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| Surname | Centre Number | Candidate Number |
| Other Names | | 0 |

GCSE



C555U10-1



PHYSICAL EDUCATION (Short Course) Component 1: Introduction to Physical Education

WEDNESDAY, 15 MAY 2019 – MORNING

1 hour

| For Examiner's use only | | |
|-------------------------|--------------|--------------|
| Question | Maximum Mark | Mark Awarded |
| 1.a | 7 | |
| 1.b | 4 | |
| 1.c | 4 | |
| 2.a | 3 | |
| 2.b | 2 | |
| 2.c | 7 | |
| 2.d | 7 | |
| 3.a | 1 | |
| 3.b | 4 | |
| 3.c | 4 | |
| 3.d | 6 | |
| 4.a | 7 | |
| 4.b | 2 | |
| 4.c | 2 | |
| Total | 60 | |

ADDITIONAL MATERIALS

You may use a calculator in this examination.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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

Answer **all** questions.

Write your answers in the spaces provided in this booklet.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

INFORMATION FOR CANDIDATES

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

You are reminded of the necessity for good English and orderly presentation in your answers.

Answer all questions.

1. Study the image of the high jumper below.



(a) (i) Identify the main component of fitness needed by the high jumper at take off. [1]

Tick (✓) **one** box only.

| Component of fitness | |
|--------------------------|--|
| Cardiovascular Endurance | |
| Body Composition | |
| Power | |
| Cardiac Output | |

(ii) Justify your reasons for choosing the component identified in 1(a)(i) above. [2]

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- (iii) Identify a recognised method of training for the component of fitness identified in 1(a)(i). Explain why it could be of benefit to a high jumper. [4]

Training method:

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- (b) (i) Identify **three** potential risks to an individual who does not take part in regular physical activity. [3]

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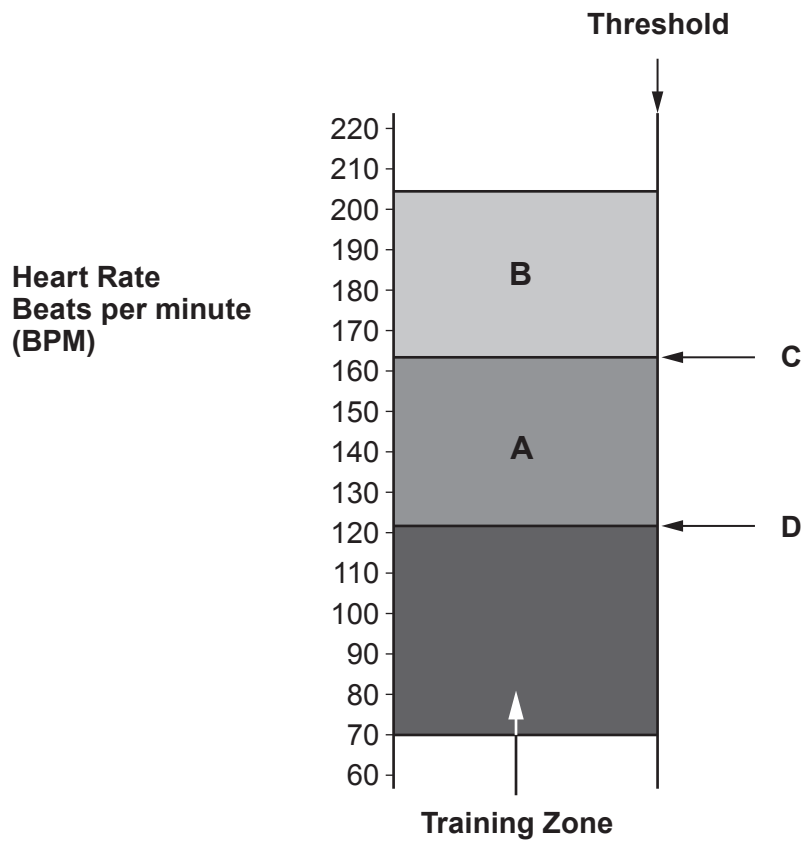
- (ii) Calculate the maximum heart rate (MHR) of a 16-year-old individual. [1]

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(c) Sportspeople need to understand the use of training zones and thresholds.

[4]

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only



Look at the diagram and complete the table below by matching the training zone or threshold to the letters **A**, **B**, **C** and **D**.

| Letter | Training zone / threshold |
|----------|---------------------------|
| A | |
| B | |
| C | |
| D | |

2. Study the image of the gymnast below.



(a) (i) Balance is an important component of fitness for a gymnast. Define the term *balance*. [1]

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(ii) Explain why balance is an important component of fitness for a gymnast. [2]

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(b) Name **two** functions of the human skeletal system. [2]

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(c) (i) Identify **two** methods of stretching that the gymnast could use during training. [2]

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(ii) Using specific examples, explain each method of stretching you identified in 2(c)(i). [2]

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(iii) From the table below, Identify **one** method of training that the gymnast could use in order to improve their performance. [1]

| Training method | Tick (✓) one box only. |
|-----------------|-------------------------------|
| Specificity | |
| Fartlek | |
| Weight | |
| S.A.Q. | |

(iv) Explain, using appropriate examples, why the gymnast would use the method of training selected in 2(c)(iii) above. [2]

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- (d) (i) Carbohydrates, proteins and fats play an important role in our diets.
Explain the function of each nutrient.

[3]

| Nutrient | Function |
|---------------|---------------------------|
| Carbohydrates | <p>.....</p> <p>.....</p> |
| Proteins | <p>.....</p> <p>.....</p> |
| Fats | <p>.....</p> <p>.....</p> |

- (ii) Assess why it is important for sportspeople to keep hydrated when taking part in sport and physical activity.

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3. (a) Identify the Principle of Training which involves increasing the amount of stress placed upon the body. [1]

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(b) Discuss the reasons for an athlete progressively increasing the amount of stress placed upon the body during training. [4]

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(c) Explain why it is important for sportspeople to train using correct techniques. [4]

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(d) Using sporting examples, discuss why sportspeople need to ensure that they include **variance** in their training. [6]

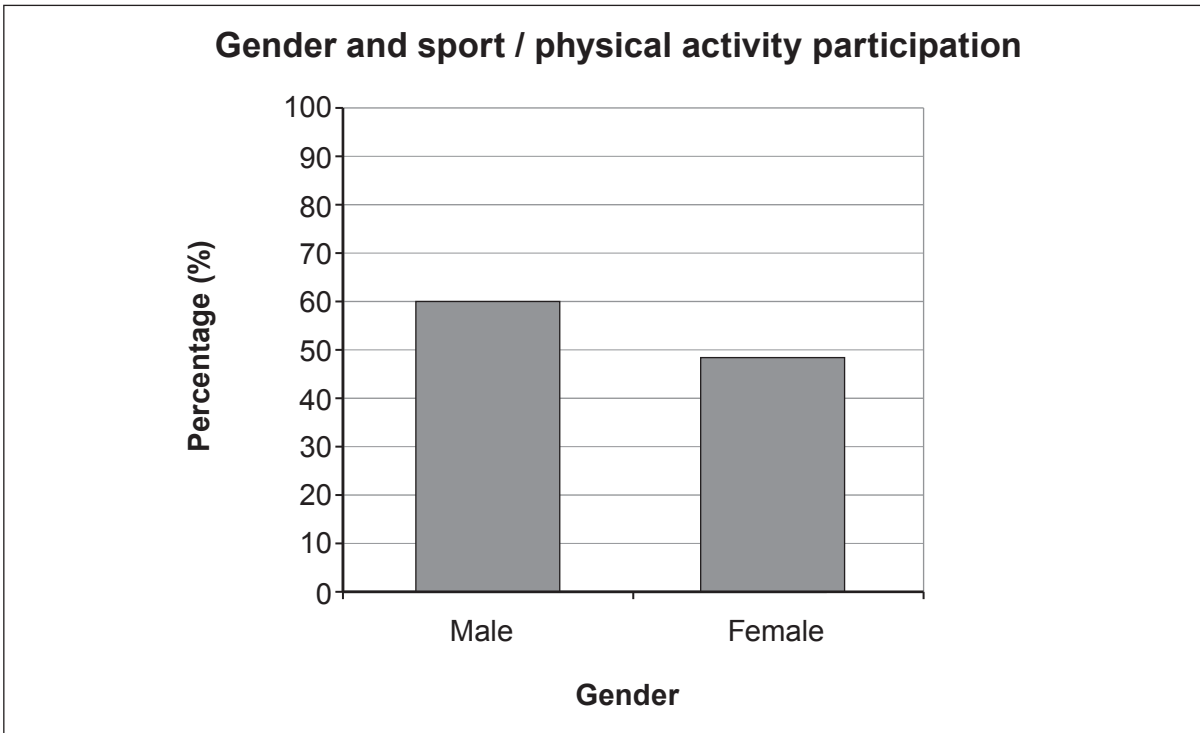
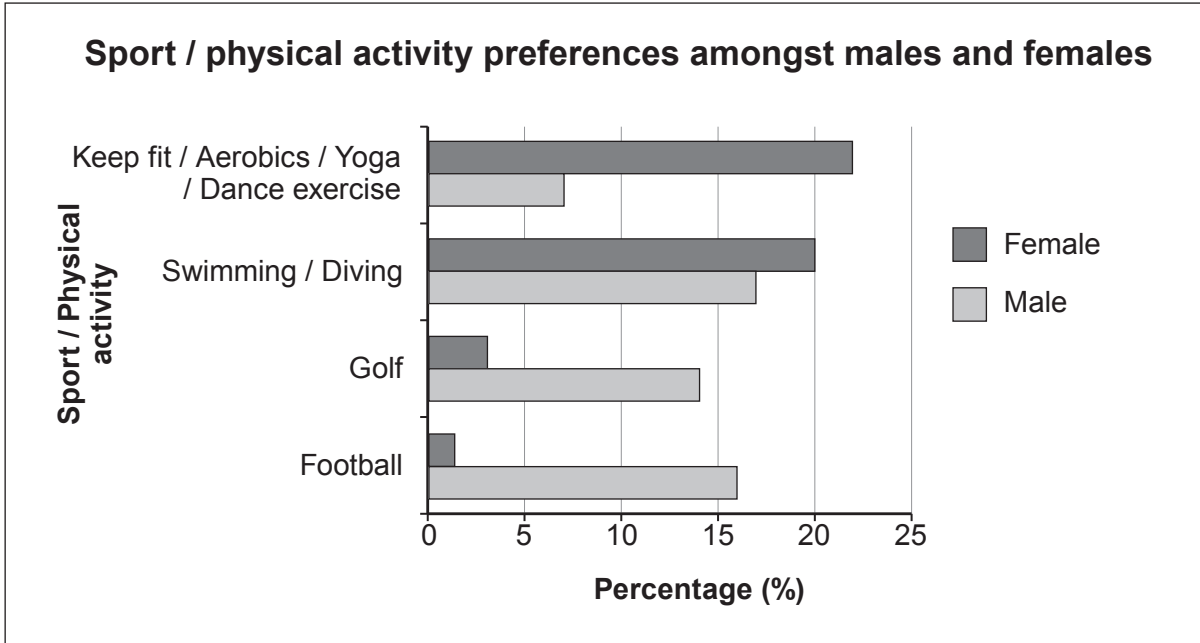
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4. Study the data shown below.

Sport / physical activity participation data for males and females aged 16 and over



(b) Explain antagonistic muscle action.

[2]

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(c) Using the image of a sportsperson performing a bicep curl to help you, give **two** reasons why this shows an example of a third order lever. [2]

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END OF PAPER

For continuation only.

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