

Tuesday 15 January 2013 – Morning

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	
-----------------------	--	----------------------	--

Centre number						Candidate number				
---------------	--	--	--	--	--	------------------	--	--	--	--

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 – Anatomy and Physiology

Answer **all** parts of the question

- 1 (a) Fig. 1 shows an athlete performing an upright row.

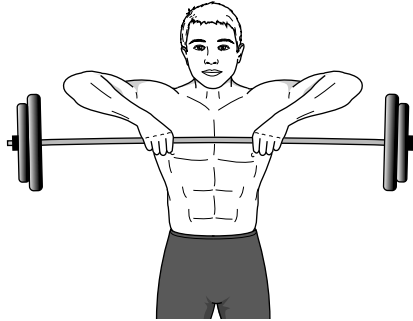


Fig. 1

- (i) Complete the table below for the athlete’s shoulder joint whilst the bar is being raised. [4]

Joint	Joint Type	Movement	Agonist	Antagonist	Type of Muscular Contraction
Shoulder		Abduction			

- (ii) The upright row requires a strong force of contraction.

Which is the main muscle fibre type recruited during this exercise?

..... [1]

- (b) (i) Identify **two** physiological factors which affect joint stability.

.....
 [2]

- (ii) Outline **three** ways in which physical activity can improve joint stability.

.....

 [3]

(c) Describe how the heart's conduction system controls the contraction and relaxation phases of the cardiac cycle.

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

[5]

(d) (i) Outline how oxygen is transported in the blood.

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

[2]

(ii) Describe the process of oxygen diffusion at the alveoli during exercise.

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

[3]

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

SECTION B – Acquiring Movement Skills

Answer **all** parts of the question

2 (a) Using a practical example, describe open loop control when performing a movement skill.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

(b) Part, whole, progressive part and whole-part-whole are all methods of practice.

Describe each of these **four** methods of practising movement skills, giving a practical example for each.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

(c) Describe the characteristics of each of the **three** named phases of learning movement skills.

Named phase:

Characteristics:

.....
.....

Named phase:

Characteristics:

.....
.....

Named phase:

Characteristics:

.....
..... [6]

(d) Describe the **five** different types of transfer that can occur when learning movement skills.

Give **one** way in which transfer of learning positively affects the development of schema.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
..... [6]

A series of horizontal dotted lines for writing, spanning the width of the page.

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwritten answers.

END OF QUESTION PAPER

14
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

15
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

PLEASE DO NOT WRITE ON THIS PAGE



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.