

Write your name here

Surname

Other names

Pearson
Edexcel GCE

Centre Number

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Candidate Number

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Physical Education

Advanced Subsidiary

Unit 1: Participation in Sport and Recreation

Tuesday 23 May 2017 – 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.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Pearson

Answer ALL questions. Write your answers in the spaces provided.

SECTION A

1 Identify the **four** requirements for participation in sport.

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(Total for Question 1 = 4 marks)

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2 (a) Explain how the FITT principle of training is applied when designing a circuit for an endurance athlete.

(4)

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(b) Identify **five** different ways the circuit in 2(a) above can be adapted to aid progression.

(5)

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(Total for Question 2 = 9 marks)



3 (a) State some of the potential problems associated with fitness testing.

(3)

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The 30m flying sprint is recognised as a valid test for measuring speed.

(b) (i) Describe the protocol for this test.

(3)

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*4 Discuss the use of continuous training as a viable method of training for a competitive athlete.

(12)

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(Total for Question 4 = 12 marks)

TOTAL FOR SECTION A = 45 MARKS



(b) State the name and purpose of each of the **six** stages within the Long Term Athlete Development (LTAD) programme.

(6)

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(Total for Question 5 = 11 marks)

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7 (a) Define the terms deviance and gamesmanship, providing an example of each.

(4)

Deviance

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Example

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Gamesmanship

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Example

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(b) There is a view that both deviance and gamesmanship have increased within modern sport.

Examine the reasons for this perceived increase.

(8)

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(Total for Question 7 = 12 marks)



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***8** Most national governing bodies of sport were established in the 19th century in order to govern sport.

Discuss how effective they have been since this time.

(12)

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(Total for Question 8 = 12 marks)

TOTAL FOR SECTION B = 45 MARKS

TOTAL FOR PAPER = 90 MARKS

