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.
- 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

- Your quality of written communication is assessed in questions marked with a pencil (是非).
- 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 50.
- This document consists of 12 pages. Any blank pages are indicated.
1 Local organisations provide sport or fitness facilities for the community.

(a) Qualified practitioners work in these facilities.

(i) Write down two examples of these facilities. For each one, describe the job of a qualified practitioner who works there.

<table>
<thead>
<tr>
<th>Local Facility</th>
<th>Job of Qualified Practitioner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(ii) Suggest two different regulations that affect practitioners working at local facilities.

regulation 1  .......................................................................................................................

regulation 2  .......................................................................................................................

(b) Fitness programmes include a physical baseline assessment.

Suggest what a baseline assessment is and why it is done.

...................................................................................................................................................

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

[Total: 9]
The diagram shows bones in a human joint.

Draw in the other parts of the joint. Label the diagram and explain how the joint moves smoothly during exercise.

*The quality of written communication will be assessed in your answer.*
3 Jenson is a sprinter who runs 100 metre races.

(a) During training he runs 250 m in 30 seconds.

(i) Calculate his average speed in metres per second.

Show your working. Give your answer to two significant figures.

\[
\text{speed} = \frac{250 \text{ m}}{30 \text{ s}} = \frac{2500}{30} \text{ m/s} = 83.33 \text{ m/s}
\]

(ii) Jenson's coach measures his speed in m/s over different parts of a race.

Suggest why.

...........................................................................................................................................
...........................................................................................................................................
........................................................................................................................................... [2]

(b) After a race, Jenson has to give a urine sample. This is tested for performance enhancing drugs.

Write down two examples of performance enhancing drugs.

1 ................................................................................................................................................
2 ................................................................................................................................................
........................................................................................................................................... [2]

(c) Jenson has an injury. He visits a physiotherapist. Physiotherapists treat skeletal muscular injuries. They need to use good practice and effective communication skills.

Draw a straight line to join the skill with its correct example of use of skill.

<table>
<thead>
<tr>
<th>skill</th>
<th>example of use of skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a detached but personal relationship with the client.</td>
<td>Consults with other professionals such as nurses and doctors.</td>
</tr>
<tr>
<td>Make a judgement when the client's statement conflicts with the evidence.</td>
<td>Asks questions about the symptoms, the work Jenson does, and his family.</td>
</tr>
<tr>
<td>Recognise the importance of teamwork.</td>
<td>Does not get involved with any patient outside of office hours.</td>
</tr>
<tr>
<td>Collect information about the whole person.</td>
<td>Notices that Jenson's fingers are stained with tobacco even though he said he does not smoke.</td>
</tr>
</tbody>
</table>

[Total: 9]
4 Jasmine is a student who is feeling very tired and weak.

A medical practitioner takes a sample of blood from Jasmine.

**Describe and explain** how the blood sample is taken and suggest what the blood could be tested for, giving reasons for the test.

*The quality of written communication will be assessed in your answer.*

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[Total: 6]
Neil is worried about his weight.
He goes to his local gym.
The fitness instructor records this information about Neil.

| Body Mass | 102 kg |
| Height    | 1.78 m |

(a) The formula for calculating a Body Mass Index (BMI) is shown below.

\[
\text{BMI} = \frac{\text{body mass (kg)}}{[\text{height (m)}]^2}
\]

Calculate Neil's Body Mass Index (BMI).

Show your working. Give your answer to the nearest whole number.

\[
\text{BMI} = \text{.........................................................} \quad [3]
\]
(b) Neil goes on a diet and reduces his mass to 93 kg.

Look at the table.

<table>
<thead>
<tr>
<th>height cm</th>
<th>weight kgs</th>
</tr>
</thead>
<tbody>
<tr>
<td>152.4</td>
<td>19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42</td>
</tr>
<tr>
<td>154.9</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>157.5</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>160.0</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>162.6</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>165.1</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>167.6</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>170.2</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>172.7</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
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<tr>
<td>175.3</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
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<tr>
<td>177.8</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
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<tr>
<td>180.3</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>182.9</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>185.4</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>188.0</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>190.5</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
<tr>
<td>193.0</td>
<td>13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39</td>
</tr>
</tbody>
</table>

- underweight = 12 – 18
- normal healthy weight = 18 – 24
- overweight = 25 – 29
- obese = 30 – 39
- extremely obese = 40+

Use the table to determine Neil's new BMI chart score.

BMI = .................................................. [1]

(c) How does this change Neil's BMI category?

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

(d) What advice should Neil's fitness instructor give him?

.............................................................................................................................. [2]

[Total: 7]
Chris makes a sketch of an area where she is doing fieldwork.

(a) Calculate the area of land that Chris has sketched.

Show your working. Give the units in your answer.

area of land = ...........................................................  [2]

(b) Write down six things, other than length, that Chris has recorded in her sketch.

1 ............................................................................................................................
2 ............................................................................................................................
3 ............................................................................................................................
4 ............................................................................................................................
5 ............................................................................................................................
6 ............................................................................................................................  [3]
(c) Chris caught three organisms in the river.

She drew a diagram of the organism in photograph B.

Put rings on the diagram around two features that are not found on either of the other organisms. [2]

[Total: 7]
Graffiti is sprayed on a wall in your school. A half empty spray-can is found in the home of an ex-student of the school. 

**Describe and explain** how you could use apparatus in your science laboratory to show whether the spray-can contains the same dyes as the paint sprayed on the school wall.

*The quality of written communication will be assessed in your answer.*

[Total: 6]