

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
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6	
7	
8	
9	
10	
TOTAL	



General Certificate of Secondary Education  
June 2011

# Physical Education (Short Course)

# 48901

Unit 1 Knowledge and Understanding for the Active Participant

Tuesday 24 May 2011 1.30 pm to 2.15 pm

You will need no other materials.

### Time allowed

- 45 minutes

### Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 40.
- In **Question 10(d)** you will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

**Answer this question in continuous prose.**



J U N 1 1 4 8 9 0 1 0 1

**Section A – Part 1****Multiple choice**

Tick (✓) the correct box

**1** Which **one** of these will **not** improve an individual's health?

Good hygiene

Balanced diet

Lack of sleep

Regular medical check-ups

*(1 mark)*

**2** All of the following are active leisure activities **except**:

Playing chess

Playing football

Playing bowls

Hill walking

*(1 mark)*

**3** Which **one** of these is **not** a disability category?

Physical

Mental

Permanent

Social

*(1 mark)*

4 The most important factor for a fast start in a 100 m sprint is:

Flexibility

Balance

Reaction time

Co-ordination

(1 mark)

5 Before any physical activity, it is important to identify potential hazards. This is called:

Risk consideration

Risk assessment

Danger management

Danger awareness

(1 mark)

5

**Turn over for Section A – Part 2**

**Turn over ►**



**Section A – Part 2**

**Short answer questions**

Answer **all** questions in the spaces provided.

**Total for this question: 3 marks**

**6** Regular exercise is important to help maintain a healthy lifestyle.

**6 (a)** State **one** reason why taking part in regular exercise can improve your health.

.....  
.....  
*(1 mark)*

**6 (b)** Explain how individual differences can affect the amount of exercise that a person may participate in.

.....  
.....  
.....  
.....  
*(2 marks)*

<b>3</b>

**Total for this question: 3 marks**

**7** Physical Education is an important part of the school curriculum.

Identify and explain how **one** other curriculum subject can contribute in a positive way to Physical Education.

Subject .....

.....  
.....  
.....  
.....  
.....  
.....  
*(3 marks)*

<b>3</b>



**Total for this question: 4 marks**

**8** The GCSE Physical Education course allows students to adopt different roles within their activities.

Identify **two** roles and explain how a student might gain **different** benefits from adopting each of these roles.

Role 1 .....

Benefit .....

.....

.....

.....

Role 2 .....

Benefit .....

.....

.....

.....

(4 marks)

<hr/>
4

**Turn over for the next question**

**Turn over ►**



**Total for this question: 5 marks**

**9** The media has a large influence over sport.

Identify **one** type of media and describe **two** ways in which it can have a positive effect on sport.

Type of media .....

Positive effect 1 .....

.....

.....

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.....

Positive effect 2 .....

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(5 marks)

<b>5</b>



**Section B**

**Questions based on the preliminary material**

These questions are linked to the scenario which was released before the examination and which is repeated below.

Answer **all** questions in the spaces provided.

Rachel is a popular 15-year-old girl who belongs to a 'sporty' family. She attends the local comprehensive school where she is a prefect and sports captain. Rachel is due to take GCSE Physical Education at the end of the school year. She is interested in sports technology and is a Young Ambassador.

Rachel enjoys sport and has represented the school and county at football, swimming and cross country. Rachel's cross country running helps her keep fit to play in the midfield for football and to take part in four swimming sessions a week. Outside of school, Rachel has been a member of a swimming club, where her mother is a coach, since she was six years old. She has, with a group of friends, just become a member of a newly formed local football club, which is struggling to establish itself. She trains and competes regularly for both clubs.

In her role as sports captain, Rachel helps to organise sports competitions for younger students in her school and assists the Physical Education Department with lunchtime activities.

**Total for this question: 20 marks**

**10 (a)** Rachel takes part in a lot of physical activity and she may experience fatigue as a result.

State what fatigue is and explain the effects it could have on Rachel's performance in **one** of her chosen activities.

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*(4 marks)*

**Question 10 continues on the next page**

**Turn over ►**



**10 (b)** Rachel's football club has only just been formed and needs to attract sponsorship.

**10 (b) (i)** Describe **one** acceptable type of sponsorship that would be useful to the football club.

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

(2 marks)

**10 (b) (ii)** Explain why an alcohol company may not be an acceptable sponsor for Rachel's football club.

.....  
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.....

(2 marks)

**10 (c)** State **two** components of physical fitness that Rachel would need when taking part in either football, swimming or cross country. Explain how these components could improve her performance in that activity.

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(4 marks)







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