



GENERAL CERTIFICATE OF SECONDARY EDUCATION
PHYSICAL EDUCATION
 Games

1971

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.
- **Candidates' answers must refer to Games activities. Use of non-Games activities may result in no marks being awarded for that question.**
- 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 in games. Name **one** other basic ability.

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

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

1
..... [1]

2
..... [1]

6 Give **two** extrinsic motivating factors used in games.

1
..... [1]

2
..... [1]

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

1
..... [1]

2
..... [1]

3
..... [1]

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

Aerobic activity:

..... [1]

Reason:

..... [1]

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

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 you may be intrinsically motivated to participate in games.

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 games?

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

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

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

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

Positive:

.....

.....

.....

.....

.....

.....

Negative:

.....

.....

.....

.....

.....

..... [4]

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

.....
 [1]

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

.....
 [1]

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

.....
 [1]

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

.....
 [1]

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

1
 [1]

2
 [1]

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

.....

 [3]

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

1
..... [1]

2
..... [1]

3
..... [1]

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

1
..... [1]

2
..... [1]

3
..... [1]

[Total: 26]

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

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

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

.....
..... [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 game for someone with an ectomorphic physique.

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

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

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

- (d) Explain why it is important for people who participate in games 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 games training programme.

.....

.....

.....

.....

.....

..... [3]

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

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 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 you would treat a muscle injury during a game.

1
 [1]

2
 [1]

3
 [1]

[Total: 9]



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