



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	
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Centre Number						Candidate Number				
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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 in the performance of physical activities. Name **one** other basic ability.

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

- 2** Good personal hygiene is important when participating in physical activities. Give **two** ways in which you would avoid the minor infection of 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 in which white blood cells can help in the performance of physical activities.

1
..... [1]

2
..... [1]

6 Give **two** extrinsic motivating factors that can be used effectively in physical activity.

1
..... [1]

2
..... [1]

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

1
..... [1]

2
..... [1]

3
..... [1]

8 Give an example of a physical activity that shows mostly **aerobic** work and a physical activity that shows mostly **anaerobic** work. Give a reason for each.

1 Aerobic activity:

..... [1]

Reason:

..... [1]

2 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 in which you may be intrinsically motivated to participate in physical activities.

1
..... [1]

2
..... [1]

(b) What is meant by vital capacity and tidal volume and what often happens to these after long-term exercise?

Vital capacity:

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

Tidal volume:

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

Effects of long-term exercise on these:

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

(c) What does agility mean in physical activities? Identify a situation when agility is important in a physical activity of your choice.

Agility means:

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

Situation when agility is important:

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

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

Positive:

.....

.....

.....

.....

.....

.....

Negative:

.....

.....

.....

.....

.....

..... [4]

- (e) Describe the structure of fast twitch and slow twitch muscle fibres and explain their functions in physical activities.

Structure of fast twitch muscle fibres:

.....
 [1]

Function of fast twitch muscle fibres:

.....
 [1]

Structure of slow twitch muscle fibres:

.....
 [1]

Function of slow twitch muscle fibres:

.....
 [1]

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

1
 [1]

2
 [1]

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

.....

 [3]

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

1
..... [1]

2
..... [1]

3
..... [1]

(i) Give **three** reasons why examination courses in physical education might promote participation in physical activities.

1
..... [1]

2
..... [1]

3
..... [1]

[Total: 26]

- B2 (a)** Why does a high level of cardiovascular endurance benefit health and performance in physical activities?

Benefit to health:

.....
 [1]

Benefit to performance:

.....
 [1]

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

1
 [1]

2
 [1]

- (c)** Describe an ectomorphic physique. Identify a physical activity suitable for an ectomorphic physique and explain why.

Description of ectomorphic physique:

.....
 [1]

Suitable physical activity:

.....
 [1]

Explanation of suitability:

.....
 [1]

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

.....

.....

.....

.....

.....

..... [3]

- (e) What does the 12 minute run test measure? How would the results of the 12 minute run test indicate an individual's strengths and weaknesses?

What does the test measure?

.....

..... [1]

What strengths and weaknesses might the results indicate?

.....

.....

.....

..... [2]

- (f) Explain how the principle of overload can be applied in a physical activity training programme. Give **two positive** effects of overload when training for a physical activity.

How you use the principle of overload:

.....

.....

.....

.....

.....

..... [3]

Positive effects of overload:

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 associated with a swimming pool for someone who wishes to participate in 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 in which you would treat a muscle injury during a physical activity.

1
 [1]

2
 [1]

3
 [1]

[Total: 9]



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