

Write your name here

Surname

Other names

Centre Number

Candidate Number

**Edexcel GCE**

# Physical Education

**Advanced Subsidiary**

**Unit 1: Participation in Sport and Recreation**

Thursday 31 May 2012 – 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.

Turn over ►

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P 4 0 5 3 3 R A 0 1 2 0

**PEARSON**

**Answer ALL questions.**

1 (a) Give **four** requirements for active participation within physical recreation.

(4)

- 1 .....
- 2 .....
- 3 .....
- 4 .....

(b) Define the terms **active leisure** and **recreation**.

(2)

Active leisure

- .....
- .....
- .....

Recreation

- .....
- .....
- .....



(c) Give **four** reasons for the decline in active recreational activities.

(4)

1 .....

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2 .....

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3 .....

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4 .....

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**(Total for Question 1 = 10 marks)**



2 (a) Define the terms **health**, **fitness** and **exercise** and explain the role that exercise plays in helping to achieve fitness and health.

(5)

Health is defined as

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Fitness is defined as

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Exercise is defined as

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Explanation

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(b) Explain how it is possible to be **fit and not healthy** and **healthy and not fit**.

(2)

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**(Total for Question 2 = 7 marks)**



**3** Identify **four** likely responses experienced by each of the body's systems during a warm up. For each identified response you should state the physiological benefit.

(8)

Musculo-skeletal system

Response

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.....  
.....

Benefit

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

Cardiovascular system

Response

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

Benefit

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



Respiratory system

Response

.....

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Benefit

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.....

Neuro-muscular system

Response

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.....

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Benefit

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**(Total for Question 3 = 8 marks)**



4 (a) Warming up encourages responses, training encourages adaptations.  
Identify the difference between a response and an adaptation and provide an  
example of each.

(3)

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(b) Describe the main characteristics of **one** training method and show how it can be adapted for an endurance and a power athlete.

(5)

Method of training

Characteristics

Adapted for endurance training

Adapted for power training

**(Total for Question 4 = 8 marks)**





Handwriting practice area with 25 horizontal dotted lines.

**(Total for Question 5 = 12 marks)**



6 (a) Identify and describe **three** of the main characteristics of popular recreations prior to the Industrial Revolution.

(6)

A series of horizontal dotted lines for writing the answer.





7 (a) Explain and give an example of the concepts of sportsmanship and gamesmanship within the context of sport.

(4)

Sportsmanship

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Example

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.....

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Gamesmanship

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.....

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Example

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.....

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(b) Give **four** reasons why the move towards professional sport has been associated with a growth in gamesmanship and deviance in sport.

(4)

1 .....

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2 .....

.....

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3 .....

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4 .....

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**(Total for Question 7 = 8 marks)**



8 (a) Identify **three** UK agencies responsible for participation at the different levels of the sporting pyramid. For each agency identify a strategy it has used and explain its impact on participation.

(9)

Agency 1

Strategy

Impact

Agency 2

Strategy

Impact





Agency 3

Strategy

Impact





**\*9** Discuss the role that the Industrial Revolution played in the development of sports.

(12)

A series of horizontal dotted lines for writing the answer to the question.



Blank writing area with horizontal dotted lines.

**(Total for Question 9 = 12 marks)**

**TOTAL FOR PAPER = 90 MARKS**

