

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE**

B453/01

**PHYSICAL EDUCATION
Developing Knowledge in
Physical Education**

**THURSDAY 26 MAY 2016:
Afternoon**

**DURATION: 1 hour
plus your additional time allowance
MODIFIED ENLARGED 24pt**

Candidate forename						Candidate surname				
Centre number						Candidate number				

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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.

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.

Any blank pages are indicated.

The quality of your written communication will be assessed in the question marked with an asterisk (*).

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.

_____ [4]

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

1 _____

2 _____

3 _____

[6]

19 Using a practical example, describe the vascular shunt mechanism.

[4]

20 Explain the different influences of the media on following healthy lifestyles.

[5]

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

[4]

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

[3]

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

1. Method

Practical example

2. Method

Practical example

3. Method

Practical example

[6]

24 Explain how schools can promote an active healthy lifestyle.

[4]

[6]

[illegible]

END OF QUESTION PAPER

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.

[illegible]



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