

Wednesday 23 May 2012 – Afternoon

GCSE PHYSICAL EDUCATION

B451 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- 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).
- Do **not** write in the bar codes.

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 **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Section A

Answer **all** questions. Please **circle** one answer per question.

- 1 Which one of the following is the best example of health screening?
- (a) A grip dynamometer test
 - (b) A blood pressure test
 - (c) A 30 metre sprint test
 - (d) A sit and reach test [1]
- 2 Which one of the following is an outcome goal?
- (a) To aim to achieve a lower BMI score in a fitness programme
 - (b) To aim to improve technique in circuit training
 - (c) To aim to use the right tactics in a basketball game
 - (d) To aim to be more aggressive in playing sport [1]
- 3 Which one of the following is a possible negative effect of taking steroids as a performance enhancing drug?
- (a) Increasing relaxation for competition
 - (b) Increasing oxygen uptake by muscles
 - (c) Increasing motivation to participate in a healthy lifestyle
 - (d) Increasing the likelihood of addiction [1]
- 4 Which one of the following demonstrates the importance of warming up before exercise?
- (a) It enables flexibility
 - (b) It shows officials that you are ready for the competition
 - (c) It slows down the resting heart rate
 - (d) It increases the build up of lactic acid [1]

- 5 Which one of the following best explains a function of vitamins?
- (a) To give us enough fibre for digestion
 - (b) To improve oxygen production
 - (c) To increase speed of muscular contraction
 - (d) To help to prevent disease [1]
- 6 Which one of the following is the best method of exercise to improve your stamina?
- (a) Yoga
 - (b) 100 metre sprint
 - (c) Continuous jogging
 - (d) Weight training [1]
- 7 A key process in Physical Education in schools is to evaluate and improve.
Which one of the following is an example of a school activity that promotes evaluation in Physical Education?
- (a) To have a good promotional campaign for healthy eating
 - (b) To encourage a pupil to help to officiate in a game
 - (c) To run a variety of extra-curricular activities
 - (d) To have successful sports teams [1]
- 8 Which one of the following is an example of climate affecting levels of participation in the UK?
- (a) Low number of boys participating in gymnastics
 - (b) High participation in dance by girls
 - (c) Poor facilities provided by local authorities
 - (d) Low participation in skiing [1]

- 9 Which one of the following is the most accurate figure of the proportion of adults who take part in at least one sport or physical activity?
- (a) 40% of 18 year olds take part in at least one physical activity
 - (b) 40% of 70 year olds take part in at least one physical activity
 - (c) 70% of 18 year olds take part in at least one physical activity
 - (d) 70% of 70 year olds take part in at least one physical activity [1]
- 10 Which one of the following is **not** a pathway for involvement in physical activities?
- (a) Volunteering to help in the Olympics
 - (b) Watching a football match on the television
 - (c) Being a basketball official in an inter-school match
 - (d) Helping in a local community dance school [1]
- 11 Which one of the following is a social reason for participating in physical activities?
- (a) To enjoy the feeling of winning in a physical activity
 - (b) To try to reach your personal best in an athletic event
 - (c) To regularly attend an exercise class to get fitter
 - (d) To join a spin class to make friends [1]
- 12 Which one of the following statements best describes a balanced diet?
- (a) No red meat and no alcohol
 - (b) High water intake
 - (c) Energy intake matches energy output
 - (d) Give up all foods with sugar content [1]
- 13 Which one of the following fundamental motor skills is involved most when playing tennis?
- (a) Throwing
 - (b) Hitting
 - (c) Jumping
 - (d) Catching [1]

14 Which one of the following is the main reason for having rules in a physical activity?

- (a) To ensure fair play
- (b) To encourage people to watch the activity
- (c) To gain more money for playing the activity
- (d) To please family and friends

[1]

15 Access to green space is an indicator of health and well-being.

Which one of the following is the best example of the importance of access to green space?

- (a) It decreases opportunities to relax
- (b) It helps to allow the building of more leisure centres
- (c) It increases participation in basketball
- (d) It allows more opportunities for outdoor activities

[1]

[15 marks]

Section B

Answer **all** questions.

16 Identify **three** positive effects which the family can have on a person participating in physical activities.

1)

2)

3) **[3]**

17 Give an example of a protein-rich food **and** explain why it is important as part of a healthy diet.

Protein-rich food:

Explanation

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..... **[3]**

18 Describe the negative effects of illegal blood doping used for enhancing performance.

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..... **[4]**

23 Cardiovascular endurance or stamina is one component of fitness.

Identify **four** other components of fitness.

- 1)
- 2)
- 3)
- 4) **[4]**

24 Explain why it is important to follow an active, healthy lifestyle.

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..... **[4]**

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