

Monday 28 January 2013 – Afternoon

GCSE PHYSICAL EDUCATION

B451/01 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 a suitable test for flexibility?
- (a) 30 metre sprint test
 - (b) Sit and reach test
 - (c) Grip dynamometer test
 - (d) Sit-up test
- [1]
- 2 One of the characteristics of a skilled performer is efficiency.
- Which one of the following is an example of efficiency in a physical activity?
- (a) Serving in tennis without wasting any effort
 - (b) Bowling in cricket that looks good
 - (c) Shooting in netball but just missing the target
 - (d) Cyclist taking regular water breaks during a race
- [1]
- 3 Which one of the following is **not** an example of decision making by a coach?
- (a) Making a substitution near the end of a football match
 - (b) Encouraging the team in hockey by shouting praise from the side-line
 - (c) Choosing to play a man-to-man defensive formation in basketball
 - (d) Using video analysis to help select the team in rugby
- [1]
- 4 Which one of the following is a reason for including fibre as part of a healthy diet?
- (a) To ensure enough calories are consumed
 - (b) To ensure good hydration
 - (c) To ensure vitamins are absorbed effectively
 - (d) To ensure good bowel function
- [1]

5 Cardiovascular endurance is a component of a healthy lifestyle.

Which one of the following is a benefit of cardiovascular endurance?

- (a) A grandparent being able to reach for things in everyday life
- (b) A school pupil not being too tired by the end of the day
- (c) An office worker getting jobs done quickly
- (d) A parent being able to lift a small child

[1]

6 Which one of the following is the best measure of health and well-being?

- (a) How much money a person has
- (b) Only drinking five units of alcohol per day
- (c) The frequency of public transport in the area
- (d) The level of satisfaction you have in life

[1]

7 Which one of the following shows that technology can be a reason for non-participation in physical activity?

- (a) The use of specialised swim suits for competition
- (b) The use of video technology to ensure accurate referee decisions
- (c) The use of video games by young people
- (d) The use of heart rate monitoring equipment

[1]

8 A key process in school physical education is to develop skills.

Which one of the following shows why developing skills is so important?

- (a) To enable young people to participate in a sport
- (b) To encourage young people to eat healthily
- (c) To stop young people smoking
- (d) To appreciate the skills shown by sporting role models

[1]

- 9 Which one of the following is an example of a performance goal?
- (a) To win the cup in a sports final
 - (b) To improve your serving technique in tennis
 - (c) To get a penalty by diving in football
 - (d) To beat your opponent in badminton [1]
- 10 Which one of the following is a good example of sportsmanship when participating in a physical activity?
- (a) You stop playing when your opponent is injured
 - (b) You celebrate when you win a competition
 - (c) You always try to win even when you are tired
 - (d) You wear fashionable kit for the activity [1]
- 11 Which one of the following best explains the key concept of competence in Physical Education?
- (a) Encouraging someone else to take up a physical activity
 - (b) Using the right skill at the right time when shooting in basketball
 - (c) Reaching the best fitness level in an exercise class compared to others
 - (d) Exploring the use of different moves in a dance activity [1]
- 12 Which one of the following best describes the importance of the cool down following physical exercise?
- (a) It helps to cope with failure in a sports competition
 - (b) It lowers the temperature of the body more quickly
 - (c) It repairs muscle damage
 - (d) It speeds the removal of lactic acid [1]

- 13** Which one of the following best describes an effect of smoking?
- (a) It reduces levels of lactic acid
 - (b) It reduces flexibility
 - (c) It reduces levels of carbon monoxide
 - (d) It reduces cardiovascular endurance [1]
- 14** Which one of the following is an example of the environment affecting levels of participation in the UK?
- (a) Very few people ski
 - (b) Low numbers of boys participate in ballet
 - (c) Many girls play netball
 - (d) High numbers of older people can swim [1]
- 15** Which one of the following is the best method of exercise to increase core strength?
- (a) Pilates
 - (b) Aerobics
 - (c) Circuit training
 - (d) Body pump [1]

SECTION B

Answer **all** questions.

16 Identify **three** fundamental motor skills and describe how each is measured.

- 1)
-
- 2)
-
- 3)
-

[3]

17 Using practical examples, describe **four** effects of age when performing physical activities.

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-
-

[4]

18 Health screening is often used to assess whether someone is ready to exercise.

Identify and describe **three** methods of health screening.

Identification

Description

.....

Identification

Description

.....

Identification

Description

.....

[6]

19 The following are essential components of a healthy diet. Give a food example of each and explain why each is important in following a healthy lifestyle.

Carbohydrates

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Proteins

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Fats

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Vitamins

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[4]

20 Identify and explain **three** reasons why it is good to participate in physical activities.

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..... [6]

21 Volunteering is one way of getting involved in physical activities.

Describe **five** other ways of getting involved in physical activities.

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..... [5]

22 Describe circuit training as a method of fitness training.

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 [4]

23 Identify **three** reasons why access to green space is important for your physical and mental well-being.

Reason 1

Reason 2

Reason 3

[3]

24 Explain how the family can have a negative influence on whether a healthy lifestyle is followed.

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 [4]

11
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