

Thursday 31 May 2012 – Morning

AS GCE PHYSICAL EDUCATION

G451/01 An Introduction to Physical Education

* G 4 3 0 7 7 0 6 1 2 *

Candidates answer on the Question Paper.

OCR supplied materials:

None

Duration: 2 hours

Other materials required:

None



Candidate forename					Candidate surname				
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Centre number						Candidate number			
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INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** parts of the question in each of Sections A, B and C.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- 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 (*).
- This document consists of **20** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

Anatomy and Physiology

- 1 (a) Atherosclerosis is one of the four main coronary heart diseases.

- (i) Describe atherosclerosis.

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.....

[3]

- (ii) Name **two** other coronary heart diseases.

.....
.....

[2]

- (b) Fig. 1 shows the upward and downward phases of a press up.

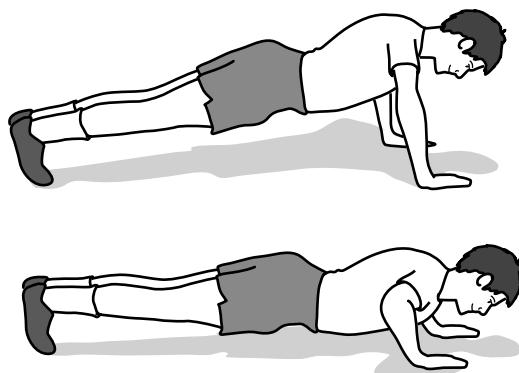


Fig. 1

Explain the role of the triceps brachii in both the upward and downward phases of a press up.

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[4]

- (c) A performer's mix of fast and slow twitch muscle fibres is genetically determined.

- (i) Identify **three** functional characteristics of slow twitch (slow oxidative) muscle fibres.

[3]

[3]

- (ii) Explain how a performer's mix of muscle fibre types might influence their reasons for choosing to take part in particular types of physical activity.

[3]

[3]

- (d) Explain how an increased venous return will help to improve the quality of performance during aerobic exercise.

[5]

(e)* Analyse the effects of smoking on the health and performance of an endurance athlete.

Section B

Answer all parts of the question.

Acquiring Movement Skills

- 2 (a)** Identify the main characteristics of abilities.

Give a practical example of both a gross motor ability and a psychomotor ability.

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[4]

- (b)** Describe the **four** sources of information according to schema theory.

Knowledge of:

initial conditions:

response specifications:

sensory consequences:

response outcomes.....

response outcomes.

[4]

[4]

- (c) Describe each part of the multi-store memory process and give a practical example to show how each part contributes to the performance of physical activities.

[6]

[6]

- (d) (i) Explain **two** factors which influence the selection of the most appropriate and effective practice methods to improve the performance of movement skills.

[2]

- (ii) Explain when each of massed, distributed, fixed and varied physical practice methods could be used to improve the performance of movement skills.

[4]

[4]

10

(e)* Describe Bandura's model of observational learning.

Discuss the factors that affect successful modelling when learning balanced, active and healthy lifestyle behaviour.

[10]

. [10]

Section C

Answer all parts of the question.

Socio-Cultural Studies relating to participation in physical activity

- 3 (a) It could be argued that physical prowess and physical endeavour are characteristics that are more important in high level sport than in physical recreation.

- (i)** What is meant by the terms:

physical prowess;

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physical endeavour?

[1]

- (ii) Compare the characteristics of physical recreation and sport. In your answer, compare characteristics **other than** physical prowess and physical endeavour.

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- (b)** Why is sport so popular in Australia?

[5]

[5]

- (c) Describe the traditional amateur approach to sport in the UK.

Suggest reasons why this amateur approach is being replaced by a more professional approach in contemporary sport.

[5]

- (d) The Los Angeles Olympic Games of 1984 were the first to be highly commercialised.

Explain the reasons for, and the impacts of, the commercialisation of the Olympic Games.

[5]

- [5]

- (e)*** Discuss the reasons for, the consequences of, and the solutions to, the problem of drugs in sport.

[10]

. [10]

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