

Write your name here	
Surname	Other names
Centre Number	Candidate Number
Edexcel GCE	
<h1>Physical Education</h1> <h2>Advanced Subsidiary</h2> <h3>Unit 1: Participation in Sport and Recreation</h3>	
Friday 28 May 2010 – Morning Time: 1 hour 30 minutes	Paper Reference 6PE01/01
You do not need any other materials.	Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

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Turn over ►

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Answer ALL questions.

1 (a) Explain what is meant by the terms **healthy and active lifestyle**. (2)

Healthy lifestyle

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Active lifestyle

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(b) Define **obesity** and explain the reasons why it is such a contemporary concern for society. (3)

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(c) Identify **four** other contemporary concerns. (4)

1

2

3

4

(Total for Question 1 = 9 marks)



2 (a) Explain what is meant by the term **energy balance** and identify what an athlete must consider in order to achieve the correct balance.

(3)

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(b) Identify the potential problems for an athlete of getting this balance wrong.

(3)

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(c) Energy can be obtained from three of the seven food groups.

Name the **three** food groups and identify the specific function of each group for the body.

(6)

Food group

Function

Food group

Function

Food group

Function

(Total for Question 2 = 12 marks)



3 (a) Explain the difference between a response and an adaptation to exercise.

(2)

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(b) Identify **two** responses that occur within the cardiovascular system during exercise and describe the physiological benefits of each.

(4)

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(Total for Question 3 = 6 marks)



4 Define **three** components of fitness necessary in order to participate in a named sport or physical activity and justify why they are required.

Named sport or physical activity

Component 1

Component 2

Component 3

(Total for Question 4 = 6 marks)



*5 Discuss the effects of ageing on physical performance.

A series of horizontal dotted lines for writing.





Handwriting practice area with 25 horizontal dotted lines.

(Total for Question 5 = 12 marks)



6 (a) Explain how sporting activities or festivals in the past were a reflection of the society in which they existed.

(4)

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(b) The Industrial Revolution led to many changes within British society. Explain the effect that the Industrial Revolution had on the organisation and codification of sport after 1800.

(6)

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(c) Outline how changes in society at the start of the 20th century led to the dominance of professional spectator sports.

(5)

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(Total for Question 6 = 15 marks)



7 (a) Define what is meant by **mass participation**. (2)

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(b) List the benefits for a country of a mass participation programme. (6)

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(Total for Question 7 = 8 marks)



8 (a) Explain how and why East Germany and Australia developed systems of talent identification in the 20th century.

(6)



(b) Explain the role of the UKSI network.

(4)

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(Total for Question 8 = 10 marks)



***9** Explain the concept of Long Term Athlete Development (LTAD) and discuss how it has been implemented in UK sport.

Explanation

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Implementation

Handwriting practice area consisting of multiple horizontal dotted lines.

(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS



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