

HA023196313



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Pearson		Centre Number			Candidate Number				
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<h1>Physical Education</h1> <h2>Unit 1: The Theory of Physical Education</h2>									
Friday 19 May 2017 – Afternoon						Paper Reference			
Time: 1 hour 30 minutes						5PE01/01			
You do not need any other materials.								Total Marks	
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Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*

Information

- The total mark for this paper is 80.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk (*)** are ones where the quality of your written communication will be assessed – *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

- 1 (a) Which one of the following initiatives is **most** likely to be effective in retaining people in sport?

(1)

- A Increased cost of admission
- B Taster sessions to try out new sports
- C Increased links between schools and sports clubs
- D Making sure there are opportunities for people new to the sport to replace those that give up

Questions 1(b) and 1(c) are about the components of fitness.

- (b) Identify the **most** relevant component of fitness required to complete the arm action shown in **Figure 1**.

(1)



Figure 1

- A Balance
- B Flexibility
- C Body composition
- D Reaction time



(c) Identify the component of fitness required to get the height needed to complete the action shown in **Figure 2**.

(1)

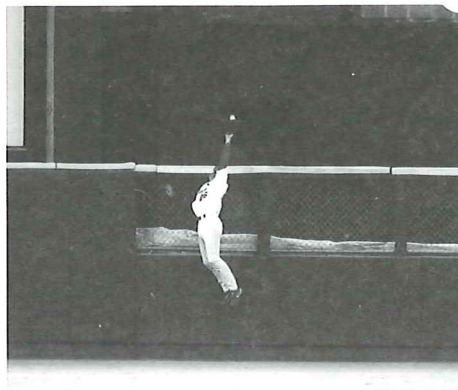


Figure 2

- A** Cardiovascular endurance
- B** Power
- C** Body composition
- D** Speed

Questions 1(d) and 1(e) are about fitness testing.

(d) Identify the fitness test being performed in **Figure 3**.

(1)



Figure 3

- A** Harvard step test
- B** Sergeant jump test
- C** Standing broad jump
- D** Standing stork test



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(e) Identify the component of fitness being measured by the treadmill test shown in **Figure 4**.

(1)



Figure 4

- A** Body composition
- B** Cardiovascular fitness
- C** Muscular endurance
- D** Muscular strength

(f) Which one of the following lists **all** the required elements of a balanced diet?

(1)

- A** Fats, carbohydrates, proteins, micronutrients, water
- B** Macronutrients, fibre, water
- C** Macronutrients, water and micronutrients
- D** Vitamins, minerals, fibre, water, macronutrients



(g) When participating in physical activity there is always the risk of injury.

Which one of the following is the performer in **Figure 5** using to reduce the risk of injury during their activity?

(1)

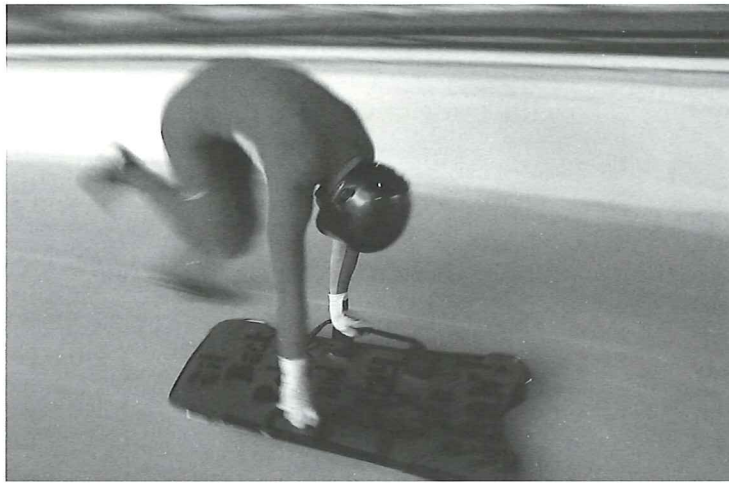


Figure 5

- A** PAR-Q
- B** Cool-down
- C** Correct clothing
- D** Balanced competition

(h) Which one of the following is a short-term response of the cardiovascular system to exercise?

(1)

- A** Drop in resting heart rate
- B** Increase in breathing rate
- C** Increase in heart rate
- D** Drop in breathing rate

(i) Which one of the following techniques involves an isometric muscle contraction?

(1)

- A** Holding a headstand in a yoga class
- B** Running action in a 100m sprint
- C** Movement of the arm during a serve in tennis
- D** Movement of the upper body during a sit-up



(j) Which one of the following statements is correct?

(1)

- A** Ball and socket joints allow rotation
- B** Flexion and extension are only possible at a ball and socket joint
- C** Hinge joints allow abduction and adduction
- D** All joint types allow the same range of movement

(Total for Question 1 = 10 marks)

2 Describe how physical activity can be used to improve cooperation.

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(Total for Question 2 = 2 marks)

3 Identify each key influence affecting participation in physical activity and sport.

(a) If a sport is shown on television it will encourage people to participate in that sport.

(1)

(b) If a person is a wheelchair user they may have fewer opportunities to participate in physical activity.

(1)

(c) If a sport is expensive it will limit the number of people that can afford to play that sport.

(1)

(Total for Question 3 = 3 marks)

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4 Good balance is required when participating in physical activity and sport.

Describe, using an example, how each of the following performers would use balance in their activity.

Use a different description and example for each performer.

(a) Gymnast

(2)

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(b) Rugby player

(2)

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(Total for Question 4 = 4 marks)

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5 Explain two reasons why the Illinois agility run test would be **unsuitable** to assess the fitness of swimmers.

Reason 1

(2)

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Reason 2

(2)

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(Total for Question 5 = 4 marks)

6 Explain the principles of training being applied in the statements below.

(a) Binna and Jus are in the school swimming team. They attend swimming training sessions in the school pool.

(2)

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(b) Greg organises his training so that he trains on every other day of the week.

(2)

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(Total for Question 6 = 4 marks)

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- 7 Yulia wants to increase her fitness to improve her judo performance. She has a competition in three months' time.

Fitness test	Rating
Sit and reach	Average
Hand grip test	Good
30m sprint	Average

Table 1

Table 1 shows Yulia's ratings from some of her fitness tests.

- (a) Using the information in Table 1, give an example of a SMART target Yulia's coach could set her to improve her fitness.

(2)

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- (b) Explain how using SMART targets could improve Yulia's judo performance.

(2)

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(Total for Question 7 = 4 marks)



8 Explain why the following performers would use the stated methods of training to improve performance in their event.

(a) Marathon runner – continuous training

(3)

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(b) Sprinter – interval training

(3)

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(Total for Question 8 = 6 marks)

9 Complete the following statement that explains why sports performers should not eat a large meal immediately before exercising.

As a result of exercise there is increased blood flow to the

....., this means there is less blood available for

..... due to blood shunting.

(Total for Question 9 = 2 marks)

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10 The table shows sports performers with different body types.

(a) Complete the table by identifying the somatotype of the performers.

Performer	Somatotype
 <p data-bbox="432 712 643 745">Sumo wrestler</p>	<p data-bbox="810 456 842 490">(i)</p> <hr style="border-top: 1px dotted black;"/> <p data-bbox="1233 568 1273 602">(1)</p>
 <p data-bbox="384 1108 687 1142">Steeplechase athlete</p>	<p data-bbox="810 853 842 887">(ii)</p> <hr style="border-top: 1px dotted black;"/> <p data-bbox="1233 965 1273 999">(1)</p>

(b) Explain why each somatotype is an advantage to the performers in their activity.

(i) Sumo wrestler

(2)

(ii) Steeplechase athlete

(2)

(Total for Question 10 = 6 marks)



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11 Some athletes, despite the risks, take performance-enhancing drugs. Identify the type of drug most likely to enhance performance in the following activities:

(a) 100m sprint (1)

(b) long distance cycling event (Tour de France) (1)

(c) archery. (1)

(Total for Question 11 = 3 marks)

12 Participation in physical activity can result in injury.

State the name of the procedure that should be followed if a player suffers a soft tissue injury.

(Total for Question 12 = 1 mark)

13 Figure 6 shows the heart rate values of four different performers:

- at rest
- during the Harvard step test
- at 1-minute intervals during recovery.

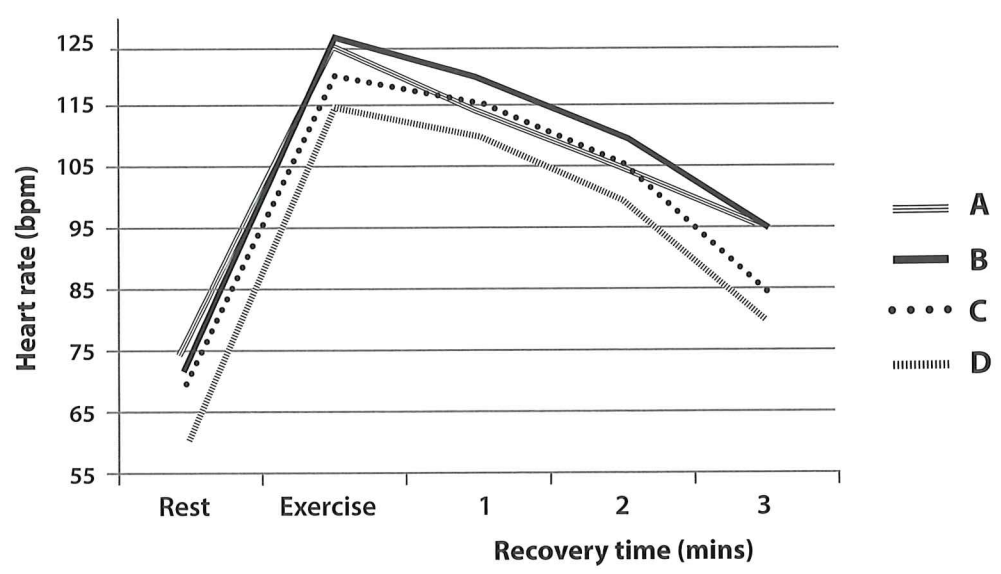


Figure 6



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(a) Which performer, A, B, C or D, is **most** likely to participate in regular aerobic training? (1)

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(b) Using **Figure 6**, explain your answer to 13(a). (3)

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(c) Explain the antagonistic muscle action that occurs as the performers step onto the bench during the Harvard step test. (3)

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(d) Explain **one** way the skeletal system allows the performers to step onto the bench during the Harvard step test. (2)

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(Total for Question 13 = 9 marks)



14 Sports performers will select training methods to meet their individual needs.

- (a) Complete the table by identifying the **most** suitable method of training for each performer.

Sports performer	Method of training
(i) A basketball player who wants to improve her skill and fitness in the same session.	(1)
(ii) A triathlete whose event involves running, swimming and cycling, who needs to train for each part of his event.	(1)

Jacob is a cross-country runner.

- (b) Explain a reason why Jacob would choose Fartlek as a method of training.

(2)

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- (c) Describe how the respiratory **and** cardiovascular systems work together to help Jacob complete the cross-country race in a good time.

(4)

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(d) Explain a reason why Jacob's cross-country performance would get worse if he smoked.

(2)

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(Total for Question 14 = 10 marks)

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***15** Discuss the relative importance of muscular strength and reaction time for each of the performers competing in the activities shown in **Figure 7**.

(6)



Gymnast



Start of 100m race

Figure 7

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(Total for Question 15 = 6 marks)



*16 Discuss the possible effects of an active lifestyle on mental **and** physical health.

(6)

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(Total for Question 16 = 6 marks)

TOTAL FOR PAPER = 80 MARKS



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