

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
AS GCE**

G451/01

PHYSICAL EDUCATION

An Introduction to Physical Education

FRIDAY 6 JUNE 2014: Morning

**DURATION: 2 hours
plus your additional time allowance**

MODIFIED ENLARGED

Candidate forename		Candidate surname	
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Centre number						Candidate number				
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Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the boxes on the first page. 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).

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 (*).

Any blank pages are indicated.

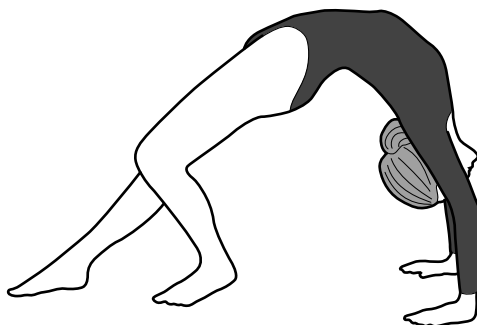
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SECTION A – Anatomy and Physiology

Answer ALL parts of the question

1 (a) Fig. 1 shows a gymnast in a bridge position.

FIG. 1



(i) Complete the table below for the gymnast's spine.

Joint	Joint Type	Movement	Agonist	Antagonist
Spine				

[4]

(ii) Name ONE muscle involved in the core stability of the spine.

_____ [1]

(b) (i) Explain why the position held in a bridge is more stable than in a handstand.

[3]

(ii) Describe angular motion and give an example from sport.

[2]

- (c) (i) Give an average value for cardiac output for a performer at rest and during maximal exercise.**

[2]

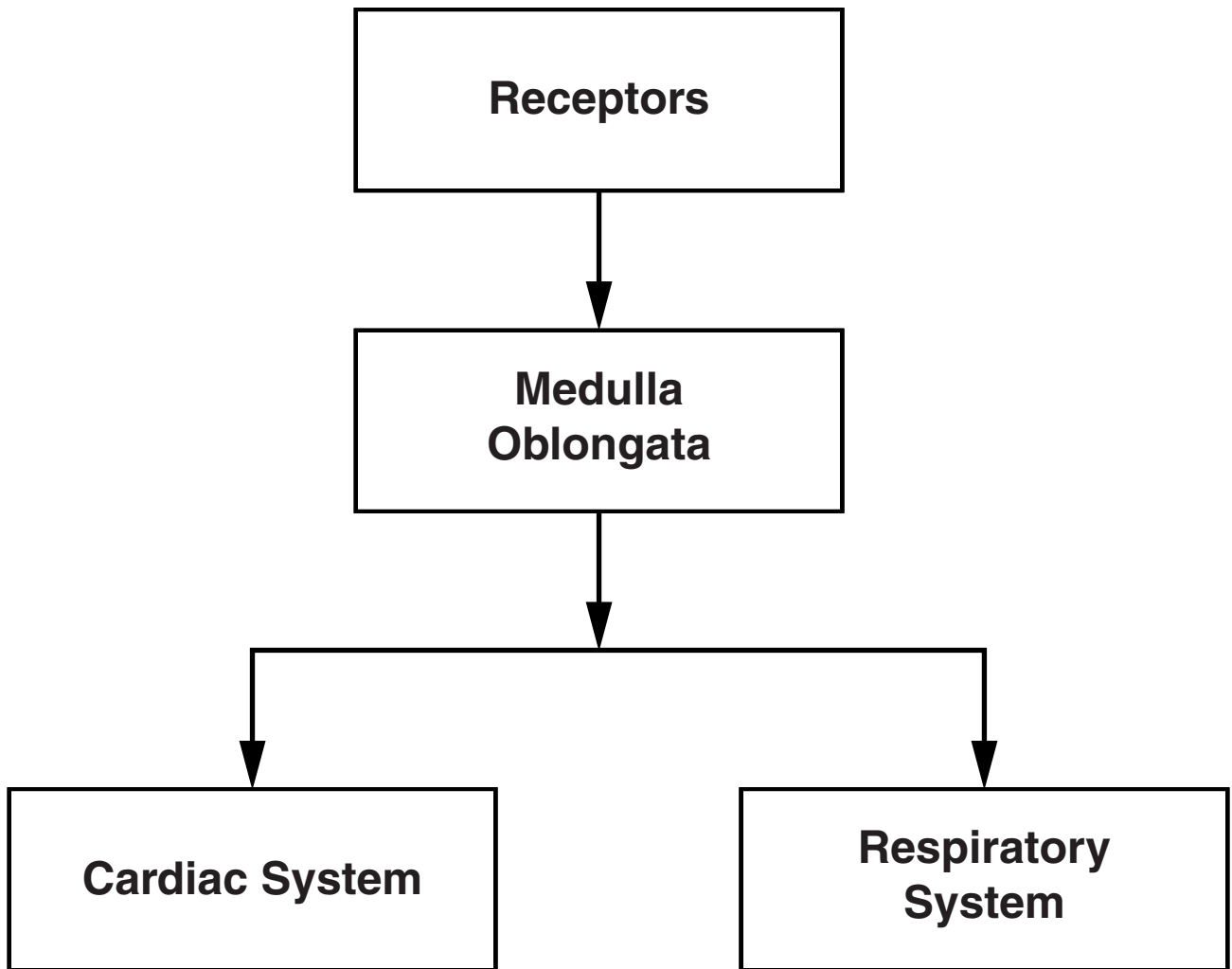
- (ii) Describe how the conduction system of the heart controls the systolic phase of the cardiac cycle.**

[4]

[4]

(e)*

FIG. 2



Describe neural factors which regulate the cardiac and respiratory systems shown in Fig. 2 during exercise.

Using Fig. 2, explain how these systems affect an endurance performer. [10]

[illegible]

[illegible]

SECTION B – Acquiring Movement Skills

Answer ALL parts of the question

- 2 (a) Giving a practical example for each, explain why a skill can be classified as either self paced or externally paced.**

[4]

(b) Quick reactions can be affected by factors such as the psychological refractory period.

Explain the psychological refractory period.

[4]

[6]

(d) Describe the cognitive theory of learning. Give ONE example of how this theory can be applied to the learning of healthy lifestyles.

[illegible]

[illegible]

[illegible]

[illegible]

SECTION C – Socio-Cultural studies relating to participation in physical activity

Answer ALL parts of the question

3 (a) (i) Define Physical Education.

[1]

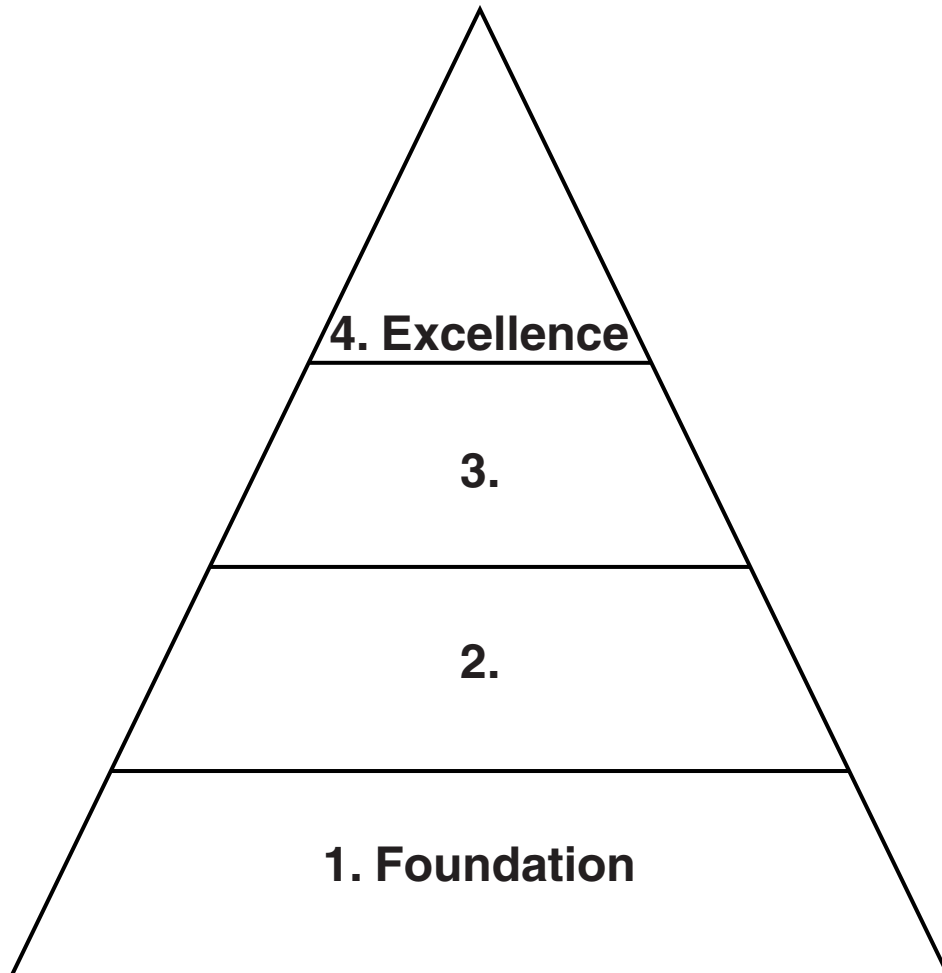
(ii) Physical Education has many benefits such as improved health and fitness.

Identify THREE other possible benefits of Physical Education and explain how each can be achieved.

[3]

- (b) The sports development pyramid has four layers as shown in Fig. 3.

FIG. 3



- (i) Name and describe layers 2 and 3 in Fig. 3.

[2]

- (ii) Name and describe the role of ONE national organisation in the UK that supports elite performers at the top of the sports development pyramid.**

[3]

- (c) The first modern Olympic Games were in Athens in 1896.**

- (i) Describe the background to the modern Olympic Games.**

[3]

(ii) Describe the early aims and philosophy of the modern Olympic movement.

[3]

(d) (i) Explain deviance in sport.

[2]

- (ii) Compare the possible effects of sportsmanship and gamesmanship on sporting situations.**

[3]

(e)* Explain the nature of sport in the USA.

[10]

[illegible]

[illegible]

[illegible]

END OF QUESTION PAPER

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