

Wednesday 23 May 2012 – Afternoon

GCSE PHYSICAL EDUCATION

B451 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour



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** the questions.
- Section A – candidates should only circle one answer per question.
- 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 **60**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **12** pages. Any blank pages are indicated.

Section A

Answer **all** questions. Please circle one answer per question.

- 1** Which one of the following is the best example of health screening?
- (a) A grip dynamometer test
 - (b) A blood pressure test
 - (c) A 30 metre sprint test
 - (d) A sit and reach test
- [1]**
- 2** Which one of the following is an outcome goal?
- (a) To aim to achieve a lower BMI score in a fitness programme
 - (b) To aim to improve technique in circuit training
 - (c) To aim to use the right tactics in a basketball game
 - (d) To aim to be more aggressive in playing sport
- [1]**
- 3** Which one of the following is a possible negative effect of taking steroids as a performance enhancing drug?
- (a) Increasing relaxation for competition
 - (b) Increasing oxygen uptake by muscles
 - (c) Increasing motivation to participate in a healthy lifestyle
 - (d) Increasing the risk of addiction
- [1]**
- 4** Which one of the following shows the importance of warming up before exercise?
- (a) It allows more flexibility
 - (b) It shows officials that you are ready for the competition
 - (c) It slows down the resting heart rate
 - (d) It increases the build up of lactic acid
- [1]**

- 5 Which one of the following best explains a function of vitamins?
- (a) To give us enough fibre for digestion
 - (b) To improve oxygen production
 - (c) To increase speed of muscular contraction
 - (d) To help to prevent disease [1]
- 6 Which one of the following is the best method of exercise to improve your stamina?
- (a) Yoga
 - (b) 100 metre sprint
 - (c) Continuous jogging
 - (d) Weight training [1]
- 7 A key process in Physical Education in schools is to evaluate and improve.
- Which one of the following is an example of a school activity that promotes evaluation in Physical Education?
- (a) To have a good promotional campaign for healthy eating
 - (b) To encourage a pupil to officiate a game
 - (c) To run different extra-curricular activities
 - (d) To have successful sports teams [1]
- 8 Which one of the following is an example of climate affecting levels of participation in the UK?
- (a) Low number of boys taking part in gymnastics
 - (b) High number of girls taking part in dance
 - (c) Poor facilities provided by local authorities
 - (d) Low number of people taking part in skiing [1]

- 9 Which one of the following is the most accurate figure of the percentage of adults who take part in at least one sport or physical activity?
- (a) 40% of 18 year olds take part in at least one physical activity
 - (b) 40% of 70 year olds take part in at least one physical activity
 - (c) 70% of 18 year olds take part in at least one physical activity
 - (d) 70% of 70 year olds take part in at least one physical activity [1]
- 10 Which one of the following is **not** a pathway for involvement in physical activities?
- (a) Volunteering to help in the Olympics
 - (b) Watching a football match on the television
 - (c) Being a basketball official in an inter-school match
 - (d) Helping in a local community dance school [1]
- 11 Which one of the following is a social reason for taking part in physical activities?
- (a) To enjoy the feeling of winning in a physical activity
 - (b) To try to reach your personal best in an athletic event
 - (c) To regularly attend an exercise class to get fitter
 - (d) To join a spin class to make friends [1]
- 12 Which one of the following statements best describes a balanced diet?
- (a) No red meat and no alcohol
 - (b) High water intake
 - (c) Energy intake matches energy output
 - (d) No sugary foods [1]
- 13 Which one of the following fundamental motor skills is used most when playing tennis?
- (a) Throwing
 - (b) Hitting
 - (c) Jumping
 - (d) Catching [1]

14 Which one of the following is the main reason for having rules in a physical activity?

- (a) To ensure fair play
- (b) To encourage people to watch the activity
- (c) To earn more money for playing the activity
- (d) To please family and friends

[1]

15 Access to green space is important for health and well-being.

Which one of the following is the best example of the importance of access to green space?

- (a) It decreases opportunities to relax
- (b) It allows more leisure centres to be built
- (c) It increases participation in basketball
- (d) It allows more opportunities for outdoor activities

[1]

[15 marks]

Section B

Answer **all** questions.

16 Identify **three** positive effects the family can have on a person taking part in physical activities.

- 1)
- 2)
- 3) **[3]**

17 Give an example of a protein-rich food **and** explain why it is important as part of a healthy diet.

Protein-rich food:

Explanation

.....

.....

..... **[3]**

18 Describe the negative effects of illegal blood doping used for enhancing performance.

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..... **[4]**

- 19** Describe how you would use the body mass index (BMI) to assess if a person is ready for exercise.

..... [4]

- 20** Describe what is meant by sportsmanship when taking part in physical activities.

..... [6]

- 21** Give an example of a warm up activity **and** explain why a warm up is important when taking part in a physical activity.

Example of a warm up

Explanation

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..... [5]

- 22** Creativity is a key concept in Physical Education.

Identify **three** other key concepts in Physical Education. Give one practical example for each.

Identification of key concept

Practical example

.....

Identification of key concept

Practical example

.....

Identification of key concept

Practical example

..... [6]

23 Cardiovascular endurance or stamina is one component of fitness.

Identify **four** other components of fitness.

- 1)
- 2)
- 3)
- 4) **[4]**

24 Explain why it is important to follow an active, healthy lifestyle.

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..... **[4]**

..... [6

[45 marks]

[Paper total: 60 marks]

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