

Centre Number						Candidate Number				
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Other Names										
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For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
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TOTAL	



General Certificate of Secondary Education  
June 2012

# Physical Education 48903 (Full Course and Double Award)

Unit 3 Knowledge and Understanding for the Active Participant

Wednesday 23 May 2012 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.**



J U N 1 2 4 8 9 0 3 0 1

**Section A – Part 1****Multiple choice****Tick (✓) the correct box**

**1** Which **one** of the following activities would be most suitable for an ectomorph?

Olympic weightlifting

Shot put

High jump

Canoeing

*(1 mark)*

**2** Which **one** of the following describes the Fartlek training method?

Speed play

Long distance running

Training with weights

Exercising to music

*(1 mark)*

**3** Which **one** of the following is the term used for the compulsory Physical Education programme provided by schools?

Extra-curricular programme

Cross-curricular programme

National Curriculum

Timetable

*(1 mark)*

4 Which **one** of the following activities would be **least** suitable for an 11 year old?

Cross country running

Swimming

Circuit training

Weight training

(1 mark)

5 Which **one** of the following does **not** usually decrease with age?

Skill

Flexibility

Strength

Oxygen capacity

(1 mark)

6 Which **one** of the following is a social factor that can affect participation in physical activity?

Equipment

Weather

Peers

Facilities

(1 mark)

Turn over for the next question

Turn over ►



7 Which **one** of the following is an example of etiquette?

Distracting a batsman in cricket

Contact with an opponent in netball

Arguing with the referee in football

Shaking hands with your opponent  
at the end of a badminton match

(1 mark)

8 In which **one** of the following do female sports performers tend to have an advantage over male sports performers?

Flexibility

Strength

Speed

Power

(1 mark)

9 Which **one** of the following activities would be most suitable for an introvert?

Hockey

Cross country running

Cheerleading

Volleyball

(1 mark)



10

Which **one** of the following user groups is least likely to receive reduced prices at sports facilities?

Senior citizens

Shift workers

Disabled people

Unemployed people

*(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** Schools can influence participation in physical activity in different ways.

**11 (a)** Explain how teachers can have a **positive** influence on participation.

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*(2 marks)*

**11 (b)** Explain how school facilities can have a **negative** effect on participation.

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*(2 marks)*

<b>4</b>



**Total for this question: 4 marks**

**12**

Movement is brought about by the muscular and skeletal systems working together.

Using an example, explain how muscles and bones work together to produce movement.

Example .....

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(4 marks)

<b>4</b>

**Turn over for the next question**

**Turn over ▶**



**Total for this question: 5 marks**

**13 (a)** Describe what is meant by an 'amateur sports performer'.

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*(2 marks)*

**13 (b)** State **three** ways an amateur sports performer could obtain funding.

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*(3 marks)*

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**Total for this question: 4 marks**

**14** Sports quiz programmes are often on television.

State **two** other types of television programme that promote or cover sport and give an example of each.

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*(4 marks)*

4





**Total for this question: 4 marks**

**15** Increased flexibility can help to improve performance.

**15 (a)** State what is meant by the term 'flexibility'.

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(1 mark)

**15 (b)** Using an example from a named physical activity, explain how increased flexibility can help to improve performance.

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(3 marks)

4

**Total for this question: 4 marks**

**16** Identify **three** reasons why the amount of leisure time has increased and explain **one** effect this has had on the leisure industry.

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(4 marks)

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**Turn over for the next question**

**Turn over ►**



**Total for this question: 5 marks**

**17**

People are encouraged to live a healthy active lifestyle.

Using **five** examples, state how people could make their everyday lifestyle more healthy **and** active.

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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.

David is 18 years old and in the final year of his A-level studies at the local Specialist Sports College. As well as taking his A-levels, David has almost completed his Community Sports Leadership Award.

Throughout his time at school, David has been a member of a number of different school sports teams. However, due to the pressure of his A-level studies, he has made the decision to focus on his athletics.

David is a successful elite athlete who regularly competes in national competitions as a sprinter. He trains at least four times a week, either on his own or at the local athletics club where he also helps to coach junior athletes. In addition, he regularly trains with the national athletics squad where he receives support from a sports nutritionist and a physiotherapist.

David has recently represented his country at the Youth Olympic Games where he won gold medals in the 100 metres and 4 x 100 metre relay. He found this an exciting but stressful challenge.

In the future, David is hoping to continue his education at university, whilst training as much as possible to further his athletics career. He knows that this is going to be expensive. Before he goes to university, David is looking forward to his chance to be a volunteer at the London 2012 Olympic Games.

**Total for this question: 20 marks**

**18 (a)** During his Community Sports Leadership Award course, David had to organise a half-day football tournament for local primary schools.

Describe a type of competition that would allow maximum participation if five teams were involved.

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*(2 marks)*

**Question 18 continues on the next page**

**Turn over ►**



**18 (b) (i)** Name **one** type of strength that David would use in the 100 metres.

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(1 mark)

**18 (b) (ii)** Using an example, explain why improved levels of the strength you named in **18 (b) (i)** would help David in the 100 metres.

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(3 marks)

**18 (c)** David regularly coaches junior athletes at his local athletics club.

State and describe **three** qualities that David needs to be an effective coach.

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(6 marks)



**18 (d)**

As a 100 metre sprinter, David uses interval training as part of his training programme.

Describe what is meant by 'interval training'. Using your knowledge of training zones and the principles of training, explain how interval training can be used to improve performance in a 100 metre race.

**(Answer in continuous prose)**

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(8 marks)

*Extra space* .....  
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**Turn over for the next question**

**Turn over ►**



**Total for this question: 20 marks**

**19 (a)** David found the Youth Olympic Games stressful.

**19 (a) (i)** What is meant by the term 'anxiety'?

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*(1 mark)*

**19 (a) (ii)** Explain how anxiety could have affected David's performance when competing at the Youth Olympic Games.

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*(2 marks)*

**19 (b)** Many companies sponsor elite performers.

Describe the advantages that a local company might gain from sponsoring David.

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*(3 marks)*



**19 (c)**

The sports nutritionist advises that fibre is an important nutrient in David's diet because it keeps his digestive system healthy.

Name **three** other nutrients that are important in David's diet and explain how each may help his performance in training and in competition.

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(6 marks)

**Question 19 continues on the next page**

**Turn over ►**



**19 (d)** A good recovery routine will be important for David because he trains and competes so much.

Describe the best way for David to recover after a hard training session or competition. Explain why a good recovery routine is necessary and how it will benefit his future performance in training or in competition.

**(Answer in continuous prose)**

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(8 marks)

*Extra space* .....

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**END OF QUESTIONS**

