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.
- Try to answer every question.
- Check your answers if you have time at the end.
Answer ALL questions.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Questions 1 and 2 relate to the classification of the benefits of physical activity.

1 Which one of the following is a mental benefit of physical activity?
   - A Physical activity can be fun
   - B Physical activity can help you make friends
   - C Physical activity can lead to cooperation
   - D Physical activity can lead to social mixing

(Total for Question 1 = 1 mark)

2 Which classification do all of the following benefits belong to?
   ‘Feel good, stress relief, increased self-esteem.’
   - A Physical
   - B Social
   - C Fitness
   - D Mental

(Total for Question 2 = 1 mark)

Regular participation in physical activity can have physical benefits. These could be either fitness or health benefits.

3 Which one of the following is a physical fitness benefit of participation in regular physical activity?
   - A Reduced chance of osteoporosis
   - B Reduced resting heart rate
   - C Increase in serotonin
   - D Reduced chance of obesity

(Total for Question 3 = 1 mark)
4 Which one of the following key influences is being described?

Jake wants to play football like the players he sees on television.

- A Image
- B Resources
- C Health and well-being
- D Socio-economic

(Total for Question 4 = 1 mark)

5 Which one of the following key influences is being described?

Cheryl wants to play golf but cannot afford the membership fees.

- A Cultural
- B Image
- C Socio-economic
- D People

(Total for Question 5 = 1 mark)

6 Which stage of the sports participation pyramid is being described?

Sachit has just joined a badminton club so that he can play badminton in his free time.

- A Elite
- B Foundation
- C Participation
- D Performance

(Total for Question 6 = 1 mark)

7 Which one of the following is a component of health-related exercise?

- A Speed
- B Strength
- C Power
- D Reaction time

(Total for Question 7 = 1 mark)
The information in Table 1 was used to assess Alice's performance in the Illinois agility run test.

<table>
<thead>
<tr>
<th>Rating</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>&lt;15.0</td>
<td>&lt;17.0</td>
</tr>
<tr>
<td>Good</td>
<td>16.0–15.0</td>
<td>18.0–17.1</td>
</tr>
<tr>
<td>Average</td>
<td>17.5–16.1</td>
<td>22.0–18.1</td>
</tr>
<tr>
<td>Fair</td>
<td>18.6–17.6</td>
<td>23.0–22.1</td>
</tr>
</tbody>
</table>

Table 1

Alice scores 17.5 seconds in the Illinois agility run test.

8 Using Table 1, identify her rating for the Illinois agility run test.

☐ A Excellent
☐ B Good
☐ C Average
☐ D Fair

(Total for Question 8 = 1 mark)
Questions 9 to 11 are about the use of fitness tests.

9 Which fitness test should the gymnast use to assess her fitness to perform the technique shown in Figure 1?

- **Figure 1**

Gymnast holding a balance

A Treadmill test
B Standing stork test
C Ruler drop test
D Three ball juggle

(Total for Question 9 = 1 mark)

10 Which fitness test should the tennis player use to assess his fitness to perform the technique shown in Figure 2?

- **Figure 2**

Tennis player making contact with the ball

A 30-metre sprint
B Treadmill test
C Three ball juggle
D Sit and reach test

(Total for Question 10 = 1 mark)
11 Which fitness test should the gymnast use to assess his fitness to perform the technique shown in Figure 3?

Figure 3
Gymnast performing straddle position

- A  Sit and reach test
- B  Multi-stage fitness test
- C  Three ball juggle
- D  Cooper’s 12-minute run test

(Total for Question 11 = 1 mark)

Sarah is a cyclist, most of her training sessions involve cycling.

12 Which principle of training is Sarah applying in her training sessions?

- A  Specificity
- B  Progressive overload
- C  FITT
- D  Reversibility

(Total for Question 12 = 1 mark)

Sarah is trying to get fit and wants to increase the distance she can cycle before she gets tired.

13 Which method of training is Sarah most likely to use?

- A  Interval training
- B  Circuit training
- C  Cross training
- D  Continuous training

(Total for Question 13 = 1 mark)
Questions 14 and 15 are about circuit training.
Rose is a hockey player. She is designing a circuit to improve her agility and speed.

14 Which one of the following stations would be the most appropriate to improve agility?

- A Practising shots on goal
- B Sprinting in and out of cones
- C Shuttle runs
- D A sprint

(Total for Question 14 = 1 mark)

15 Which one of the following stations would be the most appropriate to improve speed?

- A A weights station using light weights
- B Skipping
- C Cooper’s 12-minute run test
- D Shuttle runs

(Total for Question 15 = 1 mark)

16 Which one of the following sports performers is working aerobically?

- A A long jumper during the run-up and take-off
- B A games player slowly jogging back into position
- C 100 m sprinter during the race
- D A tennis player serving an ace

(Total for Question 16 = 1 mark)

Aron played basketball at elite level.

17 Give one reason why this might help Aron to become a good basketball coach. Justify your answer.

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(Total for Question 17 = 2 marks)
Two common purposes of sports initiatives are to increase participation and retain people in sport.

18 Identify the third common purpose of initiatives.

(Total for Question 18 = 1 mark)

A good reaction time would help an 800m runner to get a good position at the start of the race.

19 Describe one other way an 800m runner could benefit from having a good reaction time during the race.

(Total for Question 19 = 2 marks)

20 State the principles of training being applied in the following statements.

(a) Afshan and Bryan are gymnasts. Afshan has a different training programme to Bryan.

(Total for Question 20 = 2 marks)
21  When setting goals the SMART principles should be applied.

(a) State the principle represented by the ‘A’ in SMART.  

(b) State the SMART principle that is applied when setting a deadline to complete a goal.

One reason for setting goals is to provide clear deadlines to help when planning a Personal Exercise Programme (PEP).

(c) State one other reason why goal setting is important.

(Total for Question 21 = 3 marks)

22  Describe how interval training would be used by each of the following performers:

10,000m long distance runner

100m sprinter.

(Total for Question 22 = 4 marks)
A warm-up is carried out before physical activity to reduce the chance of injury.

23 Explain two other reasons for warming up.

Reason 1

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(2)

Reason 2

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(2)

(Total for Question 23 = 4 marks)
24 Discuss why an elite sports performer will make sure they eat a balanced diet.

(6)