

Centre Number						Candidate Number				
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Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
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TOTAL	



General Certificate of Secondary Education  
June 2015

# Physical Education 48903 (Full Course and Double Award)

## Unit 3 Knowledge and Understanding for the Active Participant

Friday 15 May 2015 1.30 pm to 3.00 pm

You will need no other materials.

### Time allowed

- 1 hour 30 minutes

### Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- In **Questions 18(d)** and **19(d)** you will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

**Answer these questions in continuous prose.**

A



J U N 1 5 4 8 9 0 3 0 1

**Section A – Part 1****Multiple choice****Tick (✓) the correct box.**Answer **all** questions.**1** All of the following are net/wall games **except**:**[1 mark]**

Squash

Tennis

Volleyball

Rugby

**2** Which **one** of the following activities would be **most** suitable for an ectomorph body type?**[1 mark]**

Basketball

American football

Olympic weightlifting

Judo



3 Which **one** of the following is the **most** important component of fitness when dribbling a ball around a defender in hockey?

[1 mark]

Reaction time

Agility

Cardiovascular endurance

Strength

4 To train anaerobically, an athlete would need to work ...

[1 mark]

between 40–60% of their maximum heart rate.

more than 80% of their maximum heart rate.

less than 80% of their maximum heart rate.

between 60–80% of their maximum heart rate.

5 Which **one** of the following principles of training is **most** likely to occur if an athlete stops training?

[1 mark]

Specificity

Overload

Reversibility

Progression

Turn over ►



6 All of the following are examples of etiquette in football **except**:

[1 mark]

Kicking the ball out of play to stop the game when a player is injured

Shaking hands with the referee at the end of the match

Kicking the ball away when a free kick has been awarded against you

Signalling to the referee that you touched the ball last before it went out of play

7 Sport England is:

[1 mark]

A group of national sports teams

A government agency that provides funding and facilities

An agency that organises all sports fixtures

A charity that raises money for disadvantaged children

8 Lactic acid production occurs when an athlete's body is:

[1 mark]

Digesting a large meal

Working aerobically

Working anaerobically

Sitting still for a long period of time



**9** All of the following are environmental factors that affect physical activity **except**:

**[1 mark]**

Pollution

Humidity

Altitude

Physique

**10** Which **one** of the following physical activities would be **least** suitable for a 65 year old?

**[1 mark]**

Swimming

Trampolining

Cycling

Bowls

<b>10</b>

**Turn over for Section A – Part 2**

**Turn over ►**



**Section A – Part 2**

**Short answer questions**

Answer **all** questions in the spaces provided.

**11 (a)** Name **one** career in sport or physical recreation. **[1 mark]**

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**11 (b)** Explain how studying GCSE Physical Education may be of benefit to a student who is choosing to follow the career named in **11(a)**. **[2 marks]**

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**12** Healthy eating is essential for a balanced diet.  
Identify **five** ways in which schools can encourage healthy eating amongst their students. **[5 marks]**

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**13** People are individuals with different needs.

**13 (a)** Explain how culture may affect an individual's participation in physical activity.

**[2 marks]**

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**13 (b)** Describe **two** ways that would allow individuals with physical disabilities to participate in physical activity.

**[4 marks]**

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<b>6</b>

**Turn over for the next question**

**Turn over ►**



14

Physical Education and Science are subjects in the National Curriculum.

State **two** other national curriculum subjects **and** explain how each can contribute in a positive way to GCSE Physical Education.

[4 marks]

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Rio de Janeiro in Brazil will host the Olympic Games and the Paralympic Games in 2016.

State and describe **two** ways in which the hosting of these Games could be an advantage to the performance of competitors from Brazil.

[4 marks]

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16

Describe **two** ways in which the director of a televised sports event could influence how sport will be seen by viewers.

[4 marks]

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17

State and describe **two** programmes that the Youth Sport Trust promotes in order to engage young people in physical education and school sport.

[4 marks]

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**Turn over for Section B**

**Turn over ►**



**Section B**

**Questions based on the preliminary material**

These questions are linked to the scenario which was released before the examination and which is repeated below.

Answer **all** questions in the spaces provided.

Ben is a 17-year-old amateur gymnast who is studying for his A levels in the sixth form. He also volunteers in a local primary school where he runs sports sessions and competitions for the students at lunchtimes.

Ben began gymnastics at primary school and has been on the National Talent Programme since the age of 14. As a result of recent success in competitions, he has been included in the World Class Podium Potential Programme. He trains for six days a week at a gymnastic facility, which is equipped with the latest equipment and technology. Ben follows a strict training routine and diet set by his coach.

Ben has a small group of friends who are not involved in sport. He is spending less time with them as his training time increases. Ben has a shy personality and often suffers from anxiety when competing in major competitions.

Ben has represented Great Britain at the European Junior Gymnastics Championships. He hopes to emulate Louis Smith, an Olympic gymnastics medallist, by competing at the Rio 2016 Olympic Games.

**18 (a)** State and describe **one** way in which Ben’s shy personality could have a negative effect on his performance in gymnastics.

**[2 marks]**

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**18 (b)**

Explain how anxiety may affect Ben’s performance when he is competing in a major competition.

**[4 marks]**

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**18 (c)**

Ben organises sports sessions and competitions in a local primary school.

State and explain **three** qualities that Ben would need to develop in order to be an effective organiser.

**[6 marks]**

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**Question 18 continues on the next page**

**Turn over ►**





**19 (a)** Describe **one** way in which Ben’s friends may affect his participation in gymnastics in the future.

**[2 marks]**

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**19 (b)** Ben is regarded as an amateur gymnast.

What is meant by an ‘amateur’?

**[4 marks]**

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**Question 19 continues on the next page**

**Turn over ►**



**19 (c)** Ben's role model is Louis Smith.

**19 (c) (i)** What is meant by a 'role model'?

**[2 marks]**

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**19 (c) (ii)** Explain how Louis Smith could have had an effect on Ben's level of participation or performance in gymnastics.

**[4 marks]**

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ANSWER IN THE SPACES PROVIDED**

