



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

GCSE PHYSICAL EDUCATION (Double Award)

Unit 5 Knowledge and Understanding for the Involved Participant

Thursday 26 May 2016

Afternoon

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 18(a)** and **18(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.



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Section A

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

Total for this question: 1 mark

1 Which component of fitness is measured when performing a vertical jump test?
(Tick the correct box.)

[1 mark]

Co-ordination

Power

Agility

Reaction time

1

Total for this question: 5 marks

2 (a) A sprain is an example of a soft tissue injury.
Give **one** other example of a soft tissue injury.

[1 mark]

2 (b) Explain why the principles of RICE would be used to treat a sprain.

[4 marks]

5



Total for this question: 3 marks

3 State **three** different symptoms of someone who is suffering from concussion. **[3 marks]**

1 _____

2 _____

3 _____

3

Total for this question: 3 marks

4 Describe the correct technique when landing from a height. **[3 marks]**

3

Turn over ►



Total for this question: 4 marks

5 What type of skill is a basketball free throw? Give reasons for your answer. **[4 marks]**

4

Total for this question: 2 marks

6 Using an example from a named physical activity, what is meant by 'whole practice'? **[2 marks]**

2

Total for this question: 1 mark

7 Identify **one** way in which new skills can be learned. **[1 mark]**

1



Total for this question: 2 marks

8 Explain why it is important that a coach uses the appropriate terminology and language when coaching a group of players.

[2 marks]

2

Total for this question: 2 marks

9 What is meant by 'intrinsic knowledge of performance'?

[2 marks]

2

Turn over ►



Total for this question: 6 marks**10 (a)** Describe the multi-stage fitness test.**[5 marks]**

10 (b) Which **one** of the following tests measures balance?
(Tick the correct box.)**[1 mark]**

Stork stand test

Sit and reach test

Ruler drop test

Standing broad jump test

6



Total for this question: 2 marks

11 Using an example from a named physical activity, explain why an improvement in balance may enable a sportsperson to improve his/her performance. **[2 marks]**

2

Total for this question: 2 marks

12 Explain why continuous training can be an effective method of training for a sportsperson hoping to improve his/her performance in a physical activity. **[2 marks]**

2

Total for this question: 4 marks

13 Explain why warming up before a physical activity may help to prevent injury. **[4 marks]**

4

Turn over ►



Total for this question: 4 marks

- 14** State and explain **two** reasons why bowls is considered to be a suitable activity for a senior citizen.

[4 marks]

1 _____

2 _____

4**Total for this question: 1 mark**

- 15** Which **one** of the following would be the **most** effective way to improve muscular endurance in weight training?
(Tick the correct box.)

[1 mark]

Heavy weights with low repetitions

Heavy weights at speed

Light weights with low repetitions

Light weights with high repetitions

1

Total for this question: 4 marks

16

State **four** safety measures that should be considered when lifting a heavy piece of sports equipment.

[4 marks]

1 _____

2 _____

3 _____

4 _____

4

Total for this question: 3 marks

17

Explain how an increase in explosive strength may help to improve the performance of a games player.

[3 marks]

3

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.

Alex is currently in his second year of studying a degree in Sport and Exercise Science at university.

At secondary school, Alex was very active and participated in a wide range of sports activities because he enjoyed them so much. His main sports were cricket and football. He represented his county in both of these sports and was also part of a leading Premier League Academy for football. Unfortunately however, he was released by the football club during year 12 due to injury, whilst studying for his A-levels. Despite recovering from his injury and playing for a local lower league team, he lost interest in the competitive side of the game. As a result, his participation in sport was minimal by the time he finished at sixth form and he put on weight.

Alex went on to study sport at university and his interest in participating was revived. In his first year, he joined the local gym and signed up for the football and athletics clubs. Now in his second year, he has been working on a strength and fitness programme using a variety of training methods specifically for football and athletics. He presently plays centre forward for the 1st XI football team and competes in the 400 m and long jump.

Alex shares a house with three other students. He finds it difficult to maintain a balanced diet needed for an active sportsman. He has taken on the role of secretary for the university football club to both widen his interests and to make him more attractive to future employers.

Total for this question: 21 marks

- 18 (a)** Explain how different nutrients could help to improve Alex's performance in football and/or athletics.

(Answer in continuous prose)

[6 marks]



Extra space _____

Turn over ▶



18 (b) Name **three** administrative and management skills that Alex will require in his role as secretary of the university football club.

[3 marks]

1 _____

2 _____

3 _____

18 (c) Whilst at secondary school, Alex was very active and participated in a wide range of physical activities because he enjoyed them so much.

State **two** other reasons for Alex choosing to participate in a wide range of physical activities.

[2 marks]

1 _____

2 _____

18 (d) Other than warming up, state and explain **two** health and safety precautions that Alex should take whilst undertaking a weight training session as part of his strength and fitness programme.

[4 marks]

1 _____

2 _____



- 18 (e)** Apart from health and safety, explain the factors that Alex should consider when planning a six-week circuit training programme in order to improve his performance in football.

(Answer in continuous prose)

[6 marks]

Extra space _____

END OF QUESTIONS



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