

Oxford Cambridge and RSA Examinations

General Certificate of Secondary Education

PHYSICAL EDUCATION (but remember to apply it to GAMES!!)

Revision Exam (#2)

Time – In your own time!!

Additional Materials: none

Candidates answer on question paper.

TIME: 1 hour 45 minutes

Candidate Name:

Instructions to Candidate

- Write your name in the space above
- Answer all questions.
- Write your answers in blue or black ink in the spaces provided on the question paper.
- Read each question carefully and make sure you know what you have to do before starting your answer.

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 76.
- You will be assessed on the quality of your written communication in all sections, A, B1 and B2.
- **Four** marks will be available for the quality of written communication.

Section A
Answer all questions in this section

1. Identify **one** outdoor game in which the following aspects of fitness would be particularly important:

a) Good arm strength (1)

b) Cardiovascular fitness (1)

2. Explain **one** way in which drugs can reduce performance in physical activity (1)

3. Explain **one** way in which fitness and health can be affected by regular exercise. (1)

4. Explain how the deltoid muscle produces movement in a physical activity. (2)

5. Explain, using an example, how antagonistic muscles work to enable movement to take place during a normal physical activity. (2)

6. Identify **two** factors related to aerobic exercise. (2)

7. Give **two** reasons why it is important to consider where pupils are standing when watching a demonstration of a practical skill. (2)

8. Explain any **two** of the FITT principles and how they can be applied to a training programme in order to improve performance. (2)

9. Explain the role of the National Centres of excellence in supporting the development of sporting excellence. (2)

Section B

Answer all questions in this section

B1: Factors affecting participation and performance.

Tom is a keen badminton player who represents his school and local club in competitions.

a) Describe the role that Tom's school might play in furthering his interest in badminton. (1)

b) Explain the beneficial effects that movement and exercise has on Tom's joints. (2)

c) Explain how the skills of a novice can be distinguished from the skills of a top-level performer. (2)

d) Describe the positive and negative effects that tradition and culture can have on Tom's participation in sport. (3)

e) Explain how different types of feedback in practice situations can improve Tom's performance. (4)

f) Explain the social reasons why there is increased leisure time. (4)

g) Explain how Tom's circulatory system responds to the physical demands of playing a game of badminton. (7)

Cont...

(Total 23)

B2: The relationship between health, fitness and physical activity.

John has been a member of the local football team for more than 20 years, but at 42 years old he has decided to discontinue playing as he has become more prone to long term injuries. Knowing the importance of exercise and fitness, he has decided to use running and swimming as his main forms of exercise. He has set himself manageable target times, with the aim of reducing them by 2-3 minutes over a six-week period. John always does a warm-up and cool-down after each session.

Week two of John’s training programme is as follows;

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Activity	5km run	1000m swim	5Km run	1000m swim	5Km run	1000m swim	Rest Day
Target Time	28 min	30 min	28 min	30 min	28 min	30 min	-

a) Which type of fitness is John mainly concentrating on in his training programme? (1)

b) Name one principle of training that John uses in his training programme. (1)

c) i) Explain why you think that John is careful to warm up before each training session? (1)

i)

ii) Describe the kind of activities that John might do during a ten-minute warm up for one of his water polo sessions. (2)

ii)

d) In order to provide a little more variety to his training programme, John has decided to introduce interval training into his swimming sessions each week. Explain what interval training is and how it might be applied in a swimming session. (2)

B3: Risk assessment in physical activity

Whilst playing hockey for her school, Jennifer turned quickly to tackle an opponent, slipped and fell awkwardly on her left hand. Immediately, she felt a sharp pain in her wrist that was later painful to touch. The referee immediately stopped the game and sent for medical assistance.

a) Describe the symptoms of Jennifer's injury? (1)

b) Some accidents happen and clearly cannot be avoided. What measures can Jennifer take in future to lessen the risk of the same accident happening again? (2)

c) Describe the potential hazards that can occur when playing hockey on a synthetic surface. (3)

d) If you were required to provide immediate first aid for Jennifer's injury, describe the form of treatment. (4)

e) Describe how hockey players minimize the risk of injuries to different parts of the body. What preventative measures do they take? (5)

(TOTAL 15)