



**SECTION A**

Health, Fitness and the Principles of Training for Games Activities

1 (a) Good posture is very important for good health and active participation.

(i) **Describe** what good posture is.

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*(2 marks)*

(ii) Give **two** examples of **poor** posture.

Example 1

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.....

Example 2

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*(2 marks)*

(iii) **Explain** what is meant by muscle tone and how it can help with good posture.

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*(2 marks)*

(b) Components of fitness are important for sports performers.

(i) What is meant by the term “balance”? Give **one** example from a **Games** activity.

Balance

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**Games** activity example

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*(2 marks)*

(ii) What is meant by the term “co-ordination”? Give **one** example from a **Games** activity.

Co-ordination

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**Games** activity example

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*(2 marks)*

**QUESTION 1 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(c) Acquiring, or gaining, skill is very important for all performers to enable them to improve.

(i) **Explain** what is meant by “feedback” in terms of acquiring skill.

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*(2 marks)*

(ii) **What** is meant by “motivation”?

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*(1 mark)*

(iii) **How** can motivation affect skill acquisition?

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*(2 marks)*

15

2 (a) **State** what the following terms mean in relation to a training programme. For **each** term, **explain** how overload might be used effectively.

(i) Frequency

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*(2 marks)*

(ii) Intensity

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*(2 marks)*

(iii) Duration

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*(2 marks)*

**QUESTION 2 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(b) Some performers include altitude training as a method of preparing for their sport.

(i) In what type of physical activity would a performer choose to include altitude training?

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(1 mark)

(ii) **Explain** what altitude training is.

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(2 marks)

(iii) **Describe** what benefits the performer gains from using altitude training.

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(2 marks)

(c) Performers may aim to improve muscular endurance during their training.

(i) **What** is meant by muscular endurance?

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*(2 marks)*

(ii) **Describe** a specific way in which muscular endurance could be improved or developed.

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*(2 marks)*

15

**TURN OVER FOR THE NEXT QUESTION**

**Turn over** ►

**SECTION B**

Factors Affecting Individual Performance and Participation

3 (a) Schools promote participation in physical activities in various ways.

(i) **How** do schools promote participation through timetabled PE lessons?

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*(4 marks)*

(ii) **What** is meant by “extra-curricular activities”? Include **one** example in your answer.

Extra-curricular activities

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Example

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*(2 marks)*

(b) Attitudes have changed towards many aspects of sporting participation.

**Explain** how attitudes have changed in terms of women’s participation and also in terms of opportunities for women in management and their role as officials.

Women’s participation

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Management and role as officials

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*(4 marks)*

(c) IT (Information Technology) is now used a great deal in physical education. **Describe two** different examples showing how IT has been used in a positive way.

Example 1

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Example 2

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*(4 marks)*

**QUESTION 3 CONTINUES ON THE NEXT PAGE**

**Turn over** ►

(d) Activities both grow and decline in popularity for a number of reasons.

(i) **Name** a particular activity which has grown in popularity and **explain** why this has happened.

Activity.....

Explanation

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*(3 marks)*

(ii) **Name** a particular activity which has declined in popularity and **explain** why this has happened.

Activity.....

Explanation

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*(3 marks)*

**END OF QUESTIONS**

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