



**ADVANCED SUBSIDIARY GCE
PHYSICAL EDUCATION**

G451

Unit G451: An Introduction to Physical Education

**Tuesday 19 May 2009
Morning**

Duration: 2 hours

Candidates answer on the question paper

OCR Supplied Materials:

None

Other Materials Required:

None



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|--------------------|--|-------------------|--|
| Candidate Forename | | Candidate Surname | |
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| Centre Number | | | | | | Candidate Number | | | | |
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INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- There are three Sections in this paper.
- Answer **all** parts of the question in each of Sections A, B and C.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (*). Marks will be awarded for spelling, punctuation and grammar, use of appropriate form and style of writing, and for organising work clearly and coherently.
- This document consists of **16** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

Anatomy and Physiology

- 1 (a) Fig. 1 shows a player performing a basketball lay-up shot.



Fig. 1

Use your anatomical and physiological knowledge to complete the table below for the player's **right** knee.

| Joint | Joint Type | Movement | Agonist | Antagonist | Type of Contraction | Predominant muscle fibre involved |
|-------|------------|-----------|---------|------------|---------------------|-----------------------------------|
| Knee | | Extension | | | | |

[5]

(b) Describe how the conduction system of the heart controls the cardiac cycle.

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(c) During exercise the mechanics of breathing allow for greater volumes of air to be **inhaled** per breath.

Describe how the mechanisms of neural control cause changes to the mechanics of breathing during exercise.

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- (d) Give two ways in which oxygen is transported in the blood.
Describe the effect of smoking on the transport of oxygen in the blood.

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- *(e) Health professionals believe that people who adopt an active lifestyle over a number of years will gain many positive health benefits.

Evaluate critically the impact of endurance activities on the cardiovascular system.

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Section B

Answer **all** parts of the question.

Acquiring Movement Skills

2 (a) The learning of movement skills is divided into phases.

Identify the three phases of learning movement skills
Using practical examples, describe each phase.

Phase one

Description:

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Phase two

Description:

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Phase three

Description:

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- (c) The learning of motor programmes is important in developing effectiveness in performing physical activities.

Give an example of a motor programme and describe how it is formed and stored

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Section C

Answer **all** parts of the question.

Socio-Cultural studies relating to participation in physical activity.

3 (a) (i) What is meant by each of the following:

sportsmanship
gamesmanship
perceived risk?

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(ii) Identify **three** components of a healthy balanced lifestyle.

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(b) Identify possible reasons for lack of participation in physical activity by young people.

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(c) Ethnic sports such as the Highland Games continue to survive in the UK.

Explain the reasons for the continued existence and popularity of surviving ethnic sports today.

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(d) Describe **positive** effects that the media can have on sport.

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*(e) Explain the commercialisation of the Olympic Games since 1984 and how the Olympic Games can be a vehicle for nation building.

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[Total: 30]



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