

SECTION A

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

- 1 Which one of the following is an example of a hinge joint?
- (a) Shoulder
 - (b) Neck
 - (c) Elbow
 - (d) Wrist
- [1]
- 2 Which one of the following statements does **not** apply to osteoarthritis?
- (a) It results in movement difficulties
 - (b) It involves inflammation and swelling of the joints
 - (c) It results in pain and discomfort around a joint
 - (d) It involves muscle hypertrophy surrounding the joints
- [1]
- 3 Which one of the following is the best description of an agonist?
- (a) The muscle that starts the movement
 - (b) The muscle that lengthens during the movement
 - (c) The muscle that relaxes during the movement
 - (d) The muscle that opposes the movement
- [1]
- 4 Which one of the following is a true statement?
- (a) The components of the FITT Principle are Frequency, Intensity, Tedium and Type
 - (b) Reversibility ensures effective forward and backward motion
 - (c) Overload involves working the body harder than normal
 - (d) An example of specificity is to do a whole body work-out
- [1]

- 5 Which of the following is **not** a potential hazard to a performer?
- (a) A faulty piece of apparatus in gymnastics
 - (b) Concussion in a football game
 - (c) A high level of chlorine in a swimming pool
 - (d) Dog faeces on a rugby pitch
- [1]
- 6 Which one of the following is a long-term effect of exercise on the respiratory system?
- (a) Increase in stroke volume
 - (b) Increase in tidal volume
 - (c) Decrease in minute volume
 - (d) Decrease in rate of recovery
- [1]
- 7 Which one of the following is an example of intrinsic motivation?
- (a) A striker in a football team trying to beat the club record of 20 goals for the season
 - (b) A centre in netball following her coaches orders to mark her opponent tightly
 - (c) A rugby forward enjoying tackling his opponent and winning the ball
 - (d) A hockey goalkeeper stopping a penalty to win the man of the match award
- [1]
- 8 Which one of the following is a good strategy to avoid tendonitis?
- (a) To take plenty of rest intervals when training
 - (b) To wear thick socks in all weathers
 - (c) To always eat five fruit or vegetables each day
 - (d) To ask others to put their hand to their mouth when they cough
- [1]

- 9 Which one of the following is an example of effective mental preparation for physical activity?
- (a) Relaxing all the muscles with a thorough warm up
 - (b) Ensuring you maximise your anxiety levels just before competition
 - (c) Stretching all your muscles through yoga activities
 - (d) Thinking calm thoughts before a penalty shot in basketball [1]
- 10 Which one of the following is an example of a role of a National Governing Body (NGB)?
- (a) To select the Olympic team and officials
 - (b) To administer drug testing of all athletes and coaches
 - (c) To fund local authority facilities and equipment for their sport
 - (d) To organise competitions and formulate the rules [1]
- 11 Which one of the following is an example of a muscle found in the back?
- (a) Triceps
 - (b) Pectorals
 - (c) Trapezius
 - (d) Abdominals [1]
- 12 Which one of the following is true?
- (a) SMART goal setting can ensure exercise adherence
 - (b) The skeletal system produces lactic acid
 - (c) A synergist is used to protect against outdoor hazards
 - (d) Hypertrophy is a top award that encourages athletes to win [1]

- 13** Which one of the following training methods is mainly concerned with developing power?
- (a) Fartlek
 - (b) Plyometrics
 - (c) Circuits
 - (d) Interval [1]
- 14** Which one of the following is a practical example of sponsorship to promote an active, healthy lifestyle?
- (a) A famous training shoe company paying for the clothing of a top tennis professional
 - (b) A millionaire giving money to an athlete to represent a company to make more profit
 - (c) A mineral water company paying for the organisation of a junior tennis tournament event
 - (d) A top professional sportsman doing an advertising campaign for a sports betting website [1]
- 15** Which one of the following statements is true?
- (a) Flexion involves increasing the angle at a joint
 - (b) Adduction is movement away from the midline of the body
 - (c) Rotation is when the bone turns about its longitudinal axis within a joint
 - (d) Abduction involves muscle wastage [1]

SECTION B

Answer **all** questions.

16 Identify **three** different functions of the skeleton.

- 1
- 2
- 3

[3]

17 (a) Identify **two** functions of ligaments.

- 1. Function
- 2. Function

(b) Describe how joints can become inflamed.

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[4]

18 Describe **three** effects of mental preparation on the performance of physical activities, giving a practical example for each.

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- 2
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- 3
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[6]

21 Describe the role of the International Olympic Committee (IOC).

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22 Describe **three** different extrinsic motives to be a coach in a physical activity.

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..... [3]

23 Identify **three** methods of learning physical activity skills and give a practical example for each method.

1. Method

Practical example

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2. Method

Practical example

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3. Method

Practical example

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[6]

24 Explain how schools can promote an active healthy lifestyle.

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[4]

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

A large area of lined paper for writing. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dotted lines, providing space for writing answers.

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines extending across the page, providing a space for writing answers.



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