



(d) Which of the following activities would be **most** suitable to include in a training programme designed to improve performance for a **long distance runner**?

- A Aerobic work on a track
- B Aerobic work on a bike
- C Aerobic work in a swimming pool
- D Anaerobic work using very heavy weights

(1)

(e) Which of the following methods of training would be **most** suitable to include in a training programme designed to improve performance for a **long distance runner**?

- A Weight training
- B Continuous training
- C Circuit training
- D Isotonic training

(1)

(f) Which of the following activities would present an unsupervised beginner with the **greatest risk**?

- A Dance
- B Archery
- C Badminton
- D Middle distance running

(1)

(g) The following statements all relate to sports situations resulting in injury. Which of the statements would result in the gymnast being placed in the **recovery position**?

- A The gymnast falls from the rings and fractures his arm
- B The gymnast lands awkwardly and sprains his ankle
- C The gymnast slips as he reaches the vault, hits his head and becomes unconscious
- D The gymnast completes a long training session on the pommel horse resulting in blisters on his hands

(1)



## SECTION TWO

Answer ALL questions

2. Year 11 students were asked why they took GCSE PE. Some of their answers are listed in the table below.

(a) Complete the table to categorise each of their answers, stating whether the answers given are a mental, physical or social benefit of exercise.

REASONS FOR TAKING GCSE PE	CATEGORY MENTAL, PHYSICAL OR SOCIAL BENEFIT?
I took it because lots of my friends opted for it	
I knew I had to complete a Personal Exercise Programme (PEP) and hoped this would help me to lose weight	
I enjoy physical education lessons	

(3)

(b) Complete the table below by stating **THREE** reasons other than those given in 2(a) why people might join a *sports club*. Make sure your reason matches the category given in the table.

	OTHER REASONS FOR JOINING A SPORTS CLUB	CATEGORY MENTAL, PHYSICAL OR SOCIAL BENEFIT?
1		SOCIAL
2		MENTAL
3		PHYSICAL

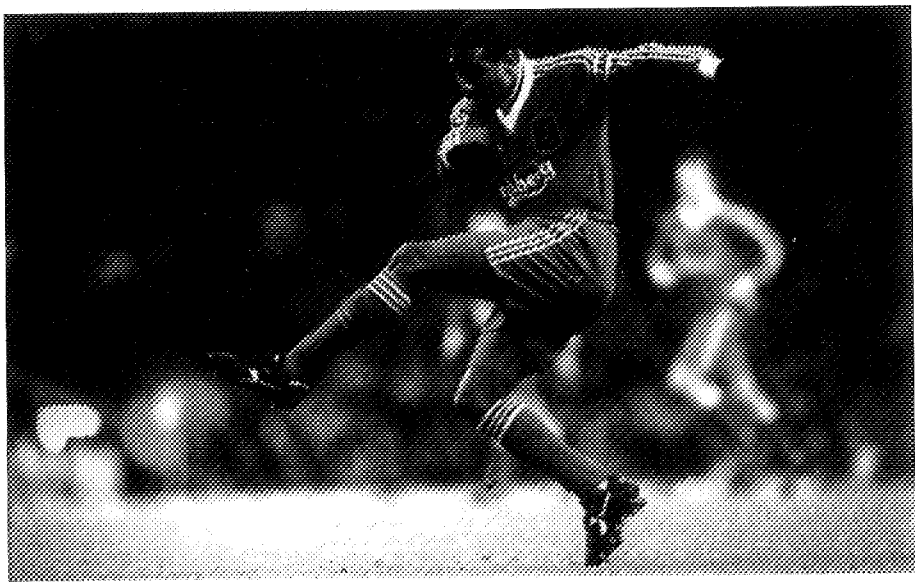
(6)

(Total 9 marks)

Q2



Figure 1 shows a footballer completing his shot at goal.



(Source: Allsport Ltd)

Figure 1

(c) The flexibility of the footballer helps him to achieve the required position to strike the ball.

(i) Explain the term flexibility

.....  
..... (1)

(ii) Name ONE other component of health related exercise that will be important to the footballer's success.

Component..... (1)

(iii) Explain how the component of health related exercise you stated will help the footballer's performance.

How component helps performance.....  
.....  
..... (1)

(Total 7 marks)

Q3



5. Ali plays badminton for the school team but is frightened of losing his place due to his lack of fitness. He has decided to plan a Personal Exercise Programme (PEP) to help him improve his fitness for badminton.

(a) **Overload** and **specificity** are two important principles of training. Complete the table below to give an explanation of these two principles and specific examples of how Ali might apply them in his PEP.

PRINCIPLE OF TRAINING	EXPLANATION OF PRINCIPLE	APPLICATION OF PRINCIPLE WITHIN ALI'S PEP
OVERLOAD		
SPECIFICITY		

(4)

(b) **FITT** is another principle of training.

(i) What do the letters **FITT** stand for?

F .....

I .....

T .....

T .....

(1)

(ii) How could the **FITT** principle be used to create **overload** in a training programme?

.....

.....

.....

(1)



7. State **TWO** reasons why it is important to obey the laws or rules of any practical activity.

1. ....  
.....  
(1)

2. ....  
.....  
(1)

(Total 2 marks)

Q7

8. A warm up is a very important part of preparation before competition.

(a) State **THREE** phases of a warm up.

1. ....  
.....  
(1)

2. ....  
.....  
(1)

3. ....  
.....  
(1)

(b) State **THREE** reasons why a warm up is thought to be good preparation before a competition.

1. ....  
.....  
(1)

2. ....  
.....  
(1)

3. ....  
.....  
(1)

(Total 6 marks)

Q8



10. Figure 3 is a diagram of the heart.

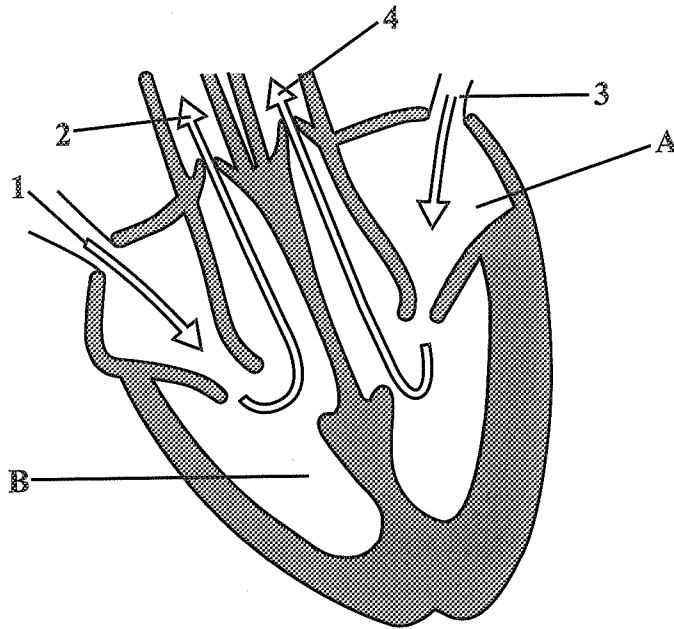


Figure 3

(a) Name the parts labelled A and B.

A ..... (1)

B..... (1)

(b) Numbered arrows have been added to the diagram to indicate the flow of blood through the heart.

(i) Which arrows indicate the flow of deoxygenated blood?

.....and ..... (2)

(ii) What type of blood vessel carries blood away from the heart?

..... (1)

(iii) State ONE way in which this type of vessel will differ from the type of vessel that returns blood to the heart.

.....  
 ..... (1)

(Total 6 marks)

Q10



12. The skeleton plays an important role in physical activity. Figure 4 shows a netball player reaching for the ball.



(Source: Hodder & Stoughton)

**Figure 4**

Complete the table below to:

- (a) state the missing functions of the skeleton
- (b) give an explanation of the functions
- (c) explain how the missing function relates to participation in physical activity

(a) FUNCTION	(b) EXPLANATION	(c) HOW THIS FUNCTION AIDS PERFORMANCE
		By reducing chances of injury players can continue to play
		Players need to be able to move in order to 'play the game'
Blood production		

(Total 6 marks)

Q12





(d) What types of movement are possible at joint D (hip)?

..... and ..... (1)

..... and ..... (1)

..... (1)

(Total 8 marks)

Q13

14. (a) Explain the term muscle tone.

.....  
..... (1)

(b) There are three types of muscle tissue. Complete each of the statements by naming the muscle tissue type being described.

(i) ..... muscle tissue is only found in the heart. (1)

(ii) ..... muscle tissue can be found in the walls of blood vessels. (1)

(iii) The bicep is an example of ..... muscle tissue. (1)

(iv) During exercise we use ..... muscle tissue to help us move. (1)

(Total 5 marks)

Q14

TOTAL FOR SECTION TWO: 80 MARKS



(d) Ros, Emma, Belinda and Will are all developing their own Personal Exercise Programme (PEP).

(i) As they all need to improve fitness for football, what is the reason for not using the same PEP?

..... (1)

(ii) What training principle should they apply on a regular basis to ensure that they improve their fitness, but without getting injured?

..... (1)

(iii) Belinda sustained an injury in a match and could not train for 6 weeks. What principle of training will have affected her fitness levels during this time?

..... (1)

Question 17 continues overleaf.



(e) When sprinting, Marvin's muscles work **antagonistically**. Complete the following statements to explain what is happening when he is sprinting.

(i) When muscles work antagonistically, one muscle .....  
and the other muscle ..... (2)

(ii) As the muscles work they change the shape of the leg at the knee. When the leg  
straightens it is called ..... and when it bends it is called  
..... (2)

(iii) The muscles responsible for straightening the leg at the knee are the  
..... The ..... bend the leg at the knee. (2)

(f) Marvin's muscles will be made up of different types of muscle fibre.

(i) What muscle fibre type would be most suited to Marvin's event?  
..... (1)

(ii) Give a reason for your answer.  
.....  
..... (1)

(iii) Why would these fibre types be unsuitable for long distance events?  
.....  
..... (1)



(a) Gymnastics is said to stimulate **aesthetic appreciation**. What does this mean?

.....  
 .....

(1)

(b) Complete the table to identify **TWO health related exercise** and **TWO skill related fitness** components that are important to the gymnast whilst performing the part of her routine shown in **Figure 6**.

	COMPONENT 1	COMPONENT 2
HEALTH RELATED EXERCISE		
SKILL RELATED FITNESS		

(4)

(c) Explain how the **skill related fitness** components you identified are being used in the photograph of the gymnast, in **Figure 6**.

1. ....  
 .....

(1)

2. ....  
 .....

(1)

(d) (i) The gymnast in **Figure 6** is supporting her body weight whilst upside down.

What joint is she using to support her weight?

.....

(1)

(ii) What **type** of bones make up this joint, and why are they suited to supporting body weight?

Type of bone: .....

(1)

Why are they suited to supporting body weight? .....

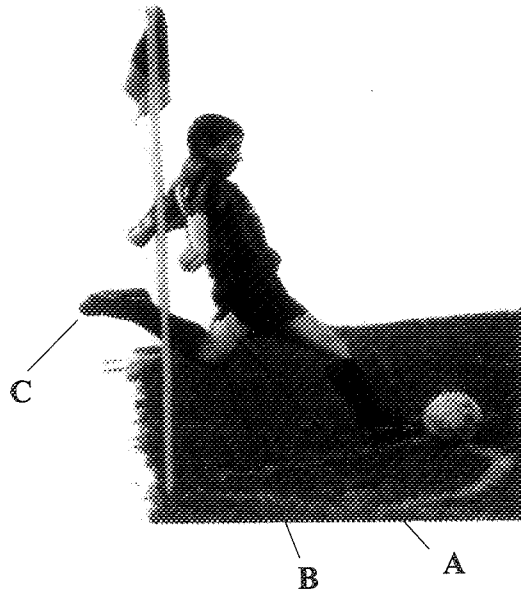
.....

(1)



17. Ros, Emma, Belinda and Will are all GCSE PE students. They all play football and want to improve their analysis of performance and practical performance before their final assessment. They asked each other questions about their performance as well as devising their own Personal Exercise Programme (PEP).

(a) Figure 7 shows a footballer about to take a corner kick.



(Source: Feltham Press Ltd)

Figure 7

Name the bones involved in the kicking action, labelled A, B and C in Figure 7.

- (i) A ..... (1)
- (ii) B..... (1)
- (iii) C ..... (1)

