

OCR

Oxford Cambridge and RSA

Tuesday 24 May 2016 – Morning

AS GCE PHYSICAL EDUCATION

G451/01 An Introduction to Physical Education

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 2 hours



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** parts of the question in each of Sections A, B and C.
- 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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- 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 **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (*).
- This document consists of **16** pages. Any blank pages are indicated.

SECTION A – Anatomy and Physiology

Answer **all** parts of the question.

- 1 (a) Fig. 1 shows a swimmer performing the front crawl.



Fig. 1

- (i) Complete the table below for the swimmer’s ankle joint. [3]

Joint	Joint type	Movement	Agonist	Antagonist
Ankle		Plantar Flexion		

- (ii) Give **three** ways in which a warm up would affect the speed and strength of skeletal muscle contractions.

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..... [3]

(d) Explain why more oxygen dissociates from the blood into the muscle cell during exercise.

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..... [5]

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SECTION B – Acquiring Movement Skills

Answer all parts of the question.

- 2 (a) Fitts and Posner identified three phases of learning movement skills. Using practical examples, describe a characteristic of each of the three phases of learning movement skills.

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 [3]

- (b) (i) Identify a motor skill in sport and justify its classification on the simple-complex continuum.

Name of motor skill

Justification for classification

.....

 [3]

- (ii) Describe two practice methods that would be appropriate for the skill you have identified.

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 [4]

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ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

A large area of lined paper for writing answers. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dotted lines, providing space for writing. The lines are evenly spaced and extend across the width of the page.

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines extending across the page, providing a space for writing answers.



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