

Write your name here

Surname

Other names

**Pearson**  
**Edexcel GCSE**

Centre Number

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Candidate Number

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**Physical Education: Short Course**  
**Unit 1: The Theory of Physical Education**

Friday 16 May 2014 – Afternoon  
**Time: 1 hour**

Paper Reference

**5PE03/01**

**You do not need any other materials.**

Total Marks

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

### Information

- The total mark for this paper is 40.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (\*) are ones where the quality of your written communication will be assessed  
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

### Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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**PEARSON**

**Answer ALL questions.**

**For questions 1–16, choose an answer, A, B, C or D, and put a cross in the box ☒. Mark only one answer for each question. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.**

**Questions 17 to 20 require written answers.**

**1** The development of friendships and social mixing are two social benefits of exercise.

Which **one** of the following is also a **social** benefit of exercise?

- A** Physical challenge
- B** Aesthetic appreciation
- C** Competition
- D** Cooperation

**(Total for Question 1 = 1 mark)**

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**2** The following are examples of benefits of regular participation in physical activity.

Which **one** of the following is a **mental** benefit of regular exercise?

- A** Opportunity for cooperation
- B** Lowering of blood pressure
- C** Drop in resting heart rate
- D** Prevention of stress-related illness

**(Total for Question 2 = 1 mark)**

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**3** The following are examples of benefits of regular participation in physical activity.

Which **one** of the following is a **physical fitness** benefit of regular exercise?

- A** Opportunity for cooperation
- B** Helps the individual to feel good
- C** Drop in resting heart rate
- D** Prevention of stress-related illness

**(Total for Question 3 = 1 mark)**

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4 The answers below show examples from the six key influences that can impact on involvement in physical activity.

Which **one** of the following, **A, B, C** or **D**, correctly identifies one example from each key influence?

- A** Family, fashion, peers, age, illness, cost
- B** Role models, access, time, illness, status, race
- C** Peers, media, gender, time, cost, status
- D** Family, fashion, race, access, illness, cost

(Total for Question 4 = 1 mark)

5 Which **one** of the following is a definition of exercise?

- A** A complete state of mental, physical and social wellbeing
- B** A form of physical activity done to maintain or improve health and/or fitness
- C** The ability to meet the demands of the environment
- D** The ability to exercise the entire body for long periods of time

(Total for Question 5 = 1 mark)

6 Which method of training is being described in the statement below?

A series of exercises where the participant moves from one exercise station to the next. The session can be designed to improve skill or fitness.

- A** Continuous
- B** Fartlek
- C** Circuit
- D** Cross

(Total for Question 6 = 1 mark)



7 Which **one** of the following is the most appropriate method of training to use to improve speed?

- A Continuous
- B Fartlek
- C Interval
- D Circuit

(Total for Question 7 = 1 mark)

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8 Josh is studying GCSE PE and has designed a Personal Exercise Programme (PEP) to improve his cardiovascular fitness.

Which **one** of the following would **not** be a suitable fitness test to measure his cardiovascular fitness?

- A Treadmill test
- B Harvard Step test
- C Illinois agility run test
- D Cooper's 12-minute run test

(Total for Question 8 = 1 mark)

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9 Which fitness test is being described?

This is a test to measure power. It is measured by the distance the individual is able to jump forward.

- A Standing stork test
- B Standing broad jump
- C Sergeant jump test
- D Sit and reach test

(Total for Question 9 = 1 mark)

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**10** Heart rate is often measured before completing any fitness tests and then again once the tests are completed. In the minutes after exercise several heart rate readings will be taken.

Which **one** of the following is the correct term for the heart rate readings taken after exercise?

- A** Recovery heart rate
- B** Maximum heart rate
- C** Working heart rate
- D** Resting heart rate

**(Total for Question 10 = 1 mark)**

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**11** Which **one** of the following correctly identifies why heart rate is recorded after exercise?

- A** To see how long it takes for heart rate to return to starting heart rate to establish if training is improving fitness
- B** To see if the individual was working in the correct target zone
- C** To establish the fittest in the group, the highest heart rate equals the fittest
- D** To collect data for a PAR-Q

**(Total for Question 11 = 1 mark)**

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Questions 12 and 13 use Figure 1.

Figure 1 shows four different heart rate graphs.

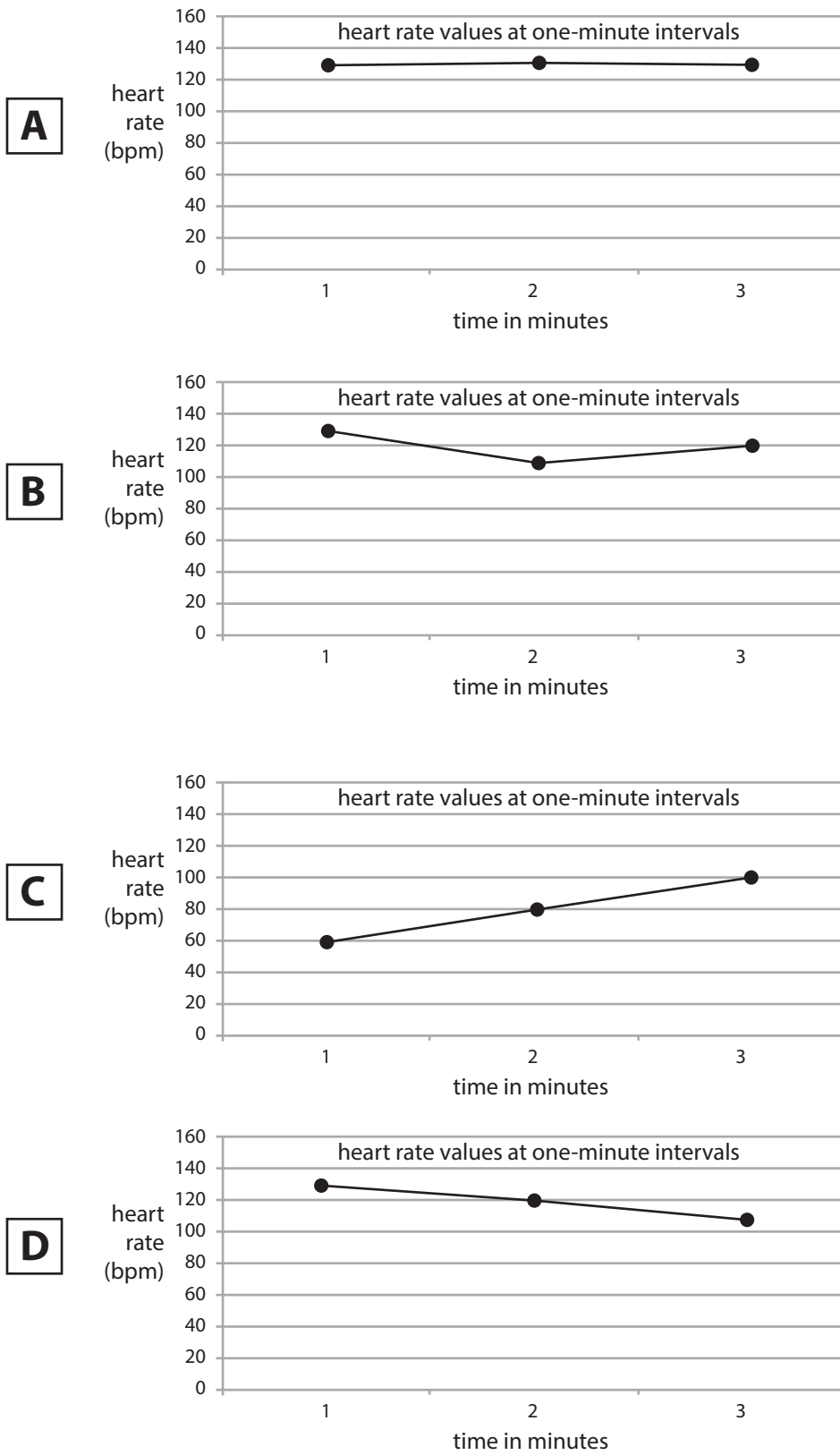


Figure 1



12 Which graph in Figure 1, **A, B, C** or **D**, is showing the **most** likely heart rate values for a performer immediately after exercise?

- A** Graph A
- B** Graph B
- C** Graph C
- D** Graph D

(Total for Question 12 = 1 mark)

13 Which graph in Figure 1, **A, B, C** or **D**, is showing the **most** likely heart rate values for a performer during an exercise session of increasing intensity?

- A** Graph A
- B** Graph B
- C** Graph C
- D** Graph D

(Total for Question 13 = 1 mark)

14 Diet is an important consideration in a healthy, active lifestyle.

Which **one** of the following correctly identifies the role of fibre in the diet?

- A** Aids digestion
- B** Is an energy source
- C** Prevents dehydration
- D** Increases strength of bones

(Total for Question 14 = 1 mark)

15 Which **one** of the following correctly identifies the role of vitamins in the diet?

- A** Provides energy
- B** Aids digestion
- C** Promotes muscle growth
- D** Prevents deficiency diseases

(Total for Question 15 = 1 mark)



16 Which **one** of the following correctly describes the term 'blood shunting'?

- A Redistribution of blood from active to inactive areas of the body
- B The movement of blood to ensure an equal amount is always present throughout the body
- C A process to ensure an appropriate supply of blood reaches the muscles during exercise
- D A process of increasing blood in the body that can lead to heart attack or stroke

(Total for Question 16 = 1 mark)

17 National Governing Bodies are involved in developing and implementing sport-related initiatives.

(a) Name a National Governing Body.

(1)

Sport England and Youth Sport Trust are agencies that use initiatives to impact on sport and physical activity in the United Kingdom.

(b) Describe **two** common purposes of a sport-related initiative.

(4)

Common purpose 1

Common purpose 2

(Total for Question 17 = 5 marks)





**18** Usman and Tony enjoy participating in athletics.

(a) Which **two** components of health-related exercise is Tony most likely to improve through regular training sessions using Fartlek training?

(2)

1 .....

2 .....

(b) Complete the statement below about Usman's training.

(1)

(i) Usman has a short stride length. To improve his range of movement he works on his ....., a component of health-related exercise.

(ii) Name a fitness test that Usman could use to monitor improvement in this component of health-related exercise.

(1)

(c) Targets are often used to improve motivation.

Explain how **one** of the principles of SMART target setting could help Usman and Tony maintain their motivation to train.

(3)

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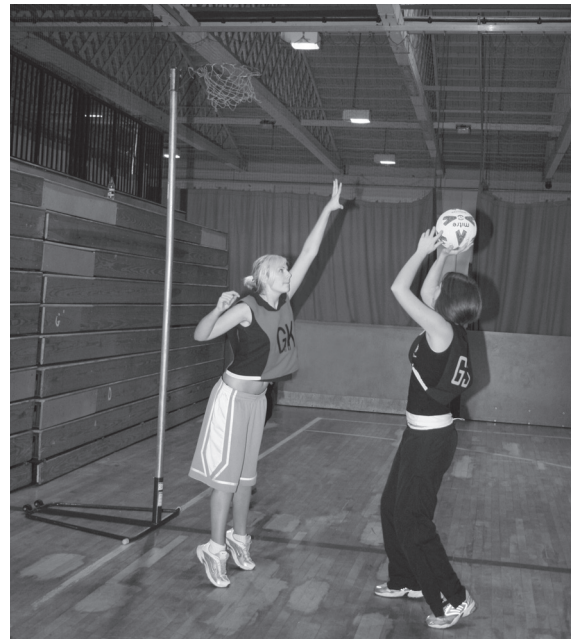
**(Total for Question 18 = 7 marks)**



19 Games players, such as the rugby and netball players shown in Figure 2 and Figure 3, require good levels of agility and balance to be successful in their sports.



**Figure 2**



**Figure 3**

(a) (i) Using **Figure 2**, state how the rugby player with the ball is using agility in his sport.

(1)

(ii) Using **Figure 3**, state how the netball player without the ball is using balance in her sport.

(1)



(b) Explain the importance of **two** components of skill-related fitness other than agility and balance for any games player.

Name of component of skill-related fitness 1

Explanation

(2)

Name of component of skill-related fitness 2

Explanation

(2)

**(Total for Question 19 = 6 marks)**





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**(Total for Question 20 = 6 marks)**

**TOTAL FOR PAPER = 40 MARKS**



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**Acknowledgements**

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