



Friday 16 May 2014 – Afternoon

GCSE PHYSICAL EDUCATION

B451/01 An Introduction to Physical Education



Candidates answer on the Question Paper.

OCR supplied materials:
None

Other materials required:
None

Duration: 1 hour



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Section A – candidates should only circle one answer per question.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- This document consists of **12** pages. Any blank pages are indicated.
- The quality of your written communication will be assessed in the question marked with an asterisk (*).

SECTION A

Answer **all** questions. Please circle one answer per question.

- 1 Which one of the following is the best example of a food source rich in vitamins?
- (a) Red meat
 - (b) Fresh vegetables
 - (c) Water
 - (d) A hamburger without sauce [1]
- 2 Which one of the following is the best example of a healthy lifestyle?
- (a) Paul who only smokes two cigarettes a day, eats at least five fruit and vegetables per day and exercises three times each week.
 - (b) Sally who exercises every day but Sunday, consumes 20 units of alcohol per week and is a strict vegetarian.
 - (c) Ahmed exercises at least 30 mins per day. He does not smoke and eats plenty of fruit and vegetables but does not drink more than a litre of water each day.
 - (d) Alisha does not smoke or drink alcohol and thinks carefully about her diet and only eats one bar of chocolate per day. She goes to PE lessons in school once a week. [1]
- 3 Which one of the following shows a pathway for involvement in physical activity?
- (a) Taking part in a sports quiz in school
 - (b) Regularly watching school sports teams after school
 - (c) Volunteering to put up posters about healthy eating around school
 - (d) Always participating in PE lessons in school [1]
- 4 Which one of the following is a possible effect of under eating?
- (a) You build up too much body fat
 - (b) You lack energy and get tired easily
 - (c) Your whole body strength improves
 - (d) Your nutritional balance is more positive [1]

- 5 Which of the following is an example of etiquette in physical activities?
- (a) Shaking your opponent's hand after playing tennis
 - (b) Informing the referee in football that he has made a wrong decision
 - (c) Shouting and kicking a chair over in basketball
 - (d) Encouraging your team mates to win [1]
- 6 Which one of the following is an example of making informed decisions about lifestyle?
- (a) Changing your eating habits after a GCSE PE lesson on balanced diets
 - (b) Working hard at improving your forehand in tennis
 - (c) Encouraging your friends to watch a football match at the weekend
 - (d) Planning your career after finishing school [1]
- 7 Which one of the following is a health reason for participating in physical activities?
- (a) To join a local cycling club because your friend has joined
 - (b) To be a professional rugby player as a career
 - (c) To go to the gym to improve your body image
 - (d) To swim regularly to avoid heart disease [1]
- 8 Which one of the following is an example of flexibility being part of a healthy lifestyle?
- (a) To be able to reach for things without hurting yourself
 - (b) To be able to run very quickly to catch a bus
 - (c) To be able to keep going and not getting too tired
 - (d) To be able to carry a small child or carry shopping more effectively [1]

- 9 Which one of the following is an example of an appropriate warm up activity?
- (a) To do as many fast sprints as possible and then to mentally focus
 - (b) To go for a light jog and then to stretch the main muscle groups
 - (c) To wear a thick tracksuit and talk to your coach about the game
 - (d) To do some stretching and then consume a warm drink before playing [1]
- 10 Which one of the following is an example of a lack of confidence affecting participation in physical activities?
- (a) Feeling that you have too much else to do and not having enough time to go to the gym and exercise
 - (b) Having no way of getting to the venue to play in a hockey match
 - (c) Feeling that you are not as good as anyone else so you do not turn up to an exercise class
 - (d) Always thinking that you are the best at the activity and trying to win in all your games of badminton [1]
- 11 Which one of the following is an example of the family affecting participation in physical activities?
- (a) Your uncle often provides you with transport to attend training
 - (b) Your parents have strict rules about staying out late at night with friends
 - (c) Your brother or sister have exciting sports computer games
 - (d) Your grandparents take a keen interest in your overall education [1]
- 12 Which one of the following is an effect of blood doping in physical activities?
- (a) Feeling of well-being and of always being happy with life
 - (b) Building up of muscle fibres and looking toned
 - (c) Increasing the amount of oxygen available for the working muscles
 - (d) Improving the speed of reactions in many physical activities [1]

- 13** Which one of the following is used in measuring the body mass index (BMI)?
- (a) Blood pressure
 - (b) Height
 - (c) Age
 - (d) Muscle mass
- [1]**
- 14** Which one of the following is an example of decision making as a coach of a physical activity?
- (a) To take a time-out in basketball
 - (b) To pass a ball during a rugby match
 - (c) To indicate that a player is offside in football
 - (d) To measure the distance jumped in the long jump
- [1]**
- 15** Which one of the following is the best method of exercise to improve cardiovascular endurance?
- (a) Yoga
 - (b) Spin
 - (c) Pilates
 - (d) Circuit training
- [1]**

SECTION B

Answer **all** questions.

16 Identify **three** fundamental motor skills and describe how the performance of each might be analysed.

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[3]

17 Identify the **four** key concepts in Physical Education.

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[4]

18 Using practical examples describe how **three** characteristics of skilful movement can be used to judge the quality of performance.

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[6]

19 Explain how the environment and the climate can affect participation in physical activities.

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[4]

20 Using practical examples, describe **three** indicators of health and well-being.

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[6]

21 Describe **five** different examples of decision making that might be made by a performer in physical activities.

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[5]

22 Flexibility is a component of fitness.

Identify **four** other components of fitness.

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- 3
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- 4
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[4]

23 The Paralympics in London 2012 showed many athletes with disabilities competing.

Describe **three** ways in which having a disability may have a positive effect on participation.

- 1
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- 2
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- 3
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[3]

24 Describe **four** different pathways that are outside the school curriculum which lead to involvement in physical activities.

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[4]

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