

OCR

Oxford Cambridge and RSA

Thursday 25 May 2017 – Afternoon

GCSE PHYSICAL EDUCATION

B453/01 Developing Knowledge in Physical Education

Candidates answer on the Question Paper.

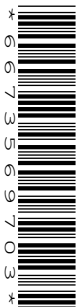
OCR supplied materials:

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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the barcodes.

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**.
- The quality of your written communication will be 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 role of the tendons?
- (a) To attach bone to bone
 - (b) To attach muscle to muscle
 - (c) To attach muscle to bone
 - (d) To attach ligaments to muscle **[1]**
- 2 Which one of the following is true?
- (a) An example of interval training is stretching and then resting each main muscle group
 - (b) An example of fartlek training is working at speed over a short distance
 - (c) An example of continuous training is swimming thirty lengths of the pool
 - (d) An example of plyometrics is shuttle running between 30 metre markers **[1]**
- 3 Which one of the following is the best example of private enterprise promoting participation in physical activities?
- (a) A fitness club making a profit selling diet plans from reception
 - (b) Well qualified instructors using the latest equipment in spin classes
 - (c) Having separate shower cubicles, which encourages health and hygiene for club members
 - (d) Providing cut price membership deals for yoga classes after the Christmas holidays **[1]**
- 4 Which one of the following is the best example of feedback that might motivate someone to follow an active lifestyle?
- (a) A teacher praises your attempt at passing the ball accurately in netball
 - (b) A parent gives you money for new sports clothing and the latest trainers
 - (c) A coach tells you about what is wrong with your serving technique in tennis
 - (d) A friend encouraging you to join a sports club after school **[1]**

- 5 Which one of the following pairs of muscle groups is **not** an antagonistic pair?
- (a) Biceps and triceps
 - (b) Pectorals and latissimus dorsi
 - (c) Hamstrings and quadriceps
 - (d) Deltoid and abdominals [1]
- 6 Which one of the following is an example of reducing the risk of injuries during physical activities?
- (a) Carrying out an appropriate cool down after a netball match
 - (b) Competing against players from the same age group in rugby
 - (c) Avoiding getting out of breath in sprint training
 - (d) Changing your shirt during a break in a tennis match [1]
- 7 Which one of the following is an example of trial and error learning?
- (a) Watching a demonstration of a triple jump in athletics
 - (b) Repeating a chest pass in basketball and correcting your mistakes
 - (c) Trying a new move in a gymnastics routine but failing
 - (d) Receiving praise from your coach despite losing in football [1]
- 8 Which one of the following is the best example of SMART goal setting?
- (a) Targeting upper body strength, through consultation with your coach, and increasing the weight that can be lifted in one repetition after a six-week weight training programme
 - (b) Working on leg speed with fast sprints to improve your time in the 100 metre sprint in an intense training session run by a well qualified coach
 - (c) Training to increase flexibility and stamina for hockey by attending twice weekly drop-in training sessions using an agreed schedule involving the squad coach
 - (d) Your badminton coach setting a training programme, which includes different serving techniques, that may lead to an England selection sometime in the future [1]

- 9 Which one of the following is an effect of lactic acid?
- (a) It causes stomach upset and vomiting
 - (b) It builds up in muscles when there is insufficient oxygen available
 - (c) It increases rate of recovery after intense training
 - (d) It leads to muscle fatigue during hard exercise [1]
- 10 Which one of the following statements is incorrect when applied to the principles of training?
- (a) Overload is working the body too hard
 - (b) Specificity is training a particular muscle group
 - (c) Progression is training that becomes more difficult
 - (d) Reversibility is the deterioration of fitness when training stops [1]
- 11 Which one of the following is a potential hazard on a court area?
- (a) Broken glass
 - (b) Twisted ankle
 - (c) Grazing on the leg
 - (d) Losing balance and falling [1]
- 12 Which one of the following shows the effective use of funding to increase participation levels in physical activities?
- (a) To sponsor tennis players to wear well-designed training shoes
 - (b) To make top sports performers rich, providing role models for us all
 - (c) To pay for the organisation of a free cycle-for-fun day in a city centre
 - (d) To build comfortable and family-friendly spectator areas at sports venues [1]

- 13** Which one of the following is a description of a government initiative to promote active, healthy lifestyles?
- (a) To demand fines for parents who do not send their children to school regularly
 - (b) To subsidise entrance fees for children to watch Premier League football games
 - (c) To encourage children to be physically active for more than 60 minutes per day
 - (d) To increase the number of people who walk rather than cycle to their place of work [1]
- 14** Which one of the following is false?
- (a) Extra curricular activities in schools promote participation in community sport
 - (b) The International Olympic Committee selects the host city for the Olympics
 - (c) A synergist is a muscle that stabilises movement at a joint
 - (d) Tendonitis is caused by the under-use of certain muscle groups in long distance running [1]
- 15** Which one of the following is an example of a short-term effect of exercise on the lungs?
- (a) An increase in tidal volume
 - (b) An increase in stroke volume
 - (c) An increased tolerance to lactic acid
 - (d) An increase in the rate of recovery [1]

SECTION B

Answer **all** the questions.

16 Describe the internal and external motives for someone to officiate in a physical activity.

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17 Use a practical example to explain how a role model can help when learning skills in a physical activity.

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20 Describe the structure and importance of cartilage when performing physical activities.

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21 Identify **four** ways a school might promote an active lifestyle.

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4 [4]

22 Give an example of a hinge joint and a ball and socket joint.

What are the differences in the range of movement between a hinge joint and a ball and socket joint?

Example of a hinge joint:

Example of a ball and socket joint:

Differences in range of movement:

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..... [4]

23 Using a specific practical example from a physical activity, explain how mental preparation can improve performance.

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24 Describe the positive long-term effects of exercise on the muscular system.

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25* Using practical examples, explain how different types of media can influence young people’s performance and participation in physical activities. [6]

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ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



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