SECTION ONE

Answer ALL the questions.

For each question, choose an answer, A, B, C or D, and put a cross in the box (X). Mark only one answer for each question. If you change your mind about an answer, put a line through the box (X) and then mark your new answer with a cross (X).

eg: Mark the box like this: If you change your mind, mark the boxes like this:

<table>
<thead>
<tr>
<th>A</th>
<th>A This shows your final answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>This shows your answer</td>
</tr>
<tr>
<td>D</td>
<td>C First answer</td>
</tr>
</tbody>
</table>

1. (a) Exercise is:

- **A** The ability to meet the demands of the environment.
- **B** Training regularly.
- **C** A state of complete mental, physical and social well-being, and not merely the absence of disease and infirmity.
- **D** A form of physical activity done primarily to improve one’s health and physical fitness. (1)

(b) The cardiovascular system is made up of:

- **A** Heart, lungs, blood
- **B** Heart, blood, blood vessels
- **C** Heart, lungs
- **D** Heart, lungs, blood, blood vessels (1)
(c) Which of the following components of fitness is skill-related and important to the sprinter shown in Figure 1 to get a good start from the blocks?

Figure 1

(Source: Wesson, Wiggins and Thompson, Sport and PE – A complete guide to advanced level study, Hodder and Stoughton, 1998)

☐ A Strength
☐ B Coordination
☐ C Body composition
☐ D Reaction time

(1)

(d) The FITT principle of training is made up of four parts. Which of the following statements covers all four aspects of the FITT principle?

☐ A How hard and often you work, making sure you do not do too much.
☐ B How long, hard and often you work, whilst avoiding boredom.
☐ C How hard and often you work; making sure that your training fits the requirements of the activity.
☐ D How long, hard and often you work; making sure that your training fits the requirements of the activity.

(1)

(e) Which of the following body types would be most appropriate for a high jumper?

☐ A Endomorph
☐ B Somatotype
☐ C Ectomorph
☐ D Mesomorph

(1)
(f) Which of the following statements gives the **most** important reason for wearing the correct clothing when taking part in physical activity?

- A It gives you the opportunity to look good.
- B It gives you a psychological advantage over the opposition.
- C It reduces the chance of injury.
- D It is in the rules of the practical activity.

(g) Which of the following is **not** a joint injury?

- A Dislocation
- B Concussion
- C Tennis elbow
- D Golfer’s elbow

(h) Which of the following statements describes *cardiac output*?

- A The number of times the heart beats per minute.
- B The amount of blood leaving the heart per minute.
- C The amount of blood leaving the heart per beat.
- D The amount of blood leaving the heart per breath.

(i) Which of the following statements describes the movement of the ribs and diaphragm during *expiration*?

- A The ribs move up and out and the diaphragm moves down.
- B The ribs move up and out and the diaphragm moves up.
- C The ribs move down and in and the diaphragm relaxes.
- D The ribs move down and in and the diaphragm contracts.
(j) Which of the following muscles allows *abduction* of the arm at the shoulder during a tennis serve?

- [x] A  Latissimus dorsi
- [x] B  Pectorals
- [x] C  Deltoids
- [x] D  Triceps

(Total 10 marks)

TOTAL FOR SECTION ONE: 10 MARKS
SECTION TWO

Answer ALL the questions. Write your answers in the spaces provided.

2. Complete the statements below about the benefits gained from participating in practical activity.

(i) Many people take part in physical activity to ............................................

   stress. This is a ............................................ benefit of physical activity

   (2)

(ii) Weight loss as a result of physical activity is a physical benefit of exercise. Weight

   loss could also have a mental benefit to the individual, for example, ......................

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

   (1)

(iii) Weight loss as a result of physical activity is achieved by ..................................

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

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

   (2)

(iv) Some people take part in physical activity for the ..........................................

   benefits, for example, it allows them to meet new people and make new friends

   (1)

(v) People who take part in physical activity, especially activities such as gymnastics and

   dance, can gain an ............................................ appreciation of the activity

   due to the quality of the movements being performed.

   (1)

(Total 7 marks)
3. (a) What term is being described in the statement below?

The ability to meet the demands of the environment.

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

(1)

(b) Figure 2 shows a gymnast.

Figure 2

(Source: Wesson, Wiggins and Thompson, Sport and PE – A complete guide to advanced level study, Hodder and Stoughton, 1998)

If the performer in Figure 2 was unable to meet the demands of his environment, what would happen to his performance?

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

(1)

(c) Explain the term performance.

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

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

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

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

(1)
(d) Different sports make different demands on sport performers.

Give one example of how the demands on the gymnast in Figure 2 would differ from the demands on the long distance runner shown in Figure 3 above.

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

(1)

(e) Flexibility is an important component of health-related exercise. Give an example of how flexibility would help each of the performers in Figure 2 and Figure 3.

Gymnast in Figure 2 ................................................................................................................................
.........................................................................................................................................................
.........................................................................................................................................................

(1)

Long distance runner in Figure 3 ........................................................................................................
.........................................................................................................................................................
.........................................................................................................................................................

(1)

(f) Good health is important to sport performers. Explain why we cannot tell by looking at the performers in Figures 2 and 3 whether one performer is healthier than the other.

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

(1)

(Total 7 marks)
4. (a) Look at the images in Figure 4 and complete the table below by stating how each of the performers will use **speed** in their performance.

![Images of athletes: Athlete – Sprinter, Games player, Athlete – Discus](source)

**Figure 4**

<table>
<thead>
<tr>
<th>How speed is used in their performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete – Sprinter</td>
</tr>
<tr>
<td>Games player</td>
</tr>
<tr>
<td>Athlete – Discus</td>
</tr>
</tbody>
</table>

(b) Coordination is also important to the performers in Figure 4. Complete the table below by:

(i) Giving an example of the parts of the body being coordinated.

(ii) Explaining how your example of coordination is important to the performers.

<table>
<thead>
<tr>
<th>(i) Example of body parts being coordinated</th>
<th>(ii) Explanation of why example of coordination is important to performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete – Sprinter</td>
<td></td>
</tr>
<tr>
<td>Games Player</td>
<td></td>
</tr>
</tbody>
</table>

(Total 7 marks)
5. (a) The principles of training should be applied to make sure your training is effective. Complete the table below by naming and explaining four principles of training which you applied in your Personal Exercise Programme (PEP). Do NOT use the FITT principle as one of your answers.

<table>
<thead>
<tr>
<th>Principle of training</th>
<th>Explanation of principle</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td></td>
</tr>
<tr>
<td>(ii)</td>
<td></td>
</tr>
<tr>
<td>(iii)</td>
<td></td>
</tr>
<tr>
<td>(iv)</td>
<td></td>
</tr>
</tbody>
</table>

(8)

(b) Complete the table below by selecting two of the principles of training you used in part (a) and give specific examples of how you applied these principles of training within your PEP.

<table>
<thead>
<tr>
<th>Principle of training</th>
<th>Specific example of how principle was applied in PEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td></td>
</tr>
<tr>
<td>(ii)</td>
<td></td>
</tr>
</tbody>
</table>

(2)

(Total 10 marks)
6. The gymnast in Figure 5 is holding a handstand position.

![Figure 5](Source: Colorsport)

(a) The muscles in the gymnast’s body are working to maintain this upright, stationary position. What type of muscle contraction is taking place?

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

(1)

(b) Name and explain another type of muscle contraction and give an example of its use in sport.

(i) Name of contraction ............................................................... 

(1)

(ii) Explanation ........................................................................

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

(1)

(iii) Example of its use in sport ..........................................

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

(1)

(Total 4 marks)
7. (a) Which of the following three body conditions is considered to be the most dangerous to our health?

| OBESE | OVERWEIGHT | OVERFAT |

(1)

(b) Why is it unlikely that an elite performer will have this condition?

(1)

(c) Some elite performers, for example rugby players, will weigh more than their 'expected' weight, but still be the appropriate weight for their sport. Why will these performers weigh more than expected?

(1)

(Total 3 marks)

8. Give three reasons why it is important that players follow the rules of the sport they are playing.

1

(1)

2

(1)

3

(1)

(Total 3 marks)
9. The competitions in the table below have all been balanced.

(a) Explain the term 'balanced' competition.

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

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

(1)

(b) Give one reason why a tournament organiser should want to balance competition.

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

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

(1)

(c) Complete the table below by stating the way in which the competition has been balanced.

<table>
<thead>
<tr>
<th>Competition</th>
<th>How competition has been balanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 19s' football tournament</td>
<td></td>
</tr>
<tr>
<td>Women's indoor athletics championships</td>
<td></td>
</tr>
<tr>
<td>Judo brown belt competition</td>
<td></td>
</tr>
<tr>
<td>Heavyweight boxing competition</td>
<td></td>
</tr>
</tbody>
</table>

(4)

(Total 6 marks)