

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Secondary Education
June 2011

Physical Education 48903 (Full Course and Double Award)

Unit 3 Knowledge and Understanding for the Active Participant

Tuesday 24 May 2011 1.30 pm to 3.00 pm

You will need no other materials.

Time allowed

- 1 hour 30 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 80.
- In **Questions 18(d) and 19(d)** you will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Answer these questions in continuous prose.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
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18	
19	
TOTAL	



J U N 1 1 4 8 9 0 3 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)

6 Which **one** of these helps the digestive system to work efficiently?

Protein

Fibre

Vitamins

Fats

(1 mark)

Turn over for the next question

Turn over ►



7 Which **one** of the following is **not** a core theme of the Healthy Schools Programme?

Physical Activity

Healthy Eating

Personal, Social and Health Education

Every Child Matters

(1 mark)

8 Which activity is most likely to use aerobic respiration for energy?

10 km cross country run

Vault in gymnastics

Shot put

Jumping to block a shot in basketball

(1 mark)

9 Which **one** of the following is **not** a precaution taken to avoid injury?

Carrying out a warm-up

Wearing jewellery

Playing by the rules

Wearing safety equipment

(1 mark)



10 All of the following are functions of the blood **except**:

Transport

Protection

Energy production

Temperature control

(1 mark)

10

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: 4 marks

11 Regular exercise is important to help maintain a healthy lifestyle.

11 (a) State **two** reasons why taking part in regular exercise can improve your health.

1

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2

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(2 marks)

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

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(2 marks)

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4



Total for this question: 3 marks

12 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

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(3 marks)

3

Total for this question: 4 marks

13 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

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Role 2

Benefit

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(4 marks)

4

Turn over for the next question

Turn over ►



Total for this question: 6 marks

14 The Physical Education and Sport Strategy for Young People (PESSYP) has had a big influence on Physical Education and sport in schools.

14 (a) What are the key aims of the PESSYP?

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(2 marks)

14 (b) There are ten strands to the PESSYP. Name and describe **two** of the strands.

Strand 1

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Strand 2

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(4 marks)

6



Total for this question: 4 marks

15 London will host the Olympic and Paralympic Games in 2012.

Describe **two** advantages that London may gain through hosting these events.

Advantage 1

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Advantage 2

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(4 marks)

4

Total for this question: 4 marks

16 Safety is an important factor in any physical activity.

16 (a) Using an example, explain how wearing the correct footwear can make participation in a physical activity safer.

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(2 marks)

16 (b) Using an example, explain how following the rules can make participation in a physical activity safer.

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(2 marks)

4

Turn over for the next question

Turn over ►



Total for this question: 5 marks

17 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)

5



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

18 (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 18 continues on the next page

Turn over ►



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

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

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(2 marks)

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

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(2 marks)

18 (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)



Total for this question: 20 marks

19 (a) Name **two** social groups and explain how they may have influenced Rachel's decision to participate in football, swimming and cross country.

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(4 marks)

19 (b) Rachel works with younger students in her school and has become a role model.

Explain what a role model is and describe how they can affect the level of participation in a sport.

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(4 marks)



19 (c) Rachel's body type is mesomorph and is well suited to her chosen sporting activities.

Describe a mesomorph body type and explain why this body type helps Rachel to perform well in her chosen sporting activities.

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(4 marks)

Question 19 continues on the next page

Turn over ►



19 (d) Using examples, explain how advances in technology could help Rachel to improve her performance.

(Answer in continuous prose)

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(8 marks)

Extra space
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20

END OF QUESTIONS

