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Other names

**Pearson**  
**Edexcel GCSE**

Centre Number

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# Physical Education: Short Course

## Unit 1: The Theory of Physical Education

Friday 20th May 2016 – 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.
- 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.**

**Some questions must be answered with a cross ☒. 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)**

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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.

Illinois Agility Run Test Results (seconds)		
Rating	Males	Females
Excellent	<15.0	<17.0
Good	16.0–15.0	18.0–17.1
Average	17.5–16.1	22.0–18.1
Fair	18.6–17.6	23.0–22.1

**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)

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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.

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**(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.

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**(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.

(1)

.....

.....

(b) Martin is a weightlifter. He trains on alternate days and will leave two days before training again if a training session has been particularly difficult.

(1)

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.....

**(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. (1)

.....

(b) State the SMART principle that is applied when setting a deadline to complete a goal. (1)

.....

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. (1)

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.....

**(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 (2)

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.....

100m sprinter. (2)

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**(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

(2)

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Reason 2

(2)

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**(Total for Question 23 = 4 marks)**

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\*24 Discuss why an elite sports performer will make sure they eat a balanced diet.

(6)

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**(Total for Question 24 = 6 marks)**

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**TOTAL FOR PAPER = 40 MARKS**

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