....

.....

Negative:

.....

.....

.....

.....

.....

..... [4]

- (e) (i) Describe the structure of fast twitch muscle fibres.

.....
..... [1]

- (ii) Explain the function of fast twitch muscle fibres in physical activities.

.....
..... [1]

- (iii) Describe the structure of slow twitch muscle fibres.

.....
..... [1]

- (iv) Explain the function of slow twitch muscle fibres in physical activities.

.....
..... [1]

- (f) Give **two** reasons why blood platelets are important when participating in physical activities.

1
..... [1]

2
..... [1]

- (g) Explain how personal goals can motivate participants in physical activities.

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

(h) Give **three** ways private enterprise can affect participation in physical activities.

1
..... [1]

2
..... [1]

3
..... [1]

(i) There are examination courses in physical education. Give **three** reasons why these courses might encourage people to participate in physical activities.

1
..... [1]

2
..... [1]

3
..... [1]

[Total: 26]

B2 (a) (i) Why does a high level of cardiovascular endurance benefit health in physical activities?

.....
..... [1]

(ii) Why does a high level of cardiovascular endurance benefit performance in physical activities?

.....
..... [1]

(b) Give **two** long-term effects of training on the circulatory system.

1
..... [1]

2
..... [1]

(c) (i) Describe an ectomorphic physique.

.....
..... [1]

(ii) Identify a suitable physical activity for someone with an ectomorphic physique.

.....
..... [1]

(iii) Explain why this activity is suitable for someone with an ectomorphic physique.

.....
..... [1]

- (d) Explain why it is important for people who participate in physical activities to have water as part of a balanced diet.

.....

.....

.....

.....

.....

..... [3]

- (e) (i) What does the 12 minute run test measure?

.....

..... [1]

- (ii) How would the results of this test show a person's strengths and weaknesses?

.....

.....

.....

..... [2]

- (f) (i) Explain how the principle of overload can be applied in a physical activity training programme.

.....

.....

.....

.....

.....

..... [3]

- (ii) Give **two positive** effects of overload when training for a physical activity.

1 [1]

2 [1]

- (g) Describe **three** immediate short-term effects of exercise on muscles.

1 [1]

2 [1]

3 [1]

[Total: 21]

B3 (a) Describe **three** hazards of using a swimming pool for a water-based physical activity.

1
 [1]

2
 [1]

3
 [1]

(b) Explain how you would minimise risks in a swimming pool and the surrounding area.

.....

 [3]

(c) Give **three** ways you would treat a muscle injury during a physical activity.

1
 [1]

2
 [1]

3
 [1]

[Total: 9]



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