

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCSE

Physical Education: Short Course
Unit 1: The Theory of Physical Education

Tuesday 14 May 2013 – Afternoon
Time: 1 hour

Paper Reference
5PE03/01

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 40.
- 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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PEARSON

Answer ALL the questions.

For questions 1–16, choose an answer, A, B, C or D, and put a cross in the box ☒. Mark only one answer for each question. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Questions 17 to 23 require written answers.

1 Participation in physical activity can bring many benefits.

Which **one** of the following would improve **all** aspects of health (physical, social and mental)?

- A Physical challenge; playing with friends; making new friends
- B Stress relief; aesthetic appreciation; increased fitness
- C Reduced cholesterol; drop in blood pressure; making new friends
- D Increase in fitness; physical challenge; increased self-esteem

(Total for Question 1 = 1 mark)

2 **Figure 1** shows the sports participation pyramid.

Which letter, A, B, C or D, represents the stage where participants begin to play a sport regularly, for example, joining an after-school club?

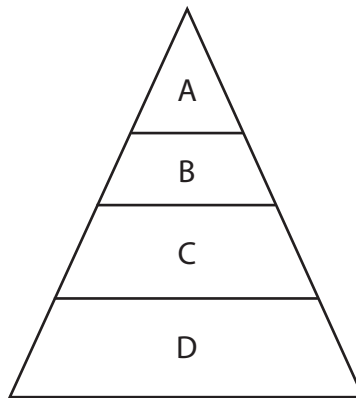


Figure 1

- A
- B
- C
- D

(Total for Question 2 = 1 mark)



3 Which **one** of the following performers relies most heavily on a high level of cardiovascular fitness for success?

- A 200m runner
- B 400m runner
- C 800m runner
- D 1500m runner

(Total for Question 3 = 1 mark)

4 The graph in **Figure 2** shows the resting heart rate values collected by a GCSE PE student over a six-week period when they undertook a Personal Exercise Programme (PEP).

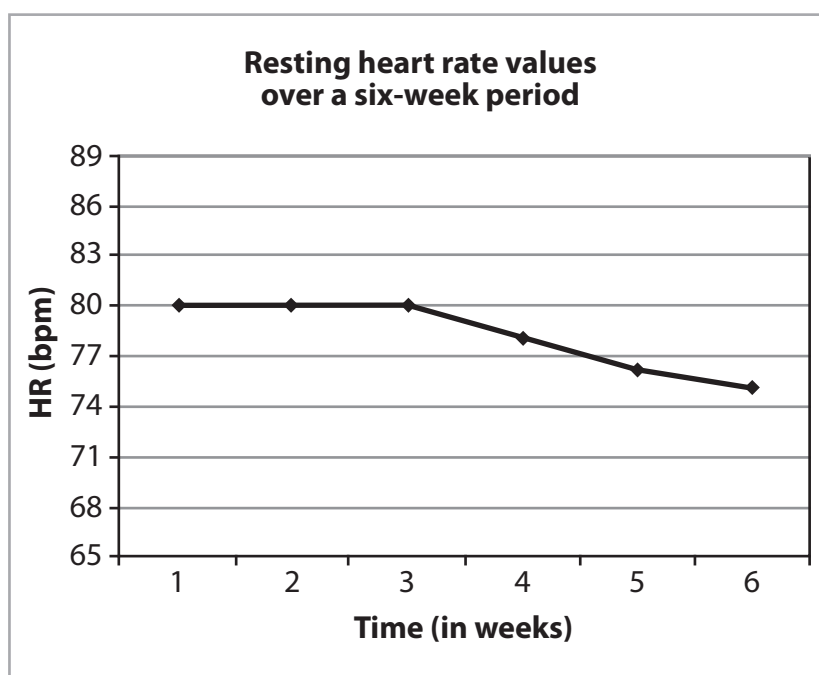


Figure 2

Which **one** of the following principles of training has the student applied in their PEP to affect resting heart rate values as shown in **Figure 2**?

- A Specificity
- B Progressive overload
- C Reversibility
- D Rest and recovery

(Total for Question 4 = 1 mark)



5 Which **one** of the following methods of training is **least** likely to improve **both** aerobic and anaerobic fitness?

- A Circuit
- B Fartlek
- C Cross
- D Weight

(Total for Question 5 = 1 mark)

6 Which **one** of the following nutrients should form the largest proportion of our diet?

- A Vitamins
- B Fats
- C Proteins
- D Carbohydrates

(Total for Question 6 = 1 mark)

Questions 7 to 9 relate to the key influences that impact on an individual achieving sustained involvement in physical activity.

7 Theo is 14 years old and has two older brothers that play hockey. Although Theo could play hockey or football at club level, he chooses hockey because his brothers are role models.

Which **one** of the following groups of key influences does 'role model' belong to?

- A Image
- B Resources
- C Cultural
- D People

(Total for Question 7 = 1 mark)



- 8 On occasions, some girls can be put off playing sports that in the past have been seen as traditionally 'boys' sports.

Which **one** of the following groups of key influences is influencing their choice of activity?

- A Image
- B Resources
- C Cultural
- D People

(Total for Question 8 = 1 mark)

- 9 George used to play for the U14's football team in his local area but can no longer play as his family now live over an hour's drive from the nearest club.

Which **one** of the following groups of key influences is influencing George's ability to sustain his involvement in football at club level?

- A Resources
- B Image
- C Cultural
- D People

(Total for Question 9 = 1 mark)

Questions 10 to 12 relate to fitness testing.

- 10 Which **one** of the following gives a correct statement relating to the Cooper's run test?

- A You have 12 minutes to run as far as possible and you are allowed to walk
- B It is a good test to use with small groups as runners run one at a time
- C It is used to test anaerobic fitness
- D It is used to measure agility in games players

(Total for Question 10 = 1 mark)



11 Which **one** of the following is a correct statement relating to the Ruler drop test?

- A It is a test of coordination
- B You use both hands to catch the ruler
- C A partner holds a metre rule and drops it, you catch it. The distance required to catch the ruler is measured
- D It can be carried out individually as well as in pairs

(Total for Question 11 = 1 mark)

12 Which **one** of the following gives a correct statement relating to the Sergeant Jump test?

- A You stand behind a line and jump forward using a two-footed take-off
- B You measure from where your take-off foot started to the front of where the take off foot lands
- C It is a test of strength
- D You measure the difference between your height when standing with your arm stretched upwards and the height jumped

(Total for Question 12 = 1 mark)

Questions 13 and 14 relate to the principles of training.

13 I go to a gymnastics club twice a week. To be good at gymnastics you need to be strong therefore I have been focusing on strength training.

Which principle of training is being applied?

- A Specificity
- B FITT
- C Individual differences
- D Rest and recovery

(Total for Question 13 = 1 mark)



14 In order to improve my performance I train regularly. For the past few months I have tailored my sessions and increased how often, how hard or how long I train for.

Which principle of training is being applied?

- A Specificity
- B FITT
- C Individual differences
- D Progressive overload

(Total for Question 14 = 1 mark)

15 The graph in **Figure 3** shows suggested target heart rate zones depending on age.

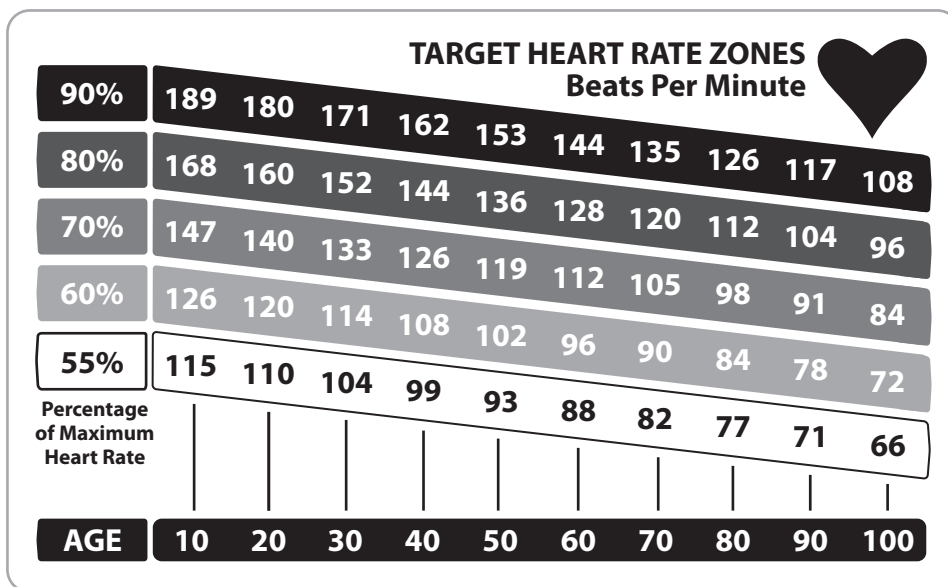


Figure 3

Using the information in **Figure 3**, which of the following is the most likely target heart rate zone for a healthy 40-year-old who wishes to train to improve their cardiovascular fitness?

- A 0 bpm : 99 bpm
- B 99 bpm : 162 bpm
- C 108 bpm : 144 bpm
- D 144 bpm : 162 bpm

(Total for Question 15 = 1 mark)



16 An individual eats the following as their main meal on a regular basis.

Main meal: Chicken and jacket potato with a glass of water

Which **one** of the following is the **most likely** impact of their diet?

- A** Lack of energy for exercise
- B** Poor growth and repair of muscles
- C** Weaker bones
- D** Dehydration

(Total for Question 16 = 1 mark)

17 Explain the importance of micronutrients in maintaining a healthy, active lifestyle.

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(Total for Question 17 = 2 marks)



18 A local authority pays retired PE teachers to run free fitness sessions for parents with young children. Another opened up its sports centres for use, free of charge, during the day.

(a) Identify **one** common purpose of these local authority initiatives.

(1)

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(b) Describe **one** way in which the purpose you have identified in **18 (a)** contributes to the development of a healthy, active lifestyle.

(2)

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(Total for Question 18 = 3 marks)



19 Mr Rahman is a PE teacher. He is concerned about the health of some of his tutor group, so sets up a lunchtime table tennis club as the boys have expressed an interest in this activity.

(a) What should Mr Rahman ask his tutor group to complete in order to check that they are well enough to take part in physical activity? (1)

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(b) Mr Rahman believes that physical health can be improved through exercise. Explain the term "exercise". (2)

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(Total for Question 19 = 3 marks)



20 Health-related exercise demands can vary within sporting activities.

For a named activity of your choice, identify a different situation or technique when each stated component would be used in this activity.

Name of activity

(a) Muscular strength (1)

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(b) Muscular endurance (1)

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(c) Flexibility (1)

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(Total for Question 20 = 3 marks)



21 Our heart rate will vary depending on whether we are physically resting, working or recovering.

Explain why resting heart rate is lower than recovery heart rate.

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(Total for Question 21 = 3 marks)



22 When setting goals to plan involvement in physical activity it is important to apply the principles of SMART targets.

The statements below are all examples of Year 10 students' SMART targets.

A I need to take 60 seconds off my 3000m time as soon as possible.

B I want to improve by one lap in the Cooper's run test within the next month.

C I will complete a two mile run in under 10 minutes.

(a) Apart from 'specific', which principle of SMART target setting have **all** three Year 10 students applied?

(1)

(b) Explain which of the Year 10 targets, above, would be considered to be the **most** effective target for a performer.

(3)

(Total for Question 22 = 4 marks)



*23 Discuss the **relative** importance of agility and reaction time for performers competing in the **types** of activity shown in **Figure 4**.

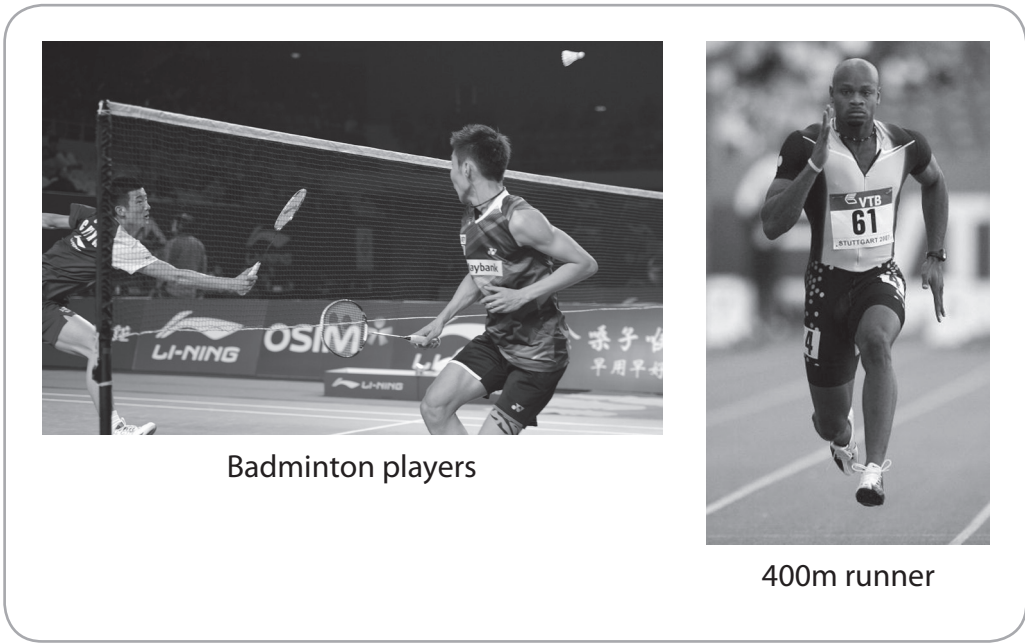


Figure 4

Candidates are not expected to use all the space provided.

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(Total for Question 23 = 6 marks)

TOTAL FOR PAPER = 40 MARKS



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Acknowledgements

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