

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**

Friday 18 May 2018 – 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.**

**1** *Fitness, ability, resources* and *time* are essential requirements to participate in physical activity.

(a) Identify **four** target groups for whom physical activity may be difficult due to an absence of one of these 'essential requirements'

(4)

Fitness

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Ability

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Resources

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Time

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(b) Using your answers from Q1(a), suggest a strategy for each essential requirement that has been implemented to increase participation in physical activity.

(4)

Fitness

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Ability

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Resources

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Time

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**(Total for Question 1 = 8 marks)**



2 An active lifestyle is a health benefit that can tackle many contemporary concerns.

(a) Define the term contemporary concern.

(1)

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(b) Name **two** contemporary concerns.

(2)

Concern 1

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Concern 2

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(c) Explain how exercise can help to overcome each concern identified in 2(b).

(6)

Concern 1

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Concern 2

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**(Total for Question 2 = 9 marks)**







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\*5 It is possible to be 'fit and not healthy' and 'healthy and not fit', with a Sumo wrestler often being used to illustrate the difference.

Discuss the view that fitness and health, although similar, are fundamentally different, with specific consideration to the role that exercise plays in achieving optimum health and optimum fitness.

(12)

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(Total for Question 5 = 12 marks)



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6 The 'exportation of the games ethic' is credited with aiding the development of sports across the world.

(a) Describe what is meant by 'the games ethic'.

(4)

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(b) Identify ways in which the 'games ethic' was exported around the world.

(4)

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7 (a) Describe, with examples, what is meant by the term 'The Americanisation of Sport'.

(4)

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(b) Justify, with examples, the view that Americanisation has occurred within UK sports.

(6)

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(Total for Question 7 = 10 marks)

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8 Explain why the Olympics of 1984 has been largely credited with the increased commercialisation of sport.

Handwriting practice area consisting of 25 horizontal dotted lines for writing the answer to Question 8.

**(Total for Question 8 = 9 marks)**



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**\*9** Discuss the view that drug use in modern day sport is increasing.

(12)

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

**TOTAL FOR PAPER = 90 MARKS**



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