

Thursday 31 May 2012 – Morning

AS GCE PHYSICAL EDUCATION

G451/01 An Introduction to Physical Education

Candidates answer on the Question Paper.

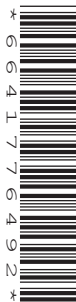
OCR supplied materials:

None

Other materials required:

None

Duration: 2 hours



Candidate forename		Candidate surname	
Centre number		Candidate number	

MODIFIED LANGUAGE

INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** parts of the question in each of Sections A, B and C.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (*).
- This document consists of **20** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

Anatomy and Physiology

1 (a) Atherosclerosis is one of the four main coronary heart diseases.

(i) Describe atherosclerosis.

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..... [3]

(ii) Name **two** other coronary heart diseases.

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..... [2]

(b) Fig. 1 shows the upward and downward phases of a press up.

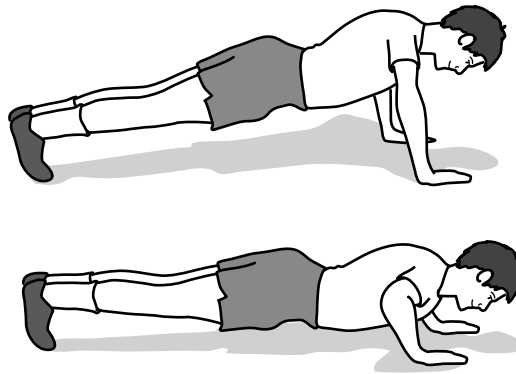


Fig. 1

Explain the role of the triceps brachii in both the upward and downward phases of a press up.

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(c) An individual's mix of fast and slow twitch muscle fibres is genetically determined.

(i) Identify **three** functional characteristics of slow twitch (slow oxidative) muscle fibres.

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..... [3]

(ii) Explain how an individual's mix of muscle fibre types might influence their reasons for choosing to take part in particular types of physical activity.

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(d) Explain how an increased venous return will help to improve the quality of performance during aerobic exercise.

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This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, leaving ample room for writing practice. There is no text or other markings on the page.

Section B

Answer **all** parts of the question.

Acquiring Movement Skills

- 2 (a)** Identify the main characteristics of abilities.

Give a practical example of a gross motor ability **and** a psychomotor ability.

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- (b)** Describe the **four** sources of information according to schema theory.

Knowledge of:

initial conditions;

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response specifications;

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sensory consequences;

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response outcomes.

..... [4]

- (c)** Describe each part of the multi-store memory process. Give a practical example to show how each part of the process adds to the performance of physical activities.

[6]

- (d) (i)** Explain **two** factors which influence the selection of the most appropriate and effective practice methods to improve the performance of movement skills.

..... [2]

- (ii) Explain when massed, distributed, fixed and varied physical practice methods could be used to improve the performance of movement skills.

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(e)* Describe Bandura's model of observational learning.

Discuss the factors that affect successful modelling when learning balanced, active and healthy lifestyle behaviour.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Section C

Answer **all** parts of the question.

Socio-Cultural Studies relating to participation in physical activity

- 3 (a) It could be argued that physical prowess and physical endeavour are characteristics that are more important in high level sport than in physical recreation.

- (i) Give the meaning of the terms:

physical prowess;

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physical endeavour

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- (ii) Compare the characteristics of physical recreation and sport.
In your answer, compare characteristics **other than** physical prowess and physical endeavour.

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(c) Describe the traditional amateur approach to sport in the UK.

Suggest reasons why this amateur approach is being replaced by a more professional approach in contemporary sport in the UK.

..... [5]

[5]

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