

Candidate Forename						Candidate Surname					
Centre Number						Candidate Number					

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GENERAL CERTIFICATE OF SECONDARY EDUCATION

1971

PHYSICAL EDUCATION

Games

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 on the first page.**
- **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.
- CANDIDATES' ANSWERS MUST REFER TO GAMES ACTIVITIES. USE OF NON-GAMES ACTIVITIES MAY RESULT IN NO MARKS BEING AWARDED FOR THAT QUESTION.

SECTION A

Answer ALL questions in this section.

- 1 Speed and agility are basic abilities in the performance of games. Name ONE other basic ability.**

_____ [1]

- 2 Good personal hygiene is important when participating in games. 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 games.

1 _____
_____ [1]

2 _____
_____ [1]

6 Give TWO extrinsic motivating factors that can be used effectively in games.

1 _____
_____ [1]

2 _____
_____ [1]

7 Explain THREE ways in which the environment can affect participation in games.

1 _____
_____ [1]

2 _____
_____ [1]

3 _____
_____ [1]

8 Give an example of an activity in a game that shows mostly AEROBIC work and an activity in a game 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 game 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 games.

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 games? Identify a situation when agility is important in a game 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 games.

Positive:

Negative:

[4]

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

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 games.

1 _____
_____ **[1]**

2 _____
_____ **[1]**

(g) Explain how the setting of personal goals can motivate participants in games.

_____ **[3]**

(h) Give THREE ways in which private enterprise can affect participation in games.

1 _____
_____ [1]

2 _____
_____ [1]

3 _____
_____ [1]

(i) Give THREE reasons why examination courses in physical education (games) might promote participation in games.

1 _____
_____ [1]

2 _____
_____ [1]

3 _____
_____ [1]

[Total: 26]

B2 (a) Why does a high level of cardiovascular endurance benefit health and performance in games?

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 game suitable for an ectomorphic physique and explain why.**

Description of ectomorphic physique:

_____ [1]

Suitable game:

_____ [1]

Explanation of suitability:

_____ [1]

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

[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 games training programme. Give TWO POSITIVE effects of overload when training for a game.

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 game.

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 game.

1 _____
_____ [1]

2 _____
_____ [1]

3 _____
_____ [1]

[Total: 9]

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