

**Thursday 19 January 2012 – Afternoon**

**AS GCE PHYSICAL EDUCATION**

**G451/01** An Introduction to Physical Education

Candidates answer on the Question Paper.

**OCR supplied materials:**

None

**Other materials required:**

None

**Duration: 2 hours**



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**

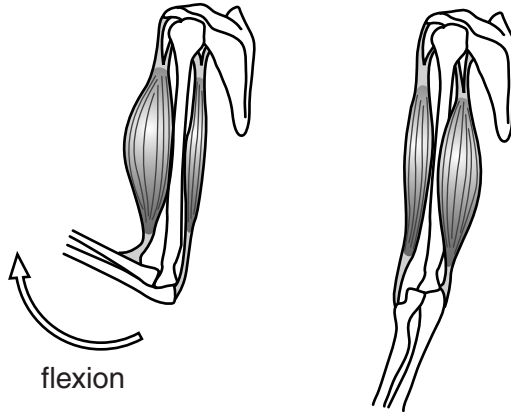
- The number of marks is given in brackets [ ] at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The quality of your written communication will be assessed in questions that are indicated accordingly (\*).
- This document consists of **16** pages. Any blank pages are indicated.

Section A

Answer **all** parts of the question.

**Anatomy and Physiology**

1 (a) Fig. 1 shows the muscles responsible for movement of the elbow joint.



**Fig. 1**

(i) Name the type of joint found at the elbow.

..... [1]

(ii) Name and outline the function of both muscles used in creating flexion of the elbow.

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..... [3]

(b) For a performer at rest, describe the mechanics of breathing during both inspiration and expiration.

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..... [5]

(c) (i) Describe osteoarthritis.

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..... [2]

(ii) How might physical activity affect the development, and assist in the prevention, of osteoarthritis?

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..... [4]

(d) Carbon dioxide is a by-product of aerobic respiration.

(i) Describe how carbon dioxide is transported in the blood.

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..... [2]

(ii) For a performer at rest, describe carbon dioxide diffusion at the alveoli.

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**(e)\*** Analyse the effects of completing:

- a warm up on the performance of an athlete;
- a cool down on the recovery of an athlete.

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**Section B**

Answer **all** parts of the question.

**Acquiring Movement Skills**

2 (a) One way of classifying movement skills is to consider environmental influences.

Using a practical example for each, explain why a skill is judged to be:

- at the open end of the environmental influences continuum;
- at the closed end of the environmental influences continuum.

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(b) (i) Describe the role of closed loop control in the performance of movement skills.

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(ii) Describe **one** practical example of a situation that involves closed loop control.

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(d) (i) Describe, using practical examples, visual guidance and mechanical guidance.

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(ii) Describe **one** way in which visual guidance and **one** way in which mechanical guidance can encourage a balanced, active and healthy lifestyle.

visual .....

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mechanical .....

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..... [2]





Section C

Answer **all** parts of the question.

**Socio-Cultural Studies relating to participation in physical activity**

3 (a) (i) What is meant by the term 'golden triangle'?

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..... [1]

(ii) Identify **three** different roles of the media giving an example of each.

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(b) Describe possible causes of violence by players in sport.

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(c) (i) Give an example of a surviving ethnic sport in the UK.

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(ii) Explain possible reasons for the continued existence and popularity of ethnic sports.

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(d) Explain how the Olympic Games can be a vehicle for nation building.

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(e)\* Explain why physical activity is seen as a valuable and necessary experience in contemporary UK society.

Explain possible barriers to young people's participation in physical activity.

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