

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
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8	
9	
TOTAL	



General Certificate of Secondary Education
June 2015

Physical Education (Short Course)

48901

Unit 1 Knowledge and Understanding for the Active Participant

Friday 15 May 2015 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 9(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.**



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48901

Section A – Part 1**Multiple choice****Tick (✓) the correct box.**Answer **all** questions.**1** All of the following are net/wall games **except**:**[1 mark]**

Squash

Tennis

Volleyball

Rugby

2 Which **one** of the following activities would be **most** suitable for an ectomorph body type?**[1 mark]**

Basketball

American football

Olympic weightlifting

Judo



3 Which **one** of the following is the **most** important component of fitness when dribbling a ball around a defender in hockey?

[1 mark]

Reaction time

Agility

Cardiovascular endurance

Strength

4 To train anaerobically, an athlete would need to work ...

[1 mark]

between 40–60% of their maximum heart rate.

more than 80% of their maximum heart rate.

less than 80% of their maximum heart rate.

between 60–80% of their maximum heart rate.

5 Which **one** of the following principles of training is **most** likely to occur if an athlete stops training?

[1 mark]

Specificity

Overload

Reversibility

Progression

Turn over for Section A – Part 2

Turn over ►



Section A – Part 2

Short answer questions

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

6 Healthy eating is essential for a balanced diet.

Identify **five** ways in which schools can encourage healthy eating amongst their students.

[5 marks]

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- 2
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- 3
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- 4
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- 5
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5

7 People are individuals with different needs.

7 (a) Explain how culture may affect an individual’s participation in physical activity.

[2 marks]

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7 (b)

Describe **two** ways that would allow individuals with physical disabilities to participate in physical activity.

[4 marks]

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Describe **two** ways in which the director of a televised sports event could influence how sport will be seen by viewers.

[4 marks]

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Turn over for Section B

Turn over ►



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.

Ben is a 17-year-old amateur gymnast who is studying for his A levels in the sixth form. He also volunteers in a local primary school where he runs sports sessions and competitions for the students at lunchtimes.

Ben began gymnastics at primary school and has been on the National Talent Programme since the age of 14. As a result of recent success in competitions, he has been included in the World Class Podium Potential Programme. He trains for six days a week at a gymnastic facility, which is equipped with the latest equipment and technology. Ben follows a strict training routine and diet set by his coach.

Ben has a small group of friends who are not involved in sport. He is spending less time with them as his training time increases. Ben has a shy personality and often suffers from anxiety when competing in major competitions.

Ben has represented Great Britain at the European Junior Gymnastics Championships. He hopes to emulate Louis Smith, an Olympic gymnastics medallist, by competing at the Rio 2016 Olympic Games.

9 (a) State and describe **one** way in which Ben’s shy personality could have a negative effect on his performance in gymnastics.

[2 marks]

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9 (b) Explain how anxiety may affect Ben’s performance when he is competing in a major competition.

[4 marks]

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9 (c) Ben organises sports sessions and competitions in a local primary school.

State and explain **three** qualities that Ben would need to develop in order to be an effective organiser.

[6 marks]

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Question 9 continues on the next page

Turn over ►



9 (d) Explain how developing the different types of strength may improve Ben’s performance in gymnastics.

(Answer in continuous prose)

[8 marks]

Dotted lines for writing the answer.

Extra space
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END OF QUESTIONS

20

