



**Friday 16 May 2014 – Afternoon**

**GCSE PHYSICAL EDUCATION**

**B453/01** Developing Knowledge in Physical Education



Candidates answer on the Question Paper.

**OCR supplied materials:**  
None

**Other materials required:**  
None

**Duration:** 1 hour



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** the questions.
- Section A – candidates should only circle one answer per question.
- 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 **60**.
- This document consists of **12** pages. Any blank pages are indicated.
- The quality of your written communication will be assessed in the question marked with an asterisk (\*).

**SECTION A**

Answer **all** questions. Please **circle** one answer per question.

- 1** Which one of the following is an example of reducing risks and injuries during physical activities?
- (a) Always trying your best in an activity
  - (b) Wearing a mouth guard in hockey
  - (c) Playing to win at all times
  - (d) Shaking hands with your opponents after the game **[1]**
- 2** Which one of the following is a short term effect of exercise on muscles?
- (a) An increase in muscle temperature
  - (b) A decrease in hypertrophy of muscle fibres
  - (c) An increase in rate of recovery
  - (d) A decrease in minute volume **[1]**
- 3** Which one of the following is the best description of the movement allowed by a hinge joint?
- (a) Allows a wide range of movement
  - (b) Only allows rotation
  - (c) Allows for abduction and adduction
  - (d) Only allows flexion and extension **[1]**
- 4** Which one of the following is an example of extrinsic motivation?
- (a) Enjoying exercising with weights in a gymnasium
  - (b) Feeling a sense of achievement after running a race
  - (c) Being satisfied with your efforts in trying to eat healthily
  - (d) Wanting to win the basketball tournament to get a trophy **[1]**

- 5 Which one of the following is **not** a function of the skeleton?
- (a) To give support to the body
  - (b) To protect the heart and lungs
  - (c) To ensure enough oxygen reaches the working muscles
  - (d) To produce red blood cells
- [1]
- 6 Which one of the following is a problem that can be experienced with tendons?
- (a) Too much lactic acid can stop carbon dioxide intake
  - (b) Lack of synovial fluid can make them more fragile
  - (c) They can become inflamed following too much exercise
  - (d) Can inhibit breathing if they get too big as a result of exercise
- [1]
- 7 Which one of the following identifies the FITT principle?
- (a) Frequency, Intensity, Type and Tapering
  - (b) Frequency, Improvement, Type and Time
  - (c) Frequency, Improvement, Talent and Time
  - (d) Frequency, Intensity, Time and Type
- [1]
- 8 Which one of the following is a role of the International Olympic Committee (IOC)?
- (a) Selects the host city for the Olympic Games
  - (b) Selects the Olympic teams for each country
  - (c) Selects the officials for each Olympic track event
  - (d) Selects the most appropriate opening ceremony for each Olympic Games
- [1]

- 9 Which one of the following is a hazard in a swimming pool?
- (a) Concussion of a swimmer after diving in
  - (b) Lockers for your clothes and valuables are broken
  - (c) Too much chlorine in the water
  - (d) Cutting your foot on the way into the pool [1]
- 10 Which one of the following is an example of a good role model when learning skills?
- (a) A professional athlete who has recently been caught taking performance enhancing drugs
  - (b) A coach who used to be an excellent player demonstrating a skill
  - (c) A friend who has recently given up drinking alcohol and seems more friendly
  - (d) A parent who regularly watches sport on the television [1]
- 11 Which one of the following is the best example of goal setting to optimise performance?
- (a) To focus on one thing at a time when training for a marathon
  - (b) Setting a target to score 15 goals in half a season in hockey
  - (c) Playing each game at a time and adjusting your hopes and ambitions as you go along
  - (d) The coach of an athlete promising a financial bonus if the athlete wins the next race [1]
- 12 Which one of the following pairs shows the difference between knowledge of results and knowledge of performance?
- (a) Knowledge of results is knowing how good your technique is and knowledge of performance is knowing your score
  - (b) Knowledge of results is knowing which tactics to use and knowledge of performance is knowing how fit you are
  - (c) Knowledge of results is knowing how fit you are and knowledge of performance is knowing which tactics to use
  - (d) Knowledge of results is knowing your score and knowledge of performance is knowing how good your technique is [1]

- 13** Which one of the following muscle groups are mainly involved in moving the arms when performing a press up?
- (a) Biceps and quadriceps
  - (b) Deltoids and hamstrings
  - (c) Pectorals and triceps
  - (d) Trapezius and latissimus dorsi [1]
- 14** Which one of the following is a good description of plyometrics as a type of training?
- (a) A series of bounding, hopping and jumping movements
  - (b) A mixture of aerobic and anaerobic training methods
  - (c) Long distance running and walking with very little rest
  - (d) Short sharp pliability exercises with intervals of rest and work [1]
- 15** Which one of the following shows how funding could be used to affect participation levels in physical activities?
- (a) To increase prize money to motivate the best performers to compete
  - (b) To build new facilities to provide activities for people
  - (c) To sponsor football players to advertise health products
  - (d) To help pay for private medical care for athletes [1]

**SECTION B**

Answer **all** questions.

**16** Describe **three** effects of a six month training programme on muscles.

1 .....

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2 .....

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3 .....

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**[3]**

**17** Describe fartlek training and identify **two** ways it can improve fitness.

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**[4]**









24 Give **one** practical example of extrinsic feedback and explain the use of different types of extrinsic feedback to motivate participants in physical activities.

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..... [4]



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