

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
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TOTAL	



General Certificate of Secondary Education
June 2010

Physical Education

48903

Unit 3 Knowledge and Understanding for the Active Participant

Friday 21 May 2010 1.30 pm to 3.00 pm

You will need no other materials.

Time allowed

- 1 hour 30 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- In **Question 19(c) and 19(d)** you will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Answer these questions in continuous prose.



J U N 1 0 4 8 9 0 3 0 1

Section A – Part 1**Multiple choice****Tick (✓) your answer****1** All of the following are invasion games **except**:

Football

Netball

Hockey

Tennis

*(1 mark)***2** All of the following could control physical activities **except**:

Laws

Processes

Rules

Regulations

*(1 mark)***3** The type of strength which can be applied to an immovable object is known as:

Dynamic

Static

Power

Explosive

(1 mark)

4 The part of a balanced diet mainly responsible for muscle growth and repair is:

Carbohydrates

Vitamins

Proteins

Fats

(1 mark)

5 In a weight training session, the number of times that you lift the weights is known as:

Overload

Repetitions

Sets

Curls

(1 mark)

6 When taking part in training, the minimum heart rate that you need to reach to improve your fitness is known as the:

Training zone

Maximum heart rate

Wall

Training threshold

(1 mark)

7 The correct technique for lifting is to:

Bend your back and keep your legs straight

Bend over at the waist and reach out with your arms

Bend sideways at the waist and turn your arms to the side

Bend at the knees and keep the back straight

(1 mark)

Turn over ►



8 All of the following are environmental factors **except**:

Pollution

Altitude

Physique

Humidity

(1 mark)

9 PESSYP stands for:

Physical Education and Social Sciences for Young People

Primary Education and School Sport for Young Pupils

Physical Education and Secondary Schooling for Young People

Physical Education and Sport Strategy for Young People

(1 mark)

10 Each of the following is a form of organised competition **except**:

Round robin

Seeding

League

Ladder

(1 mark)

10



Section A – Part 2
Short answer questions

Total for this question: 4 marks

11 Components of fitness are important for sports performers.

11 (a) What is meant by the term ‘timing’? Give **one** example from a physical activity where a performer uses timing.

Timing

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Physical activity example

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(2 marks)

11 (b) What is meant by the term ‘agility’? Give **one** example from a physical activity where a performer uses agility.

Agility

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Physical activity example

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(2 marks)

4

Turn over ►



Total for this question: 5 marks

12 Maintaining a balanced diet is essential for all performers.

12 (a) What is dehydration? How can a performer avoid becoming dehydrated?

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(2 marks)

12 (b) If a performer does not have a balanced diet, they may experience problems. Name **one** of these problems (**not** dehydration). Describe the problem you have named and state how this problem might have been caused.

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(3 marks)

5



Total for this question: 4 marks

13 Playing fairly, by the rules, is important when taking part in physical activities.

13 (a) Explain how rules keep participants safe.

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(2 marks)

13 (b) What might happen if a specific safety rule was not enforced? Give **one** example.

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(2 marks)

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Turn over for the next question

Turn over ►



Total for this question: 6 marks

14 The Healthy Schools Programme has been introduced nationally into schools.

14 (a) Explain what the Healthy Schools Programme is.

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(2 marks)

14 (b) There are four core themes in the Healthy Schools Programme. Name **two** of the four core themes and describe their importance.

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(4 marks)

6



Total for this question: 4 marks

15 Correct etiquette is important when taking part in physical activities.

15 (a) Explain what is meant by etiquette.

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(2 marks)

15 (b) Give an example of when you would expect etiquette.

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(2 marks)

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Turn over for the next question

Turn over ►



Total for this question: 4 marks

16 Competitions are arranged in different ways, including the 'knock-out' format.

16 (a) State **two** advantages of using the 'knock-out' format.

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(2 marks)

16 (b) Describe **one** disadvantage of using the 'knock-out' format.

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(2 marks)

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Total for this question: 3 marks

17 A lot of sport is shown on television.

Describe the ways in which the director of a televised sports programme could influence how sport will be seen by television viewers.

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(3 marks)

3



Section B

Questions based on the preliminary material

These questions are linked to the scenario which was released before the examination and which is repeated below.

John is a 15-year-old pupil at a school with a well-established Physical Activity Policy. He has just started his GCSE PE course, which he has opted to take as one of his subject options.

John does not play any sport to a particularly high standard, but he is very keen on physical education. He always takes part in all of his school PE lessons and is a regular participant in extra-curricular sporting activities. When he chose his options, he was particularly interested in the fact that he did not have to be a player/performer in all of his assessments and could be assessed in different roles. He has regularly been an official in school football fixtures and is interested in being assessed as an official.

John thinks that football is probably his strongest sport and that this will be one of his assessments. After talking to his teachers, he has also decided that he will choose 'exercising safely and effectively to improve health and well-being, as in Fitness and Health Activities' as his second assessment area for his practical work. In order to prepare himself fully for this, John has just joined his local fitness gym, which shares the school fitness facilities.

Total for this question: 16 marks

18 (a) John has chosen to take GCSE PE. Describe **two** benefits that he is likely to get.

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(4 marks)

Turn over ►



18 (c)

John has decided to be assessed as an official in football. State and describe three ways in which John could be effective as a football official.

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(6 marks)

16

Turn over for the next question

Turn over ▶



Total for this question: 24 marks

19 In order to be assessed in the Fitness and Health activity area, John has decided to plan a training programme.

19 (a) Explain how John would calculate his maximum heart rate.

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(2 marks)

19 (b) Identify the different training zones and explain how John can use them to get the most out of his training programme?

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(6 marks)



19 (c) Plan and describe an appropriate training programme for John. Include all the relevant principles of training, except training zones.

(Answer in continuous prose)

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(8 marks)

Question 19 continues on the next page

Turn over ▶



19 (d) Safety is an important part of a training programme. Describe the safety aspects that John should consider before and during training, and explain why they are important.

(Answer in continuous prose)

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(8 marks)

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END OF QUESTIONS

