

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

Tuesday 24 May 2016 – Morning

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 (a) Obesity is a contemporary concern.

(i) Define the term **contemporary concern**.

(1)

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(ii) Define the term **obesity**.

(1)

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(iii) Explain why obesity is a contemporary concern.

(4)

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(iv) Give **three** reasons why increased physical activity is used to tackle obesity.

(3)

1

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2

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3

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(Total for Question 1 = 9 marks)

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2 (a) (i) Explain the difference between **health** and **fitness**.

(3)

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(ii) Use **three** sporting examples to explain how someone might be fit but not healthy.

(6)

1

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(Total for Question 2 = 9 marks)

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3 Aerobic training brings about adaptations to the cardiovascular system.

Define and give an example of a:

(a) (i) structural adaptation to the cardiovascular system

(2)

Definition

.....
.....

Example

.....
.....

(ii) functional adaptation to the cardiovascular system.

(2)

Definition

.....
.....

Example

.....
.....

(b) State the relationship between functional and structural adaptations.

(1)

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(Total for Question 3 = 5 marks)



4 Stretching is used to increase muscle elasticity.

(a) (i) Describe the characteristics of **static stretching**.

(4)

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(ii) Identify **two** disadvantages of **static stretching**.

(2)

1

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2

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(b) Describe the characteristics of **proprioceptive neuromuscular facilitation** (PNF) stretching.

(4)

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(Total for Question 4 = 10 marks)



*5 Discuss the effects of ageing on physical performance.

(12)

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(Total for Question 5 = 12 marks)



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6 (a) Pre-industrial society was based around a feudal, agricultural and rural society.

Describe how this was reflected in the popular recreations of the time.

(6)

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(b) (i) Define the term **rationalisation** of sport.

(2)

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(ii) Define the term **codification** of sport.

(2)

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(iii) Explain how post-industrial society aided the rationalisation and codification of sport.

(6)

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(Total for Question 6 = 16 marks)



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7 (a) (i) Define **amateur** sport and provide **one** example.

(2)

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(ii) Define **professional** sport and provide **one** example.

(2)

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(b) State **four** factors that have led to the rise of the sports star and give **one** example for each factor.

(8)

Factor

1

Example

.....

Factor

2

Example

.....

Factor

3

Example

.....

Factor

4

Example

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(Total for Question 7 = 12 marks)



*9 Using the East German and Australian talent identification programmes as examples, discuss the strengths and weaknesses of these programmes.

(12)

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(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS



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