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| Centre Number | | | | | | Candidate Number | | | | |
| Surname | | | | | | | | | | |
| Other Names | | | | | | | | | | |
| Candidate Signature | | | | | | | | | | |



General Certificate of Secondary Education
June 2015

Physical Education (Double Award)

48905

Unit 5 Knowledge and Understanding for the Involved Participant

Thursday 21 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 70.
- In **Questions 11(d)** and **11(e)** 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.

| For Examiner's Use | |
|---------------------|------|
| Examiner's Initials | |
| Question | Mark |
| 1 | |
| 2 | |
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| TOTAL | |



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

Section A

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

1 Which **one** of the following is the **most** appropriate method of training for a marathon runner?

[1 mark]

Weight training

Circuit training

Continuous training

Fartlek training

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| 1 |

2 (a) What is meant by a 'dislocation'?

[1 mark]

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2 (b) State **one** action that should be taken when someone has suffered a dislocation.

[1 mark]

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3 (a) Describe the hand grip dynamometer test.

[4 marks]

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3 (b) Name **one** test that can be used to measure co-ordination.

[1 mark]

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3 (c) Explain how an improvement in co-ordination may enable a sportsperson to improve their performance in a named physical activity.

[3 marks]

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Question 3 continues on the next page

Turn over ►



3 (d) Explain why fitness testing is important when following a training programme.

[3 marks]

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| 11 |

4 Circuit training is one method of improving fitness.

4 (a) What is meant by 'circuit training'?

[2 marks]

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4 (b) State **one** improvement to fitness that a performer may gain from a well-planned circuit training programme.

[1 mark]

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5 (a) What is meant by an 'open skill'?

[2 marks]

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5 (b) Explain why variable practice is best suited to the learning of an open skill.

[3 marks]

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5 (c) Apart from variable practice, name **one** other type of practice.

[1 mark]

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Turn over for the next question

Turn over ►



6 Guidance is important when coaching skills to beginners.

6 (a) (i) What is meant by 'manual guidance'?

[1 mark]

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6 (a) (ii) Using an example from a named physical activity, describe when a coach could use manual guidance.

[1 mark]

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6 (b) Explain why demonstrations by a coach should be accurate when coaching beginners.

[2 marks]

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6 (c) Other than demonstrations, name **two** communication and interpersonal skills that a coach would need when coaching beginners.

[2 marks]

1

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2

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7 (a) What is meant by 'extrinsic knowledge of results'? **[1 mark]**

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7 (b) Give **one** example of extrinsic knowledge of results from a named physical activity. **[1 mark]**

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8 Diet can have a positive effect on a sporting performance.

8 (a) Explain why a diet high in carbohydrates could lead to an improvement in a sportsperson's performance. **[3 marks]**

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Question 8 continues on the next page

Turn over ►



8 (b)

Explain how drinking water and other fluids could help to improve a sportsperson's performance.

[3 marks]

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9

Many activities involve an element of risk.

9 (a)

Using an example from a named physical activity, explain how wearing the appropriate footwear can reduce the risk of injury.

[3 marks]

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9 (b)

Using an example from a named physical activity, explain how a rule may help to prevent injury.

[2 marks]

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9 (c)

Other than by wearing appropriate footwear and obeying rules, state **four** ways of minimising the risk of injury **before** taking part in physical activity.

[4 marks]

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10

The game of rounders is played by students in many primary schools in England.

Explain why rounders is considered to be a suitable physical activity for 9 year olds.

[3 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.

Hacienda Heights is situated high in the Rift Valley, Kenya. It is a residential training centre for elite sports performers. The Rift Valley is known as the 'home of champions'.

Sam is an elite 1500-metre runner who fractured his leg in a car accident. Sam is now able to return to full-time training. He is hoping to compete in the Rio 2016 Olympic Games but first needs to attain the qualifying time in order to have a chance of being selected for Great Britain.

Sam is following a training programme designed specifically to help him to make progress in all elements of his event. He will be staying at Hacienda Heights until the start of the Olympic Games. Sam will leave the training centre only to take part in competitions and the Olympic trials.

11 (a) Sam fractured his leg in a car accident.

State **three** ways in which a first aider could recognise a fracture of the leg.

[3 marks]

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11 (b) Explain how Sam could use interval training in order to attain the qualifying time for the 1500 metres.

[3 marks]

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11 (c) In order to meet the demands of the 1500 metres, Sam needs to develop many components of fitness.

11 (c) (i) What is meant by 'speed'?

[1 mark]

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11 (c) (ii) Explain at what point Sam could use speed to his advantage during a 1500-metre race.

[2 marks]

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Question 11 continues on the next page

Turn over ►



11 (d) Explain how Sam could use the principle of overload to improve his performance in the 1500 metres.

(Answer in continuous prose)

[6 marks]

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11 (e) Explain how altitude training could help to improve Sam's performance in the 1500 metres if he is selected to represent Great Britain in Rio 2016.

(Answer in continuous prose)

[6 marks]

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END OF QUESTIONS

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| 21 |



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