

Centre Number						Candidate Number				
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For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
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19	
TOTAL	



General Certificate of Secondary Education  
June 2014

# Physical Education 48903 (Full Course and Double Award)

## Unit 3 Knowledge and Understanding for the Active Participant

Friday 16 May 2014 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.**

A



J U N 1 4 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 core theme of the Healthy Schools Programme? **[1 mark]**

Physical Activity

Healthy Eating

Emotional Health and Well-being

The National Curriculum for  
physical education

- 2** Which **one** of the following is a role that can be adopted as part of the GCSE Physical Education Course? **[1 mark]**

Manager

Captain

Official

Physiotherapist



**3** Which **one** of the following components of fitness is best improved through 'continuous training'?

[1 mark]

Muscular strength

Cardiovascular endurance

Agility

Flexibility

**4** Which **one** of the following statements best describes the term 'progression' when training?

[1 mark]

Training is increased gradually as the body adjusts to the increased demands

Training that is suited to a particular sport or activity

Training benefits are lost when training stops

Training to make the body work harder than normal in order to improve it

**5** Which **one** of the following statements best describes the term 'adduction' at a ball and socket joint?

[1 mark]

The movement of a limb away from the midline of the body

The movement of a limb towards the midline of the body

The movement of a limb in a complete circle

The movement of a limb which increases the angle of a joint

Turn over ►



6 To find a winner quickly, when a large number of teams have entered, the best type of competition would be a:

[1 mark]

Round Robin

League

Knockout

Ladder

7 Which **one** of the following athletics events is an example of an aerobic activity?

[1 mark]

Javelin

100 m

5000 m

High Jump

8 **One** benefit of a cool down is that it:

[1 mark]

Reduces the chance of injury during activity

Reduces the risk of muscle stiffness after exercise

Increases blood flow around the body

Increases the production of lactic acid



9 Which **one** of the following is a benefit of training at altitude?

[1 mark]

Develops muscle strength

Improves technique

Increases the oxygen-carrying capacity  
of blood

Enables quick weight loss

10 Which **one** of the following equations summarises the process of aerobic  
respiration?

[1 mark]

Glucose + oxygen → energy + carbon dioxide + water

Glucose + oxygen + carbon dioxide → energy + water

Glucose + carbon dioxide → energy + oxygen + water

Glucose + water + carbon dioxide → energy + oxygen

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: 2 marks**

**11** Name the **two** types of movement that can occur at a hinge joint.

**[2 marks]**

- 1 .....
- 2 .....

2

**Total for this question: 3 marks**

**12 (a)** What is meant by the term ‘reaction time’?

**[1 mark]**

- .....
- .....

**12 (b)** What is meant by the term ‘balance’? Give an example from a physical activity where a performer uses balance.

**[2 marks]**

- .....
- .....
- .....
- .....

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**Total for this question: 3 marks**

**13** Fatigue often occurs when a person is participating in a physical activity.

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

**[1 mark]**

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**13 (b)** Explain how fatigue may occur **and** state the negative effect that it can have on a performer in a named physical activity.

**[2 marks]**

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**Total for this question: 6 marks**

**14** GCSE PE is an example of an examination-based course.

**14 (a)** Give an example of a sports qualification **and** state how it may encourage an individual to become involved in or stay involved in physical activity or sport.

**[2 marks]**

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**Question 14 continues on the next page**

**Turn over ►**



14 (b)

The National Curriculum for physical education groups activities into different ways of thinking. 'Performing at maximum levels' is one of the ways of thinking and athletics is an example of an activity in this group.

Complete **Table 1** to identify **two** other ways of thinking, **and** state **one** activity within each.

[4 marks]

Table 1

Way of thinking	Activity
Performing at maximum levels	Athletics

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Total for this question: 4 marks

15

Body temperature control is one function of blood within the body. State and describe the other **two** functions.

[4 marks]

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**Total for this question: 5 marks**

**16**

An individual may take part in non-competitive activities as part of their leisure and recreation time.

State **five** benefits of taking part in a non-competitive activity.

**[5 marks]**

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- .....
- 2 .....
- .....
- 3 .....
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- 4 .....
- .....
- 5 .....
- .....

5

**Turn over for the next question**

**Turn over ►**



**Total for this question: 7 marks**

**17 (a)** An ectomorph is one body type. Name **two** other body types. **[2 marks]**

1 .....

2 .....

**17 (b)** Describe an ectomorph. **[3 marks]**

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**17 (c)** Explain **one** advantage that having an ectomorph body type would give in a named physical activity. **[2 marks]**

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**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.

Westshore Netball Club was set up by a group of friends who used to play netball together while at secondary school. A large number of club members are between 35 and 45 years of age. They often have family and work commitments which prevent them from playing on a regular basis. This is leaving the team short of players for games. They used to win many tournaments and league titles but are now less successful. They often concede late goals and also struggle to rebound near the post.

Westshore Netball Club use a local community centre for their training sessions and matches throughout the season. They are responsible for setting up all of their own equipment. The club is struggling to survive financially. Junior team training and matches have stopped through a lack of volunteers to coach and officiate.

Miss Tears, a new PE teacher at Westshore High School, has recently joined the club as a player. She is also a qualified netball coach and official but has found that netball is not played at her school.

**Total for this question: 20 marks**

**18 (a)** State and explain the type of strength that would help the Westshore netball players to be more successful when rebounding near the post.

**[2 marks]**

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**Question 18 continues on the next page**

**Turn over ►**



**18 (b)**

Apart from a decrease in strength, state **two** physical effects of ageing on the body **and** explain how each may decrease the performance of a Westshore netball player.

**[4 marks]**

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**18 (c)**

Westshore Netball Club is seeking sponsorship to help its finances.

State **two** different types of sponsorship **and** explain how each could help to improve the players' performance.

**[6 marks]**

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**Total for this question: 20 marks**

**19 (a)** Describe the correct technique that the Westshore players should use when **lifting** their netball posts into position on the court. **[2 marks]**

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**19 (b)** Westshore Netball Club was set up by a group of friends of the same age.

**19 (b) (i)** State **one** other social group that may affect an individual’s participation in a physical activity. **[1 mark]**

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**19 (b) (ii)** Explain how the social group that you have stated in your answer to **19 (b) (i)** may discourage participation in a physical activity. **[3 marks]**

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**19 (c)** A person’s diet can affect their ability when participating in physical activity.

Name **two** nutrients that the Westshore netball players should include in their diets **and** explain how each could help to improve their performance late in matches.

**[6 marks]**

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**Question 19 continues on the next page**

**Turn over ►**



