

Write your name here

Surname

Other names

**Pearson**  
**Edexcel GCE**

Centre Number

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Candidate Number

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# Physical Education

**Advanced Subsidiary**

**Unit 1: Participation in Sport and Recreation**

Friday 5 June 2015 – Afternoon

**Time: 1 hour 30 minutes**

Paper Reference

**6PE01/01**

**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 90.
- 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.**

**1** Fitness, ability, resources and time are requirements essential for the participation in sport and physical activity.

Explain how the absence of each particular requirement would restrict the participation of the named target group.

(i) Fitness – obese people (2)

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(ii) Ability – young people (2)

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(iii) Resources – low socio-economic group (2)

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(iv) Time – people in full-time work (2)

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**(Total for Question 1 = 8 marks)**



2 (a) Define the term **sedentary lifestyle**.

(1)

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(b) Explain why a sedentary lifestyle is a contemporary concern.

(4)

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**(Total for Question 2 = 5 marks)**





A long distance, open water swimmer takes part in the 12-minute Cooper run fitness test.

(b) Analyse the choice and suitability of this test for the swimmer.

(4)

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**(Total for Question 3 = 12 marks)**



**4** Identify an appropriate method of training for the following athletes:

(a) (i) Endurance athlete.

(1)

(ii) Define the method of training you have identified in (a)(i) and justify why it is appropriate.

Definition

(1)

Justification

(2)



(b) (i) Power athlete.

(1)

(ii) Define the method of training you have identified in (b)(i) and justify why it is appropriate.

Definition

(1)

Justification

(2)

**(Total for Question 4 = 8 marks)**







Lined writing area for the answer to Question 5.

**(Total for Question 5 = 12 marks)**



**6** (a) Identify the terms that were used to describe physical activity in the periods pre and post the Industrial Revolution.

(i) Pre Industrial

(1)

.....

(ii) Post Industrial

(1)

.....

(b) Describe how physical activities carried out during both the pre and post Industrial Revolution reflected British society at that time.

(i) Pre Industrial

(3)

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(ii) Post Industrial

(3)

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8 (a) Define the following terms and provide an example of each.

(i) Amateur sport

(1)

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Example

(1)

.....  
.....

(ii) Professional sport

(1)

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Example

(1)

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(iii) Sponsorship

(1)

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Example

(1)

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Lined writing area for the answer to Question 9.

**(Total for Question 9 = 12 marks)**

**TOTAL FOR PAPER = 90 MARKS**





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