

Write your name here

Surname

Other names

Pearson
Edexcel GCSE

Centre Number

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Candidate Number

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Physical Education: Short Course

Unit 1: The Theory of Physical Education

Friday 19 May 2017 – Afternoon

Time: 1 hour

Paper Reference

5PE03/01

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 40.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Questions 1 to 3 are about the benefits of physical activity.

Classify the health benefit being described.

1 Football and netball help players learn how to work in a team.

- A** Mental
- B** Physical – health benefits
- C** Physical – fitness benefits
- D** Social

(Total for Question 1 = 1 mark)

2 Physical activity can cause the release of serotonin, giving the performer a feel good factor.

- A** Mental
- B** Physical – health benefits
- C** Physical – fitness benefits
- D** Social

(Total for Question 2 = 1 mark)

3 Physical activities can help to develop aesthetic appreciation of sport.

- A** Mental
- B** Physical – health benefits
- C** Physical – fitness benefits
- D** Social

(Total for Question 3 = 1 mark)

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Questions 4 to 6 are about the key influences affecting participation in sport.

Identify the key influence being described.

4 If a sport is shown on TV it will encourage people to participate in that sport.

- A** Cultural
- B** Health and well-being
- C** Image
- D** People

(Total for Question 4 = 1 mark)

5 If a person is a wheelchair user they may have fewer opportunities to participate in physical activity.

- A** Cultural
- B** Health and well-being
- C** Image
- D** People

(Total for Question 5 = 1 mark)

6 If a sport is expensive it will limit the number of people who can afford to play that sport.

- A** Image
- B** People
- C** Resources
- D** Socio-economic

(Total for Question 6 = 1 mark)

7 Which one of the following initiatives is **most** likely to be effective in retaining people in a sport?

- A** Increased cost of admission
- B** Taster sessions to try out new sports
- C** Increased links between schools and sports clubs
- D** Making sure there are opportunities for people new to the sport to replace those that give up

(Total for Question 7 = 1 mark)



Questions 8 and 9 are about the components of fitness.

- 8 Identify the **most** relevant component of fitness required to complete the arm action shown in **Figure 1**.



Figure 1

- A Balance
- B Flexibility
- C Body composition
- D Reaction time

(Total for Question 8 = 1 mark)

- 9 Identify the component of fitness required to get the height needed to complete the action shown in **Figure 2**.



Figure 2

- A Cardiovascular endurance
- B Power
- C Body composition
- D Speed

(Total for Question 9 = 1 mark)



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Questions 10 and 11 are about fitness testing.

10 Identify the fitness test being performed in **Figure 3**.



Figure 3

- A Harvard step test
- B Sergeant jump test
- C Standing broad jump
- D Standing stork test

(Total for Question 10 = 1 mark)

11 Identify the component of fitness being measured by the treadmill test shown in **Figure 4**.



Figure 4

- A Body composition
- B Cardiovascular fitness
- C Muscular endurance
- D Muscular strength

(Total for Question 11 = 1 mark)



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Question 12 and 13 are about the principles of training.

Identify the principle of training being applied by the performers.

12 Binna and Jus are in the school swimming team. They attend swimming training sessions in the school pool.

- A** Progressive overload
- B** Specificity
- C** Individual differences/needs
- D** Rest and recovery

(Total for Question 12 = 1 mark)

13 Greg organises his training so that he trains on every other day of the week.

- A** Progressive overload
- B** Specificity
- C** Individual differences/needs
- D** Rest and recovery

(Total for Question 13 = 1 mark)



Question 14 and 15 are about methods of training.

Identify the **most** suitable method of training for each performer to improve the stated component of fitness.

14 Jo plays basketball and needs to increase her speed so she can be more effective in a fast break.

- A** Circuit training
- B** Fartlek training
- C** Interval training
- D** Weight training

(Total for Question 14 = 1 mark)

15 Nick is a rower. He needs to increase the muscular endurance in his arms so he can row faster for longer.

- A** Cross training
- B** Fartlek training
- C** Interval training
- D** Weight training

(Total for Question 15 = 1 mark)

16 Which one of the following lists **all** the required elements of a balanced diet?

- A** Fats, carbohydrates, proteins, micronutrients, water
- B** Macronutrients, fibre, water
- C** Macronutrients, water and micronutrients
- D** Vitamins, minerals, fibre, water, macronutrients

(Total for Question 16 = 1 mark)



17 Good balance is required when participating in physical activity and sport.

Describe, using an example, how each of the following performers would use balance in their activity.

Use a different description and example for each performer.

(a) Gymnast

(2)

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(b) Rugby player

(2)

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(Total for Question 17 = 4 marks)

18 Explain one reason why the Illinois agility run test would be **unsuitable** to assess the fitness of swimmers.

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(Total for Question 18 = 2 marks)



- 19 Yulia wants to increase her fitness to improve her judo performance. She has a competition in three months' time.

Fitness test	Rating
Sit and reach	Average
Hand grip test	Good
30m sprint	Average

Table 1

Table 1 shows Yulia's ratings from some of her fitness tests.

- (a) Using the information in Table 1, give an example of a SMART target Yulia's coach could set her to improve her fitness.

(2)

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- (b) Explain how using SMART targets could improve Yulia's judo performance.

(2)

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(Total for Question 19 = 4 marks)



20 Explain why the following performers would use the stated methods of training to improve performance in their event.

(a) Marathon runner – continuous training

(3)

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(b) Sprinter – interval training

(3)

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(Total for Question 20 = 6 marks)

21 Complete the following statement that explains why sports performers should not eat a large meal immediately before exercising.

As a result of exercise there is increased blood flow to the

....., this means there is less blood available for

..... due to blood shunting.

(Total for Question 21 = 2 marks)



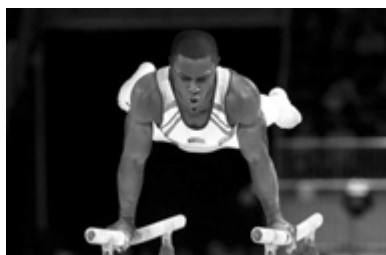
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***22** Discuss the relative importance of muscular strength and reaction time for each of the performers competing in the types of activity shown in **Figure 5**.

(6)



Gymnast



Start of 100m race

Figure 5

A series of horizontal dotted lines for writing the answer.



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(Total for Question 22 = 6 marks)

TOTAL FOR PAPER = 40 MARKS

