

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education  
June 2006



**PHYSICAL EDUCATION (SPECIFICATION A)  
Written Paper**

**3581/W**

Wednesday 24 May 2006 1.30 pm to 3.30 pm

**You will need no other materials.**

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.
- Answer the questions in the spaces provided.
- Do all rough work in this 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.  
5 of these marks are for the Quality of Written Communication.
- The marks for questions are shown in brackets.
- Diagrams may be used to clarify your answers where necessary.

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

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**SECTION A**

Health, Fitness and the Factors Affecting Performance

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1 (a) A warm-up and warm-down are essential when taking part in physical activity.

(i) Give **two** reasons why you should complete a warm-up before physical activity.

1 .....

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2 .....

.....

*(2 marks)*

(ii) Give **two** reasons why you should complete a warm-down after physical activity.

1 .....

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2 .....

.....

*(2 marks)*

(b) Physical performance and general health can be affected by obesity.

(i) State **two** factors that can cause obesity.

1 .....

2 .....

*(2 marks)*

- (ii) Protein is an important substance in a performer’s diet as it is used for the growth and repair of muscle.

Name **one** other substance important in a performer’s diet and explain why it is important.

Substance .....

Explanation .....

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.....  
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(2 marks)

- (c) A club standard performer needs to be healthy and have a good level of general fitness.

- (i) What is meant by ‘healthy’?

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(1 mark)

- (ii) What is meant by ‘general fitness’?

.....  
.....

(1 mark)

- (iii) Explain how these elements combine to enable a performer to compete at club level.

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(2 marks)

Turn over ►

(d) Explain why an international standard performer needs to train more regularly than a club performer.

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.....  
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(3 marks)

<b>15</b>

2 (a) Movement is one of the functions of the skeleton.

(i) Name **three** other functions.

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

(3 marks)

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

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(2 marks)

(b) Sporting situations may be considered to be aerobic or anaerobic.

(i) What is meant by the term 'aerobic'?

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*(1 mark)*

(ii) Describe a situation in which a performer would be working aerobically.

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*(2 marks)*

(iii) What is meant by the term 'anaerobic'?

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*(1 mark)*

(iv) Describe a situation in which a performer would be working anaerobically.

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*(2 marks)*

**Question 2 continues on the next page**

**Turn over ►**

(c) The circulatory system helps the body to work efficiently. Describe the role of the blood in the following functions.

(i) Transport

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.....  
.....

*(2 marks)*

(ii) Control of body temperature

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.....  
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*(2 marks)*

<b>15</b>

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**SECTION B**

Principles of Training

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**3** (a) Interval training is a commonly-used method of training.

(i) State **one** advantage of using interval training as a method of training.

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.....

*(1 mark)*

(ii) Explain what is meant by the term ‘progression’ in relation to interval training.

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*(2 marks)*

**Question 3 continues on the next page**

**Turn over ►**

(b) Safety is an important consideration for performers.

Using examples, explain why the following are important.

(i) Following the rules

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*(3 marks)*

(ii) Equipment checks

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*(3 marks)*

(c) Performance can be affected by physiological and psychological factors.

(i) State what a **physiological** factor is.

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.....

*(1 mark)*

(ii) State what a **psychological** factor is.

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.....  
.....

(1 mark)

(iii) Describe the effects that a named physiological factor and a named psychological factor have on performance.

Physiological factor .....

Effect on performance .....

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

Psychological factor .....

Effect on performance .....

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

(4 marks)

15

**Turn over for the next question**

**Turn over ►**

4 (a) Name **two** categories or types of banned drugs which could be used to improve performance.

1 .....

2 .....

(2 marks)

(b) Injuries can occur during physical activity. Explain what is meant by the following terms.

(i) Dislocation .....

.....

Sprain .....

.....

(2 marks)

(ii) What is the cause of hypothermia and what action needs to be taken to treat it?

Cause .....

Treatment .....

.....

.....

(2 marks)

(c) Different types of strength are needed for certain activities. Give **two** types of strength, using an example of each from a **named physical activity**.

Type 1 .....

Named physical activity example .....

.....

Type 2 .....

Named physical activity example .....

.....

(4 marks)

(d) Performers taking part in physical activity may have different personality types.

(i) What is an introvert?

.....  
.....

(1 mark)

(ii) What is an extrovert?

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.....

(1 mark)

(iii) Describe how **one** of these personality types is particularly suited to a named physical activity.

Personality type .....

Physical activity .....

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

15

**Turn over for the next question**

**Turn over ►**

**SECTION C**

Factors Affecting Individual Performance and Participation

5 (a) Different social groupings can have a positive or negative effect on participation in sport.

(i) Describe **one positive** effect that your **peer group** might have on participation.

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*(2 marks)*

(ii) Describe **one negative** effect that your **socio-economic group** might have on participation.

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*(2 marks)*

(b) The National Curriculum allows pupils to adopt different roles as part of their physical education programme. Describe **one** benefit that adopting each of the following roles can bring.

(i) Coach .....

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.....  
.....

*(2 marks)*

(ii) Official .....

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(2 marks)

(iii) Organiser .....

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(2 marks)

(c) Many schools now allow pupils to take examination-based courses and sports performance awards.

Describe **three** advantages for the individual or the school to be gained from participation in these.

Advantage 1 .....

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Advantage 2 .....

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Advantage 3 .....

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(6 marks)

Turn over ►

(d) A number of different organisations have responsibility for the development of sport in this country. Explain what the following organisations do.

(i) National Coaching Foundation (now called *sports coach UK*)

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(2 marks)

(ii) Sport England

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(2 marks)

20
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**SECTION D**

Social and Cultural Factors Affecting Participation

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- 6 (a) (i) Describe, using an example, how media coverage may have a **positive** effect on attendance at a sporting event.

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*(2 marks)*

- (ii) Describe, using an example, how media coverage may have a **negative** effect on attendance at a sporting event.

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*(2 marks)*

**Question 6 continues on the next page**

**Turn over ►**

(b) Hooliganism has changed the way spectators are controlled at sporting events. State and describe **three** measures that have been taken to ensure good spectator behaviour at sporting events.

1 .....

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2 .....

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3 .....

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*(6 marks)*

(c) Sponsorship has many advantages. State and explain an advantage for each of the following, giving a specific example in each case.

The performer .....

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The sponsor .....

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*(6 marks)*

- (d) Local sports facilities may be provided from public or private sector funding. Explain, using examples, the difference between public and private sector funding of local sports facilities.

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*(4 marks)*

<b>20</b>

**END OF QUESTIONS**





