

Centre Number						Candidate Number				
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Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
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19	
TOTAL	



General Certificate of Secondary Education  
June 2013

# Physical Education 48903 (Full Course and Double Award)

Unit 3 Knowledge and Understanding for the Active Participant

Tuesday 14 May 2013 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 **Questions 18(d) 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 3 4 8 9 0 3 0 1

**Section A – Part 1****Multiple choice****Tick (✓) the correct box.**Answer **all** questions.**1** Which **one** of the following is **not** a responsibility of an organiser of a sports event?Ensuring correct equipment  
is available Keeping the sports event  
running to time Improving participants' fitness  
levels Carrying out a risk  
assessment *(1 mark)***2** Which **one** of the following is a positive long-term effect of a healthy active lifestyle?Lower resting heart rate Increased breathing rate High blood pressure Tiredness in the muscles *(1 mark)***3** Which **one** of the following is **not** a school extra-curricular activity?Breakfast badminton club Lunchtime gymnastics club Netball lesson After school cheerleading  
taster session *(1 mark)*

4 Which **one** of the following best describes the frequency element of the overload principle of training?

How hard you train

The type of training you do

How often you train

How long you train for

(1 mark)

5 Maximum heart rate is calculated by:

220 multiplied by age

220 minus age

220 plus age

220 divided by age

(1 mark)

6 Which **one** of the following is **not** an anaerobic activity?

Long jump

Gymnastics vault

Tennis serve

Yoga

(1 mark)

Turn over for the next question

Turn over ►



7 Friends of a similar age and background are known as a:

Peer group

Partner group

Support group

Pressure group

(1 mark)

8 Which **one** of the following is **not** an example of personal protective equipment?

Post protectors in rugby

Shin pads in football

Gumshield in hockey

Buoyancy aid in sailing

(1 mark)

9 Which **one** of the following is **not** an acceptable sponsor for a school sports team?

A coach company

A brewery

A sports shop

A health club

(1 mark)



10

Which **one** of the following activities is in the outwitting opponents group?

Life saving

Artistic gymnastics

Aerobics

Basketball

(1 mark)

10

**Turn over for Section A – Part 2****Turn over ►**

**Section A – Part 2**

**Short answer questions**

Answer **all** questions in the spaces provided.

**Total for this question: 4 marks**

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

Static strength .....

Example .....

*(2 marks)*

**11 (b)** Using an example from a physical activity, explain what is meant by the term ‘co-ordination’.

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*(2 marks)*

<b>4</b>



**Total for this question: 4 marks**

**12** Weight training is an effective training method.

**12 (a)** State **two** advantages of using weight training to improve fitness.

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*(2 marks)*

**12 (b)** Describe the relationship between a repetition and a set in weight training.

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*(2 marks)*

<b>4</b>

**Total for this question: 3 marks**

**13 (a)** What is meant by the term 'motivation'?

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*(1 mark)*

**13 (b)** Explain how motivation can be used to improve performance in a physical activity.

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*(2 marks)*

<b>3</b>

**Turn over for the next question**

**Turn over ►**



**Total for this question: 6 marks**

**14** There is a trend towards obesity in young people.

**14 (a)** State what obesity is **and** explain how a young person can avoid becoming obese.

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*(3 marks)*

**14 (b)** Explain the negative effects that obesity can have on the body.

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*(3 marks)*

<b>6</b>





**Total for this question: 4 marks**

**15**

Using **two** different examples, explain how safe practice can reduce the risk of injury when taking part in physical activity.

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(4 marks)

4

**Total for this question: 4 marks**

**16**

The Healthy Schools Programme was introduced to make a difference to the health and achievement of children in schools.

State **and** describe **two** of the themes included in this programme.

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(4 marks)

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**Turn over for the next question**

**Turn over ►**



**Total for this question: 5 marks**

**17**

Explain the role of the skeletal system in producing movement of the body.

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*(5 marks)*

<b>5</b>



**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.

Answer **all** questions in the spaces provided.

Sarah is 16 years old and attends the local secondary school which is located in rural surroundings. She has nearly completed her GCSE courses in subjects including Physical Education, Media Studies and ICT.

When she transferred to secondary school, Sarah was overweight due to a poor diet. She was determined to lose weight and become more physically active. She joined a number of sports clubs in Year 7 and now her favourite activities are cross country running, climbing, dance and cheerleading. The school is close to a publicly run adventure activity centre which all students have the chance to visit on a regular basis. Sarah’s ambition is to represent the district at cross country running and to take part in a half marathon.

Outside of school, Sarah is a keen dancer and regularly goes to lessons at a privately owned dance school. When her secondary school started a cheerleading squad, Sarah offered her support as a choreographer, as she had done some cheerleading before.

Sarah has been interested in sport ever since she was little and is always watching sport on television and reading sports magazines. She is considering a career in journalism in the future and regularly sends in match reports to her local newspaper after she has watched her favourite local football team.

**Total for this question: 20 marks**

**18 (a)** Identify **and** describe a suitable training method to help Sarah achieve her ambition of representing the district at cross country running.

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*(2 marks)*

**Question 18 continues on the next page**

**Turn over ►**



**18 (b)** As part of her GCSE Physical Education course, Sarah has learned about training zones.

Explain how Sarah could use her knowledge of training zones to help improve her performance in cross country running.

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(4 marks)

**18 (c)** School influences have an impact on an individual’s involvement in physical activity.

Identify **and** explain **three** ways in which Sarah’s experiences in secondary school may have helped to improve her performance in her favourite activities.

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(6 marks)



**18 (d)** Sarah has an interest in the media.

Explain how the media may have influenced Sarah’s participation in sport.

**(Answer in continuous prose)**

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*(8 marks)*

*Extra space* .....

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**Turn over for the next question**

<b>20</b>

**Turn over ►**



**Total for this question: 20 marks**

**19 (a)** Diet is an important factor to consider when participating in a physical activity.

Explain how a carbohydrate loading diet could help Sarah to perform to the best of her ability in a half marathon.

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*(4 marks)*

**19 (b)** Identify **and** explain **two** ways in which Sarah could be an effective choreographer for her cheerleading squad.

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*(4 marks)*



**19 (c)**

Sarah uses the local sports facilities during the week and at weekends for training purposes.

Explain the difference between public sector and private sector provision of sports facilities.

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*(4 marks)*

**Question 19 continues on the next page**

**Turn over ►**



