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| Centre No. | | | | | | | Paper Reference | | | | Surname | Initial(s) | | | |
| Candidate No. | | | | | | | 1 | 8 | 2 | 7 | / | 0 | 1 | Signature | |

Paper Reference(s)

1827/01

Edexcel GCSE

Physical Education

Paper 1

Friday 18 May 2007 – Morning

Time: 1 hour 45 minutes

Examiner's use only

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Team Leader's use only

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HA000933641

Materials required for examination
Nil

Items included with question papers
Nil

| Question Number | Leave Blank |
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Instructions to Candidates

In the boxes above, write your centre number, candidate number, your surname, initial(s) and signature. Check that you have the correct question paper. Answer ALL the questions. For Section ONE: Do not use pencil. Use blue or black ink. For each question, choose an answer, A, B, C or D, and put a cross in the box (☒). Mark only one answer for each question. If you change your mind about an answer, put a line through the box (☓) and then mark your new answer with a cross (☒). Write your answers to Sections TWO and THREE in the spaces provided.

Information for Candidates

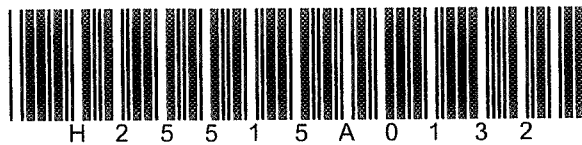
The marks for individual questions and the parts of questions are shown in round brackets: e.g. (2). There are 16 questions in this question paper. The total mark for this paper is 150. There are 32 pages in this question paper. Any blank pages are indicated.

Advice to Candidates

You are reminded of the importance of clear English and orderly presentation in your answers.

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Turn over

SECTION ONE

Answer ALL the questions.

For each question, choose an answer, A, B, C or D, and put a cross in the box (☒). Mark only one answer for each question. If you change your mind about an answer, put a line through the box (☒) and then mark your new answer with a cross (☒).

eg: Mark the box like this:

If you change your mind, mark the boxes like this:

| | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> | A |
| <input type="checkbox"/> | B |
| <input checked="" type="checkbox"/> | C <i>This shows your answer</i> |
| <input type="checkbox"/> | D |

| | |
|-------------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> | A <i>This shows your final answer</i> |
| <input type="checkbox"/> | B |
| <input checked="" type="checkbox"/> | C <i>First answer</i> |
| <input type="checkbox"/> | D |

1. (a) Flexibility is an important aspect of fitness. Which of the following statements defines the term flexibility?

- A A form of physical activity designed to improve health
- B The range of movement possible at a joint
- C The ability to move from one position to another easily
- D A performer who can take on many different roles

(1)

(b) Which of the following is a correct statement about reaction time?

- A The time taken to perform a movement
- B The longer a runner takes to react to the starter's gun the quicker his time will be
- C The time between the presentation of a stimulus and the start of movement
- D It is a component of health related exercise

(1)

(c) Which of the following events is an example of an aerobic activity?

- A 100m
- B Javelin
- C 1500m
- D Long Jump

(1)



(d) Which of the following is the correct target zone for an endurance athlete who is 20 years old?

- A 200bpm : 220bpm
- B 120bpm : 160bpm
- C resting heart rate : 120bpm
- D resting heart rate

(1)

(e) Which of the following is an important source of roughage in an athlete's diet?

- A Fats
- B Vitamins
- C Minerals
- D Fibre

(1)

(f) Which of the following statements is a benefit of a cool down?

- A Reduces the chance of injury during activity
- B Increases blood flow around the body
- C Increases the production of lactic acid
- D Reduces the risk of muscle stiffness after exercise

(1)

(g) Which of the following is a true statement about arteries?

- A They take blood away from the heart
- B They all carry oxygenated blood
- C They contain blood which is under low pressure
- D They have valves

(1)



(h) Which of the following statements describes the correct passage of air into the lungs?

- A Nasal passages, trachea, bronchioles, alveoli
- B Trachea, bronchioles, bronchi, alveoli
- C Larynx, bronchi, bronchioles, ribs
- D Larynx, bronchi, bronchioles, alveoli

(1)

(i) Joints are capable of different ranges of movement. Which statement best describes the range of movement possible at a ball and socket joint?

- A flexion, extension, rotation, abduction, adduction
- B circumduction, extension, flexion, rotation, abduction
- C adduction, circumduction, flexion, extension, rotation
- D adduction, abduction, circumduction, flexion, rotation

(1)

(j) The correct statement in relation to muscle tone is:

- A Muscle contraction that is controlled consciously
- B The reflex contraction of involuntary muscles
- C Muscle definition in an elite performer
- D State of slight tension in voluntary muscles

(1)

Q1

(Total 10 marks)

TOTAL FOR SECTION ONE: 10 MARKS



SECTION TWO

Answer all questions

2. Figure 1 shows performers participating in sport.



(Source: *Essential GCSE PE for Edexcel*, Hodder Arnold, 2005)

Figure 1

Complete the table below

- (i) Give **one** reason why each performer takes part in physical activity. Make sure you give a different reason for each performer.
- (ii) State whether the reason is Social, Physical or Mental.

| PERFORMER | (i) REASON | (ii) SOCIAL, PHYSICAL OR MENTAL BENEFIT OF EXERCISE |
|----------------------|------------|-----------------------------------------------------|
| TENNIS PLAYER | | |
| CROSS COUNTRY RUNNER | | |
| CLUB NETBALL PLAYER | | |

(6)



(iii) State two other reasons for taking part in sport

- 1
-
- 2
-

(2)

(Total 8 marks)

Q2

3. Select a component of Health Related Exercise to complete the following statements:

(a) The legs of a long distance runner need high levels of to ensure that they can last the length of the race. (1)

(b) This is required by a gymnast to support his body weight
..... (1)

(c) is the percentage of body weight which is fat, muscle and bone. (1)

(Total 3 marks)

Q3



4. (a) Select a **different** component of Skill Related Fitness to complete each of the following statements:

(i) A high jumper needs at take off to achieve the height to clear the bar. (1)

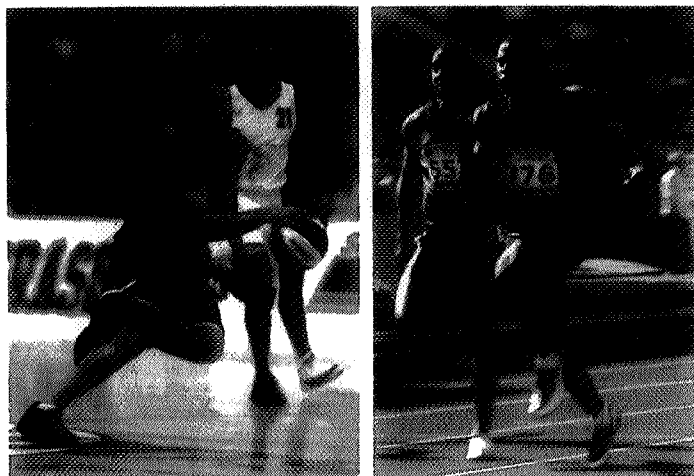
(ii) Racket players need to move the hand holding the racket to the right place to strike the ball correctly. (1)

(iii) Footballers need to beat their opponents to the ball. (1)

(iv) A gymnast needs to maintain her position on a beam. (1)

(b) Figure 2 shows performers in two different activities.

Agility is more important to the games players than the sprinters.



(Source: *Essential GCSE PE for Edexcel*, Hodder Arnold, 2005)

Figure 2

(i) Explain the term agility.

.....
.....
.....

(1)



(ii) Give a specific example when a games player would use agility during a match.

.....
.....
.....

(1)

(iii) Explain why agility is not important to a 100m sprinter.

.....
.....

(1)

(Total 7 marks)

Q4



L 2 5 5 1 5 Δ 0 0 3 2

5. (a) The principles of training are used to improve health, fitness and performance.

(i) Explain how the principle of **overload** could improve fitness.

.....
.....
.....
.....

(1)

(ii) Explain how the principle of **moderation** can help to maintain health.

.....
.....
.....
.....

(1)

(iii) Explain how the principle of **specificity** could lead to improved performance.

.....
.....
.....
.....

(1)

(b) When would a performer experience the principle of **reversibility**?

.....
.....
.....

(1)

(Total 4 marks)

Q5



6. (a) The gymnast in **Figure 3** is holding a position on the rings.



(Source: *Essential GCSE PE for Edexcel*, Hodder Arnold, 2005)

Figure 3

(i) What type of muscle contraction is taking place to allow the gymnast to hold this position?

..... (1)

(ii) What **method of training** would the gymnast use to develop the component of fitness necessary to support him in this position?

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

(b) (i) What would be the most likely **training method** for a 100m sprinter to use, on the track, to improve his performance?

..... (1)

(ii) How does this method of training match the needs of the sprinter?

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

(Total 4 marks)

Q6



7. Figure 4 shows three sports performers.



(Source: *Essential GCSE PE for Edexcel*, Hodder Arnold, 2005)

Figure 4

Complete the table below

- (i) Name the body type of each performer shown in Figure 4.
- (ii) State one reason why this body type is an advantage to the performer shown in Figure 4 in his/her sport.

| PERFORMER | (i) BODY TYPE | (ii) REASON FOR ADVANTAGE |
|---------------|---------------|---------------------------|
| SPRINTER | | |
| TENNIS PLAYER | | |
| HIGH JUMPER | | |

(Total 6 marks)

Q7



8. (a) Use some of the words in the box below to complete the following statements:

| | | |
|-----------------------|----------------------|-----------------|
| throwing | arms | skills practice |
| lower the temperature | sprinting | stretching |
| raise the pulse | catching | muscles |
| jogging | lower the heart rate | elasticity |

- (i) A general warm up should start with some gentle (1)
- (ii) This activity is used to of the performer so that increased oxygen can be delivered to the muscles. (1)
- (iii) The second phase of the warm up involves (1)
- (iv) This increases the of the ligaments and tendons. (1)
- (v) Finally the performer should complete some which relates to the activity. (1)

(b) Competitions are often balanced.

(i) Explain the term **balanced competition**.

.....
 (1)

(ii) State three ways that competition can be balanced.

- 1

 - 2

 - 3

- (3)

(Total 9 marks)

Q8



9. (a) What types of sports injuries or conditions have the following common symptoms?

(i) Swelling of tissue, distortion of natural shape and difficulty in moving the injured part.

..... (1)

(ii) Thirst, dry lips, confusion

..... (1)

(iii) Pain around the elbow joint

..... (1)

(iv) Severe headache, dizziness and nausea

..... (1)

(v) Shivering, pale, cold and dry skin

..... (1)

(b) (i) What types of injuries are treated using R.I.C.E?

..... (1)

(ii) What do the letters R.I.C.E. stand for?

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

(c) When would a first aider give cardiopulmonary resuscitation (CPR)?

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



Leave blank

Why would a performer be placed in the recovery position?

.....
.....

(1)

(Total 9 marks)

Q9

