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Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2004



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

Monday 24 May 2004 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.
- If you need additional space, you should continue your answers at the end of this book, indicating clearly which question you are answering.

**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) It is important to exercise regularly in order to stay healthy.

(i) State **two** reasons why taking regular exercise can improve **general health**.

Reason 1 .....

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Reason 2 .....

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*(2 marks)*

(ii) Explain why the **amount** of exercise required might vary between different people.

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*(2 marks)*

(b) Fitness can be either general or specific.

(i) Explain what is meant by **specific fitness**.

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*(2 marks)*



(ii) Explain what is meant by “carbohydrate loading” and describe a sporting situation when it might be used.

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(3 marks)



2 (a) All physical activity requires movement using bones and muscles.

(i) Name **three** major bones which are located in the leg.

Bone 1 .....

Bone 2 .....

Bone 3 .....

(3 marks)

(ii) Explain the function of ligaments in relation to movement.

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(2 marks)

(b) (i) Cardiac muscle is one type of muscle found in the body. State **two** other **types** of muscle.

Type 1.....

Type 2.....

(2 marks)

(ii) In relation to muscle attachment, state the function of the tendons, and the roles of the origin and insertion during movement.

1. The function of the tendons .....

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2. The roles of origin and insertion .....

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(3 marks)

(c) The pulse rate is important in determining the effects of exercise on the body.

(i) Describe **two** places on the body where the pulse can be found.

Place 1 .....

Place 2 .....

(2 marks)

(ii) Explain why it is important to monitor and record the pulse rate when exercising or training.

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(3 marks)

15

Turn over ►

**SECTION B**

Principles of Training

3 (a) (i) What are the **two** main benefits to fitness which can be achieved by the use of weight training?

Benefit 1 .....

Benefit 2 .....

(2 marks)

(ii) In relation to weight training, what is meant by the following?

Repetitions.....

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Sets .....

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(2 marks)

(iii) Explain what is meant by the term “reversibility” in relation to weight training.

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(2 marks)

(b) Flexibility is an important component of fitness.

(i) Briefly describe a test which can be used to measure flexibility.

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(2 marks)

(ii) How can flexibility be improved?

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(2 marks)

(c) Some performers may take banned drugs such as anabolic steroids to enhance their performance.

(i) Name **two** other **types** of banned drug which performers may use to improve their performance.

Type 1.....

Type 2.....

(2 marks)

(ii) **Explain** why performers might be tempted to use anabolic steroids and **describe** the effects they can have.

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(3 marks)

4 (a) Body type (somatotype) can sometimes be an advantage or a disadvantage to a performer.

(i) State **two** body types (somatotypes).

Body type 1 .....

Body type 2 .....

(2 marks)

(ii) For a named physical activity, describe how having a particular body type could be an advantage and make a performer more effective.

Named physical activity.....

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(3 marks)

(b) Technological developments can help performers.

(i) Explain how digital or video cameras can help in the **analysis** of a performance.

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(2 marks)

(ii) Using an example, describe how this analysis could then be used to help **improve** a performance.

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*(2 marks)*

(c) Safety is an important factor to be considered in sporting activities.

(i) How can wearing the correct **clothing** help to make participation safer? Include an example in your answer.

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*(2 marks)*

(ii) How can wearing the correct **footwear** help to make participation safer? Include an example in your answer.

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*(2 marks)*

**QUESTION 4 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(iii) Give **two** other examples of how **rules** can make participation safer.

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*(2 marks)*

15

**SECTION C**

**Factors Affecting Individual Performance and Participation**

**5** (a) Schools can promote and influence participation in physical education.

(i) Describe how teachers can influence participation.

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*(2 marks)*

(ii) Describe how facilities can influence participation.

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*(2 marks)*

(iii) Describe how school links with local sports clubs can influence participation.

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*(2 marks)*

**QUESTION 5 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(b) Different sporting activities have either increased or declined in popularity.

(i) Give an example of an activity which has become **more** popular in recent years.  
Explain why this has happened.

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*(2 marks)*

(ii) Give an example of an activity which has become **less** popular in recent years.  
Explain why this has happened.

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*(2 marks)*



(d) Different social groupings can greatly influence whether or not you take part in sport or physical activity.

(i) Describe the influences which your peer group can have on participation.

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*(2 marks)*

(ii) Describe the influences which your family/guardians can have on participation.

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*(2 marks)*

20

**SECTION D**

Social and Cultural Factors Affecting Participation

6 (a) Sponsorship is very common in most sporting events, competitions and clubs.

(i) Describe, using an example, how sponsorship can be an **advantage** and help to increase participation.

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*(3 marks)*

(ii) Describe, using an example, how sponsorship might be considered to be a **disadvantage** to the running or organisation of an activity.

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*(3 marks)*

**QUESTION 6 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(b) Television promotes and covers sport in many ways, such as in quiz programmes. State **two** other ways in which television covers sport and give an example of each.

1 .....

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(2 marks)

2 .....

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(2 marks)

(c) Spectators are very important at most sporting events.

(i) Describe how spectators can be a **benefit** at a sporting event.

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(2 marks)

(ii) Describe how spectators could be a **problem** at a sporting event.

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(2 marks)

- (d) Many major international sporting events take place throughout the world. They have often been affected by political or financial issues. Describe, using examples, how and why this has happened.

Example 1 .....

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Example 2 .....

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(6 marks)

**END OF QUESTIONS**







