

Candidate Forename						Candidate Surname					
Centre Number						Candidate Number					

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GENERAL CERTIFICATE OF SECONDARY EDUCATION
1970
PHYSICAL EDUCATION

FRIDAY 21 MAY 2010: Afternoon
DURATION: 1 hour 45 minutes

SUITABLE FOR VISUALLY IMPAIRED CANDIDATES

Candidates answer on the Question Paper

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

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.
- 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.

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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