

Write your name here

Surname

Other names

Pearson
Edexcel GCE

Centre Number

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Candidate Number

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Physical Education

Advanced Subsidiary

Unit 1: Participation in Sport and Recreation

Friday 6 June 2014 – Morning

Time: 1 hour 30 minutes

Paper Reference

6PE01/01

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 90.
- 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.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

P44065A

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PEARSON

Answer ALL questions.

1 (a) Within the context of healthy and active lifestyles define the term **contemporary concern** and identify three such concerns.

(4)

Definition

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.....

Concerns

1

2

3

(b) Explain the causes of **two** contemporary concerns.

(4)

Concern 1

Cause 1

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Cause 2

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Concern 2

Cause 1

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Cause 2

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(c) Explain how regular physical activity could affect a contemporary concern.

(3)

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(Total for Question 1 = 11 marks)



2 (a) Define **continuous training** and list the main characteristics.

(3)

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(b) Explain why continuous training is such a popular method of training and exercise.

(3)

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(c) Describe how continuous training might lack true sports specificity.

(2)

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(Total for Question 2 = 8 marks)



3 Speed, strength (maximal), aerobic endurance and muscular endurance are all components of physical fitness.

(a) Give a definition of each component.

(i) Speed

(1)

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(ii) Strength (maximal)

(1)

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(iii) Aerobic endurance

(1)

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(iv) Muscular endurance

(1)

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(b) Using a sporting example for each component, explain why it is an important fitness consideration for that activity.

(i) Speed

(1)

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(ii) Strength (maximal)

(1)

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(iii) Aerobic endurance

(1)

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(iv) Muscular endurance

(1)

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(Total for Question 3 = 8 marks)



4 Identify **six** cardiovascular adaptations that would be required to improve aerobic fitness.

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(Total for Question 4 = 6 marks)



***5** With specific reference to energy balance and metabolic rate, discuss what advice should be given to someone who wants to reduce their body fat.

A series of horizontal dotted lines for writing the answer.



Lined writing area for the answer to Question 5.

(Total for Question 5 = 12 marks)



6 (a) Explain how **Popular Recreations** were a reflection of their social setting.

(3)

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(b) Explain how **Rational Sport** was a reflection of society post the Industrial Revolution.

(5)

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(c) Describe the role that the Oxbridge Universities played in the development of sport.

(4)

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(Total for Question 6 = 12 marks)



7 (a) With reference to the management of the sporting pyramid, describe the specific role of the agencies below.

(i) UK Sport

(1)

(ii) Home Sports Council

(1)

(iii) Youth Sports Trust

(1)

(b) Name a strategy associated with each agency and describe its intended impact.

(i) UK Sport

(2)

Strategy

Impact

(ii) Home Sports Council

(2)

Strategy

Impact



(iii) Youth Sports Trust

(2)

Strategy

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.....

Impact

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(Total for Question 7 = 9 marks)

8 (a) Define the terms:

(i) The commercialisation of sport

(1)

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(ii) The Americanisation of sport

(1)

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(b) Describe how the events of the Olympic games of 1976 and 1984 contributed to the commercialisation of sport.

(6)

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(c) Use examples to support the view that Americanisation of sport has taken place.

(4)

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(Total for Question 8 = 12 marks)



*9 Discuss the view that the use of performance-enhancing drugs in sport is increasing.

Dotted lines for writing.



(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS

