

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3555U10-1



S24-3555U10-1

WEDNESDAY, 22 MAY 2024 – AFTERNOON

PHYSICAL EDUCATION (Short Course)

Unit 1: Introduction to Physical Education

1 hour

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.

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)	3	
1.b(i)	3	
1.b(ii)	4	
1.c	7	
2.a(i)	1	
2.a(ii)	2	
2.b(i)	4	
2.b(ii)	2	
2.b(iii)	1	
2.c	3	
2.d	7	
3.a(i)	1	
3.a(ii)	1	
3.b(i)	1	
3.b(ii)	2	
3.c	7	
Total	50	

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Answer **all** questions.

1. (a) (i) Identify what term is defined as 'a state of complete mental, physical and social well-being and not simply the absence of disease or infirmity'. [1]

Tick (✓) **one** box only.

Motivation

☐

Fitness

☐

Health

☐

Adherence

☐

- (ii) Explain **why** it is important to measure fitness. [3]

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“The food we eat fuels our body.”

- (b) (i) Outline the function of carbohydrates, fats and minerals in our diet. [3]

Carbohydrates

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Fats

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Minerals

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An average 15-year-old male needs to eat about 11 800 kJ/2 820 kcal per day. An average 15-year-old female needs to eat about 10 000 kJ/2 390 kcal per day.

- (ii) Explain energy balance in relation to weight gain and weight loss. [4]

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2. Interval training can be used by swimmers to develop speed.

(a) (i) Define speed. [1]

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(ii) Identify the **two** main elements of an interval training session. [2]

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Movement occurs when muscles contract.

(b) (i) Compare the characteristics of fast and slow-twitch muscle fibres. [4]

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(ii) Explain antagonistic muscle action. [2]

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(iii) Identify the type of **muscle** in the heart. [1]

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(c) Identify the **three** energy systems. [3]

(d) Analyse why sportspersons include variance in their training programme. [7]

3. Cross-country runners require an efficient cardio-vascular system in order to be successful.

Figure 1 – a cross-country race.



- (a) (i) Define cardio-vascular endurance. [1]

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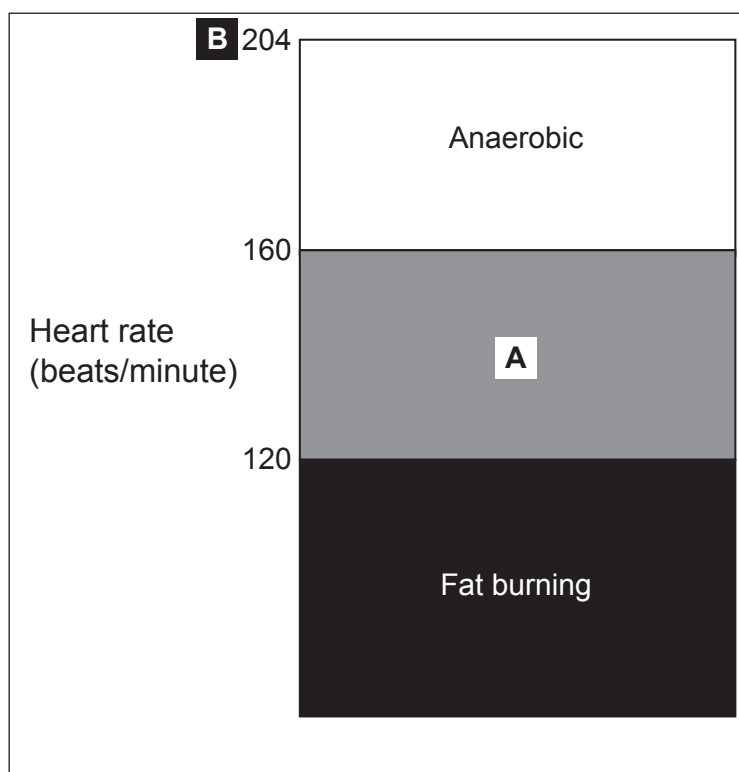
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- (ii) Identify a test that measures cardio-vascular endurance. [1]

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- (b) **Figure 2** – thresholds of training and training zones for a 16-year-old cross-country runner.



- (i) Identify the training zone shown as **A** in **Figure 2**. [1]

- (ii) Explain how the heart rate, shown at **B** in **Figure 2**, is calculated. [2]



(c) Evaluate the **long term effects** of endurance training on the body.

[7]

Examiner
only

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