

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C555U10-1



S25-C555U10-1



MONDAY, 19 MAY 2025 – AFTERNOON

PHYSICAL EDUCATION (Short Course)
Component 1: Introduction to Physical Education

1 hour

ADDITIONAL MATERIALS

You may use a calculator in this examination.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1(a)(i)	1	
1(a)(ii)	1	
1(a)(iii)	2	
1(b)	4	
1(c)	3	
2(a)	2	
2(b)	3	
2(c)	4	
3(a)(i)	2	
3(a)(ii)	2	
3(a)(iii)	5	
3(b)(i)	1	
3(b)(ii)	1	
4(a)(i)	1	
4(a)(ii)	4	
4(b)	8	
5(a)	4	
5(b)	4	
5(c)(i)	1	
5(c)(ii)	3	
5(d)	4	
Total	60	

C555U101
01



JUN25C555U10101

Answer **all** questions.

1. **Figure 1** – A gymnast performing a routine on the parallel bars



- (a) (i) Identify the main component of fitness being shown by the gymnast in **Figure 1**. [1]

Tick (✓) **one** box only.

A Cardiovascular endurance

☐

B Flexibility

☐

C Reaction time

☐

D Speed

☐

(ii) Define the component of fitness identified in 1(a)(i). [1]

.....

.....

.....

(iii) Explain why the component of fitness identified in 1(a)(i) is important for the gymnast. [2]

.....

.....

.....

.....

(b) Explain, using examples, how a sports performer applies the principle of overload to their training. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(c) Identify the correct heart rate calculation to the appropriate term by drawing a line. [3]

Term

Heart rate calculation

Maximum heart rate

80–100% maximum heart rate

Aerobic training zone

220–age

Anaerobic training zone

60–80% maximum heart rate



2. (a) Define each of the following terms:

[2]

Health

.....

.....

Fitness

.....

.....

(b) Identify the consequences of a sedentary (inactive) lifestyle.

[3]

Tick (✓) **three** boxes only.

Obesity

☐

Stress

☐

Strong heart, lungs and muscles

☐

Improved social interactions

☐

Poor body image

☐

Improved self-confidence

☐

- (c) Explain why a sedentary (inactive) lifestyle contributes to **two** consequences identified in 2(b). [4]

.....

.....

.....

.....

.....

.....

.....

.....



3. **Figure 2** – An image of a cricket bowler in action



- (a) (i) Identify the type of synovial joint at **A** and **B** in **Figure 2**.

[2]

Joint	Type of synovial joint
A (knee)	
B (shoulder)	

- (ii) Name **one** bone found at each of the joints.

[2]

Joint	Name of bone
A (knee)	
B (shoulder)	

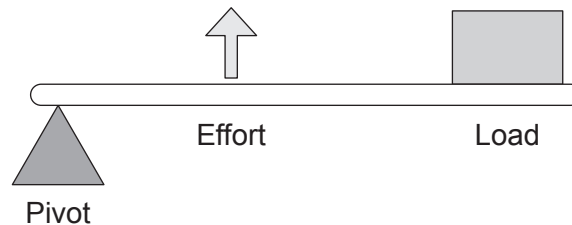


(iii) Analyse the cricketer in **Figure 2** to answer the following:

[5]

The movement occurring at A	
The muscle causing movement at A	
The antagonist muscle at A	
The movement occurring at C	
The muscle causing movement at C	

Figure 3 – A third class lever



(b) (i) Identify whether the following statement is true or false.

[1]

“The knee is a third class lever”

Tick (✓) **one** box only.

True

☐

False

☐

(ii) Identify whether the lever system at the knee has mechanical advantage or mechanical disadvantage.

[1]

Tick (✓) **one** box only.

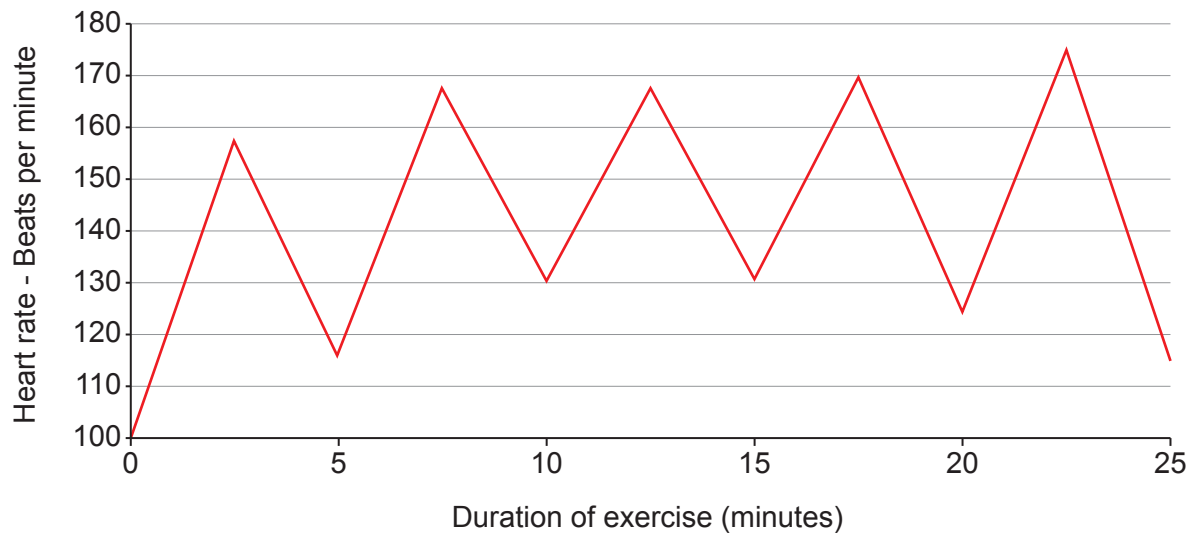
A Mechanical advantage

☐

B Mechanical disadvantage

☐


4. **Figure 4** – A graph representing the heart rate of a sports performer during a training session



- (a) (i) Identify, using **Figure 4**, the method of training. [1]

.....

- (ii) Justify your reasons for identifying the method of training in 4(a)(i). [4]

.....

.....

.....

.....

.....



(b) Evaluate the use of continuous training by marathon runners.

[8]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

13



5. (a) Identify the correct definition to the appropriate component of fitness by drawing a line. [4]

Component of fitness**Definition**

Cardiovascular
endurance

The ability to exert force
and overcome a resistance

Strength

The ability to move body
parts smoothly and
efficiently

Agility

The ability of the heart and
lungs to deliver oxygen for
a sustained period of time

Co-ordination

The ability to change
direction quickly

- (b) Justify, using sporting examples, the importance of **two** components of fitness named in 5(a). [4]

Component of fitness:

Justification

.....

.....

.....

.....

Component of fitness:

Justification

.....

.....

.....

.....



- (c) (i) Define the term minute ventilation. [1]

.....

- (ii) Explain the change to minute ventilation during exercise. [3]

.....

.....

.....

- (d) Analyse why thermoregulation is important for a sports performer. [4]

.....

.....

.....

.....

.....

.....

.....

.....

END OF PAPER

16



