

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2003



**PHYSICAL EDUCATION (SPECIFICATION A) 3581/W**  
**Paper 1**

Monday 19 May 2003 9.00 am to 11.00 am

<b>No additional materials are required.</b>
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Time allowed: 2 hours

**Instructions**

- Use blue or black ink or ball point pen.
- Fill in the boxes at the top of this page.
- Answer all questions in the spaces provided.
- Do all rough work in the answer book. Cross through any work you do not want marked.

**Information**

- The maximum mark for this paper is 105. This includes up to 5 marks for the quality of written communication.
- Mark allocations are shown in brackets.
- Diagrams may be used to clarify your answers where necessary.

For Examiner's Use			
Number	Mark	Number	Mark
1			
2			
3			
4			
5			
6			
Total (Column 1)	→		
Total (Column 2)	→		
Quality of Written Communication			
TOTAL			
Examiner's Initials			

**SECTION A**

Health, Fitness and the Factors Affecting Performance

1 (a) Keeping yourself healthy is very important for everyone.

**Describe** what being healthy means.

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

*(3 marks)*

(b) There are several components of fitness which are important for sports performers.

(i) What is meant by the term agility? Give **one** example from a physical activity.

Agility .....

.....

Physical activity example .....

.....

*(2 marks)*

(ii) What is meant by the term reaction time? Give **one** example from a physical activity.

Reaction time .....

.....

Physical activity example .....

.....

*(2 marks)*

- (c) **Describe**, using examples, how a lack of strength and stamina can make it more difficult to carry out many basic, everyday tasks such as simple movements or simple manual tasks.

Example 1 - Strength .....

.....

.....

.....

.....

Example 2 - Stamina .....

.....

.....

.....

.....

(4 marks)

- (d) When taking part in any physical activity it is important to complete both a warm-up and a warm-down.

- (i) Give **two** reasons which explain **why** it is important to warm-up before physical activity.

- 1. ....
    - .....
    - .....
    - .....
  - 2. ....
  - .....
  - .....
  - .....

(2 marks)

- (ii) Briefly **explain** why you should always complete a warm-down when you have finished physical activity.

.....

.....

.....

.....

(2 marks)

2 (a) Blood cell production is one of the functions of the skeleton. Name **three** others.

- 1. ....
  - 2. ....
  - 3. ....
- (3 marks)*

(b) Joints are important in allowing movement. Give **one** example of **each** of the following types of joints on the skeleton.

- (i) Hinge .....
  - (ii) Ball and socket .....
  - (iii) Pivot .....
- (3 marks)*

(c) Movement occurs when bones and muscles work together.

(i) **Explain** what is meant by flexion.

Flexion is .....

.....

.....

.....

*(2 marks)*

(ii) Give **two** examples of physical movement where flexion occurs.

- 1. ....
  - .....
  - .....
  - .....
  - 2. ....
  - .....
  - .....
  - .....
- (2 marks)*

(iii) **Name** a muscle which produces the movement you have chosen in **one** of your examples above.

Physical Movement .....

Muscle .....

*(1 mark)*

(d) Some activities, or sporting situations, are considered to be anaerobic.

(i) **Explain** what is meant by the term anaerobic.

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

*(2 marks)*

(ii) Give an example of when the body works anaerobically in a named physical activity.

Named physical activity .....

Example .....

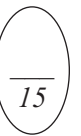
.....  
.....

*(1 mark)*

(iii) **Name** the waste product which can be produced after working anaerobically.

.....

*(1 mark)*



**TURN OVER FOR THE NEXT QUESTION**

**Turn over** ▶

**SECTION B**

Principles of Training

3 (a) Various terms are used in relation to fitness training. **Explain** what the following terms mean.

(i) Specificity

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

*(2 marks)*

(ii) Overload

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

*(2 marks)*

(b) Circuit training is a commonly used method of training.

(i) **Give two** advantages of using circuit training.

1. ....  
.....  
.....  
.....  
2. ....  
.....  
.....  
.....

*(2 marks)*

(ii) **Give one** possible disadvantage of using circuit training.

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

*(1 mark)*

(c) Effective use of explosive strength may prove to be an advantage to a performer.

(i) What is meant by explosive strength?

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

(ii) Give **two** examples of sporting situations where you would use explosive strength.

1. ....  
.....  
.....  
2. ....  
.....  
.....  
*(2 marks)*

(d) Increased flexibility can help to improve a performance.

(i) **Explain** exactly what is meant by flexibility.

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

(ii) **Identify** and **explain** a physical activity situation which shows how increased flexibility can help to improve a performance.

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

4 (a) If fatigue occurs it can affect a performance.

(i) What is meant by fatigue?

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

(2 marks)

(ii) Give an example from a physical activity and explain the effect that fatigue could have on that performance.

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

(2 marks)

(b) The use of ICT is being encouraged in PE.

(i) **Identify** and **explain one** way in which ICT can be used to improve knowledge.

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

(2 marks)

(ii) **Identify** and **explain one** way in which ICT could be used to improve performance.

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

(2 marks)

(c) The RICE principle is related to soft tissue injuries. What do the letters stand for?

R - .....

I - .....

C - .....

E - .....

(4 marks)

(d) Blood doping is considered to be an illegal aid to performers participating in physical activities.

(i) What is meant by blood doping?

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

(2 marks)

(ii) In what type of activity might blood doping be used to advantage by a performer?

.....  
.....

(1 mark)

15

**TURN OVER FOR NEXT QUESTION**

**Turn over ▶**

**SECTION C**

Factors Affecting Individual Performance and Participation

5 (a) Different groups of people use sports facilities, so local authorities often provide courses for specific ‘user groups’. State **three** different examples of these ‘user groups’.

- 1. ....  
.....
  - 2. ....  
.....
  - 3. ....  
.....
- (3 marks)*

(b) Schools encourage pupils to adopt different roles as part of their PE programme. **Identify** and **explain one** benefit that adopting **each** of the following roles can bring.

(i) Official

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

(ii) Captain

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

(iii) Organiser

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

(c) Major international sporting competitions have become more and more popular.

(i) Name **one** major international sporting competition.

.....  
(1 mark)

(ii) **Describe three** advantages which might be gained by hosting one of these major international competitions.

- 1. ....  
.....  
.....
  - 2. ....  
.....  
.....
  - 3. ....  
.....  
.....
- (3 marks)

(iii) **Describe three** disadvantages which might occur through hosting one of these major international competitions.

- 1. ....  
.....  
.....
  - 2. ....  
.....  
.....
  - 3. ....  
.....  
.....
- (3 marks)

Turn over ►

(d) Role models can influence the levels of participation in sport in many ways.

(i) What is meant by a role model?

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

*(1 mark)*

(ii) Give **three** reasons why a role model might make an activity more popular.

1. ....  
.....  
.....

2. ....  
.....  
.....

3. ....  
.....  
.....

*(3 marks)*

20

**SECTION D**

Social and Cultural Factors Affecting Participation

6 (a) The media can have a great influence on the levels of participation in sport.

(i) **Name three** different forms of the media.

- 1. ....
- 2. ....
- 3. ....

*(3 marks)*

(ii) **Describe two** ways in which the media can help to give a greater understanding of performance.

- 1. ....  
.....  
.....
- 2. ....  
.....  
.....

*(2 marks)*

(iii) **Describe two** ways in which media coverage may have affected sport.

- 1. ....  
.....  
.....
- 2. ....  
.....  
.....

*(2 marks)*

**Turn over** ▶

(b) Correct etiquette is expected in sports activities.

(i) What is meant by etiquette?

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

*(2 marks)*

(ii) Give **two** examples of correct sporting etiquette.

1. ....  
.....  
.....

2. ....  
.....  
.....

*(2 marks)*

(c) Sport is often considered to be either professional or amateur.

(i) What is meant by an amateur sports person?

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

*(2 marks)*

(ii) What is meant by a professional sports person?

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

*(2 marks)*

(d) Sponsorship is very common in sport.

(i) Briefly describe **three** different ways in which sponsorship can be provided for a **sports performer**.

- 1. ....  
.....  
.....
- 2. ....  
.....  
.....
- 3. ....  
.....  
.....

*(3 marks)*

(ii) Describe a form of sponsorship which might **not** be considered to be acceptable in sport, clearly stating why.

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

*(2 marks)*

20

**END OF QUESTIONS**