

Candidate forename						Candidate surname					
Centre number						Candidate number					

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

GCSE

B451

PHYSICAL EDUCATION

An Introduction to Physical Education

WEDNESDAY 23 MAY 2012: Afternoon

DURATION: 1 hour

plus your additional time allowance

MODIFIED ENLARGED

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 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).**

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 (*).**

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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 likelihood of addiction [1]**
- 4 Which one of the following demonstrates the importance of warming up before exercise?**
- (a) It enables 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 help to officiate in a game**
- (c) To run a variety of 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 participating in gymnastics**
- (b) High participation in dance by girls**
- (c) Poor facilities provided by local authorities**
- (d) Low participation in skiing [1]**

- 9 Which one of the following is the most accurate figure of the proportion 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 participating 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) Give up all foods with sugar content [1]**

13 Which one of the following fundamental motor skills is involved 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 gain more money for playing the activity

(d) To please family and friends

[1]

15 Access to green space is an indicator of 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 helps to allow the building of more leisure centres**
 - (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 which the family can have on a person participating 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.

[4]

19 Describe how you would use the body mass index (BMI) to assess a person's readiness for exercise.

[4]

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[6]

21 Give an example of a warm up activity AND explain why a warm up is important when participating in a physical activity.

Example of a warm up _____

Explanation _____

_____ **[5]**

22 Creativity is a key concept in Physical Education.

Identify THREE other key concepts in Physical Education, giving a 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.

[4]

[6]

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