

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**AS GCE**  
**G451/01**  
**PHYSICAL EDUCATION**  
**An Introduction to Physical Education**  
**TUESDAY 23 MAY 2017:**  
**Morning**  
**DURATION: 2 hours**  
**plus your additional time allowance**  
**MODIFIED ENLARGED 24pt**

<b>Candidate forename</b>						<b>Candidate surname</b>				
<b>Centre number</b>						<b>Candidate number</b>				

**Candidates answer on the Question Paper.**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS TO CANDIDATES**

**Write your name, centre number and candidate number in the boxes on the first page. 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. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.**

## **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 (\*).**

**Any blank pages are indicated.**

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**SECTION A – Anatomy and Physiology**

**Answer ALL parts of the question.**

- 1 (a) Fig. 1 shows a golfer during the backswing phase of a golf shot.**

**FIG. 1**



- (i) Complete the table below for the left shoulder joint of the golfer. [3]**

Joint	Joint type	Movement	Agonist	Antagonist
Shoulder		Adduction		

- (ii) The rotator cuff is important for maintaining the stability of the shoulder joint.**

**Name TWO muscles of the rotator cuff.**

**Muscle 1:** \_\_\_\_\_  
\_\_\_\_\_

**Muscle 2:** \_\_\_\_\_  
\_\_\_\_\_

**[2]**

- (b) (i) Identify and give TWO structural characteristics of the muscle fibre type predominantly involved in a golf shot.**

**Muscle Fibre Type:** \_\_\_\_\_

**Characteristic 1:** \_\_\_\_\_

**Characteristic 2:** \_\_\_\_\_

**[3]**

- (ii) How might a warm up affect the skeletal muscle tissue of the golfer?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[2]**

[illegible]

**(d) Describe the process of gaseous exchange of oxygen at the alveoli during rest.**

## How does this change during exercise?

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[5]

[illegible]



[illegible]

[illegible]

**SECTION B – Acquiring Movement Skills**

**Answer ALL parts of the question.**

**2 (a) Learning movement skills involves the use of memory.**

**Describe the Multi-store memory process when learning movement skills.**

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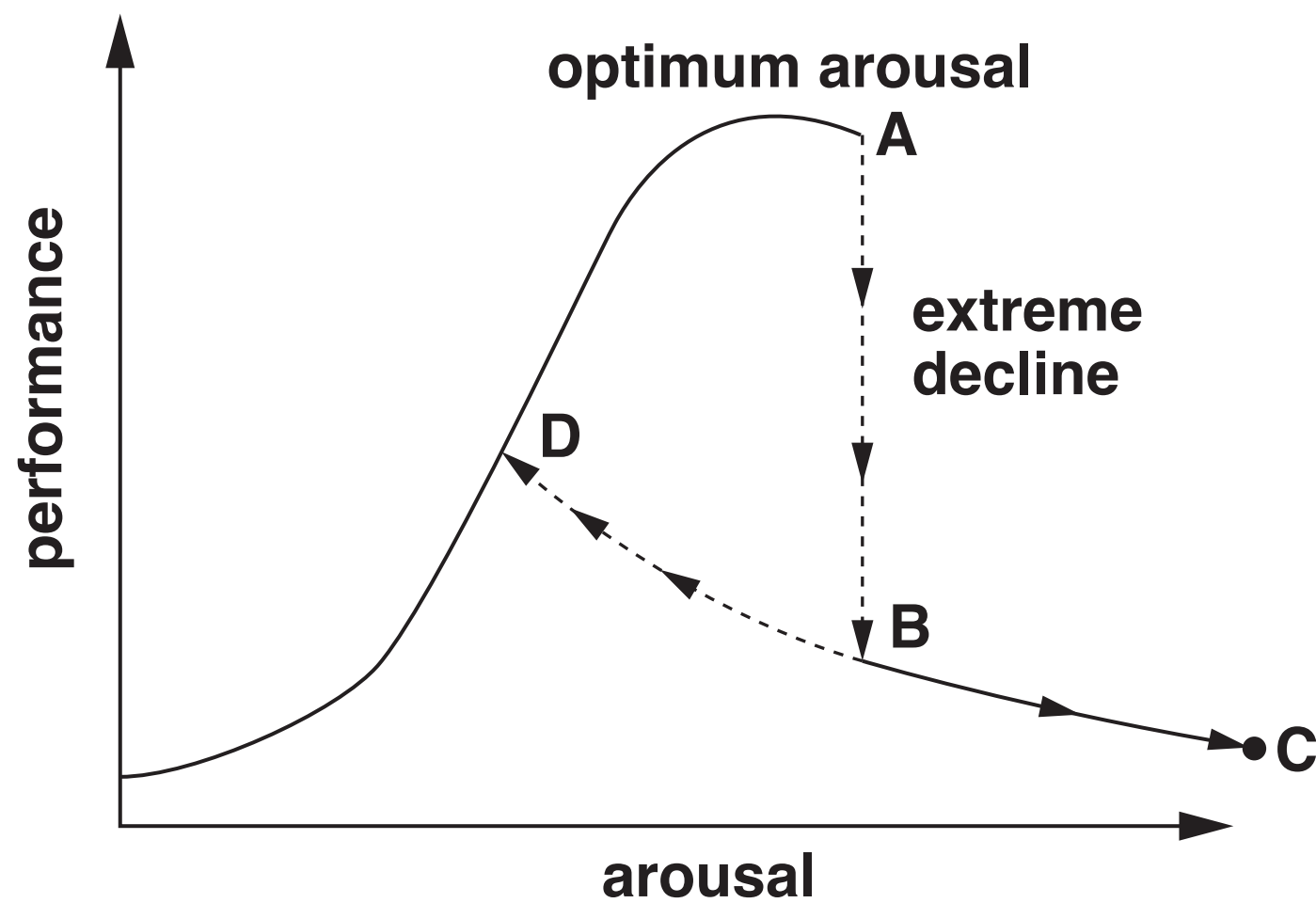
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**[4]**

(b) Fig. 2 below shows the relationship between performance and arousal when performing movement skills. This is known as the Catastrophe Theory.

FIG. 2



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[5]

[5]

[illegible]

**(e)\*The organisation of practices to ensure effective skill learning can involve using part and whole practice methods.**

**Using practical examples, describe each of these methods and evaluate their effectiveness in learning different types of movement skills. [10]**

[illegible]



[illegible]

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**SECTION C – Socio-Cultural Studies relating to participation in physical activity**

**Answer ALL parts of the question.**

**3 (a) (i) Define the terms:**

**Physical activity:** \_\_\_\_\_

\_\_\_\_\_

**Exercise:** \_\_\_\_\_

\_\_\_\_\_ **[2]**

**(ii) Other than physical activity and exercise, identify ONE other component that contributes to a healthy balanced lifestyle.**

\_\_\_\_\_ **[1]**

**(b) (i) Sport is a competitive and organised activity.**

**Describe TWO other characteristics of sport and TWO benefits from taking part.**

**Characteristic 1:** \_\_\_\_\_

\_\_\_\_\_

**Characteristic 2:** \_\_\_\_\_

\_\_\_\_\_

**Benefit 1:** \_\_\_\_\_

\_\_\_\_\_

**Benefit 2:** \_\_\_\_\_

\_\_\_\_\_

**[4]**

**(ii) Describe THREE sources of funding available to a sports performer.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[3]**

- (c) The UK has changed from an amateur approach to a more professional approach with regards to sport in recent years.**

**Explain the role of government and sporting organisations in promoting and supporting this change.**

**Government organisations:** \_\_\_\_\_

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**Sporting organisations:** \_\_\_\_\_

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**[4]**

- (d) (i) Other than winning, explain THREE other reasons why an athlete might use drugs in sport.**

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**[3]**

**(ii) Give THREE possible solutions to reduce the use of drugs in sport.**

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[3]

**(e)\* Discuss how the Olympic Games can benefit sport and society in the country hosting them.**

**Explain how Governments use sport as a political tool. [10]**

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[illegible]



[illegible]

**END OF QUESTION PAPER**

## ADDITIONAL ANSWER SPACE

**If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).**

[illegible]



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