

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

4911/01



S15-4911-01

**PHYSICAL EDUCATION (SHORT COURSE)  
UNIT 1**

P.M. FRIDAY, 15 May 2015

45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	17	
3.	18	
<b>Total</b>	<b>50</b>	

**ADDITIONAL MATERIALS**

DVD.

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

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

If you run out of space, use the continuation page at the back of the booklet, taking care to number the question(s) correctly.

**INFORMATION FOR CANDIDATES**

The clips for Questions 1 and 2 will be shown three times.

Before the clips are shown you will have five minutes to read the questions. Two clips will be shown during which time you may answer the questions and make notes.

The clips will be shown a second time. There will be five minutes after each clip to answer the questions.

The clips will be shown for a third and final time.

There will then be approximately twenty five minutes to complete the paper.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing in Q3 (b) and (c).



MAY1549110101

*Answer all the questions in the spaces provided.*

1. Video clip of rugby player.

(a) Describe when the following *skill-related* components can be seen in the clip. [2]

Skill-related fitness components	Description of when the components are seen in the clip
Agility	<p>.....</p> <p>.....</p> <p>.....</p>
Speed	<p>.....</p> <p>.....</p> <p>.....</p>

(b) “Power is another component of physical fitness demonstrated in the clip.”

(i) Define the term power. .... [1]

(ii) Explain where power is demonstrated in the clip. [2]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(iii) Describe a method of fitness training that could be used to help develop power. [3]

.....  
.....  
.....  
.....  
.....  
.....

(c) (i) Explain why warming up and warming/cooling down are so important for the players in the clip. [4]

- Warming up

.....  
.....

- Warming/cooling down

.....  
.....

(ii) State how some players in the clip have **visibly** attempted to prevent injury. [1]

.....

(iii) Suggest **two** reasons why rugby is more likely to cause injury than many other sports. [2]

- .....

.....

- .....

.....

4911  
010003

15



2. Video clip of cyclists.

(a) The following are the two main fitness components demonstrated in the clip:

Cardiovascular endurance;

Local muscular endurance.

(i) Explain how these components of fitness are demonstrated in the clip. [2]

Physical Fitness Components	Explanation of how components are demonstrated in the clip
Cardiovascular endurance	<p>.....</p> <p>.....</p> <p>.....</p>
Local muscular endurance	<p>.....</p> <p>.....</p> <p>.....</p>

(ii) Identify the method of training taking place. [1]

.....

(iii) Explain how the cyclists could apply the *Principles of Training* to improve their performance. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(b) (i) Describe in detail the procedures for the two physical fitness tests identified below. [4]

Physical Fitness Components	Test	Description of procedures
Cardiovascular endurance	Multi Stage Fitness Test	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Local muscular endurance	Abdominal Curl Test	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

(ii) "Fitness tests must be both **valid** and **reliable** for results to be meaningful."

Explain both these terms.

[2]

**Valid**

.....

.....

.....

**Reliable**

.....

.....

.....



(c) Give **four** reasons why the testing of physical fitness is important as part of a training programme. [4]

- .....
- .....
- .....
- .....

17



3. (a) Explain what has been done to improve access to physical activity for the following target groups. [6]

**Women**

Dotted lines for writing.

**Disabled**

Dotted lines for writing.







Examiner  
only

A large rectangular area containing 25 horizontal dotted lines for writing.



(c) Discuss how school physical education and sport can influence participation in physical activity. [6]

A large rectangular area containing approximately 30 horizontal dotted lines for writing an answer.



Dotted lines for writing.

**END OF PAPER**

18



<b>Question number</b>	<b>Additional page, if required.</b> <b>Write the question number(s) in the left-hand margin.</b>

Examiner  
only

