

Physical Education
COMPONENT 1: Fitness and Body Systems

Diagram Booklet

In the boxes below, write your name, centre number and candidate number.

Surname					
Other names					
Centre Number					
Candidate Number					

INSTRUCTIONS

There may be spare copies of some diagrams in case you need them.

THIS DIAGRAM BOOKLET MUST BE RETURNED WITH THE QUESTION PAPER AT THE END OF THE EXAMINATION.

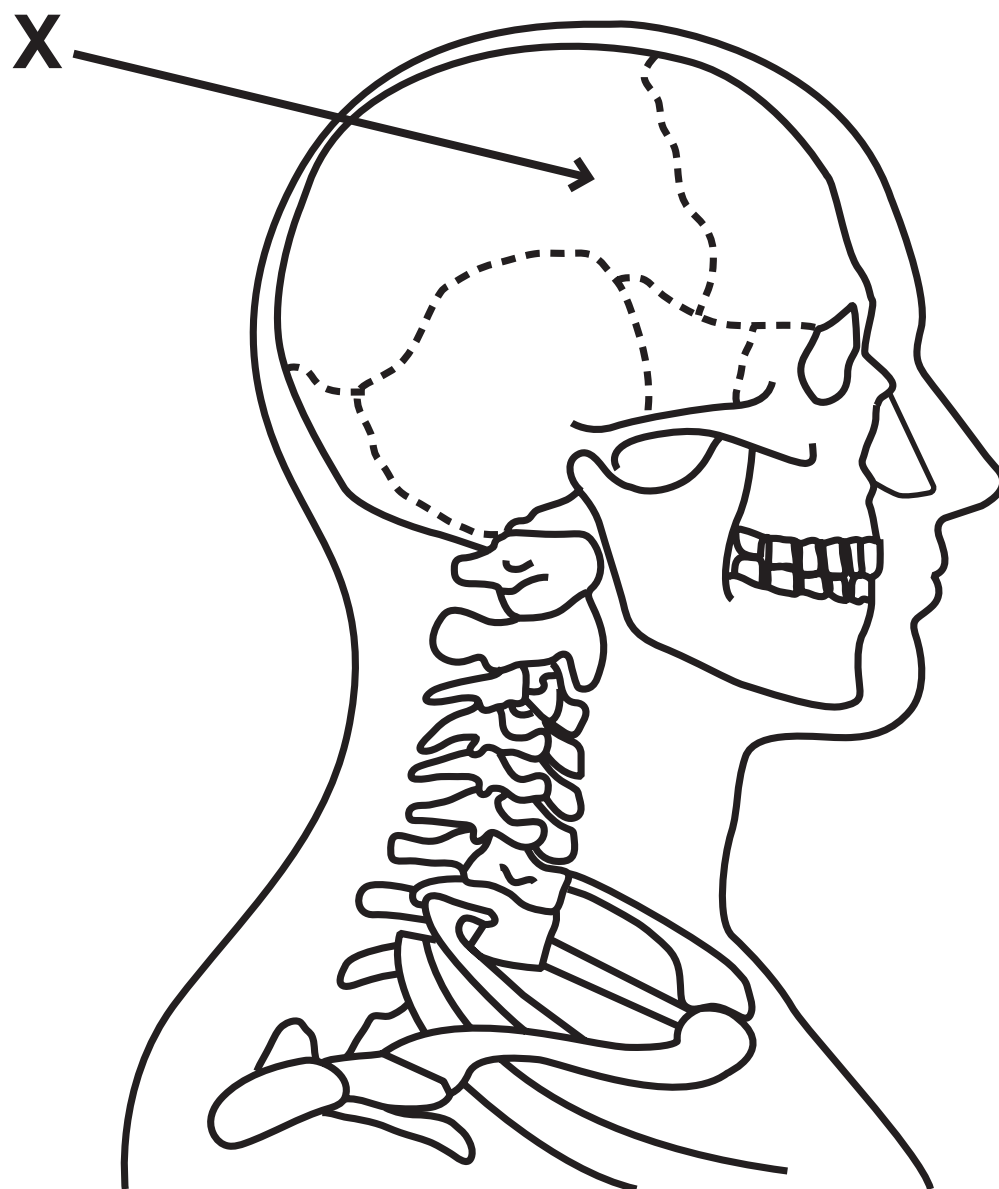
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Question 1(a)

FIGURE 1



Question 1(e)

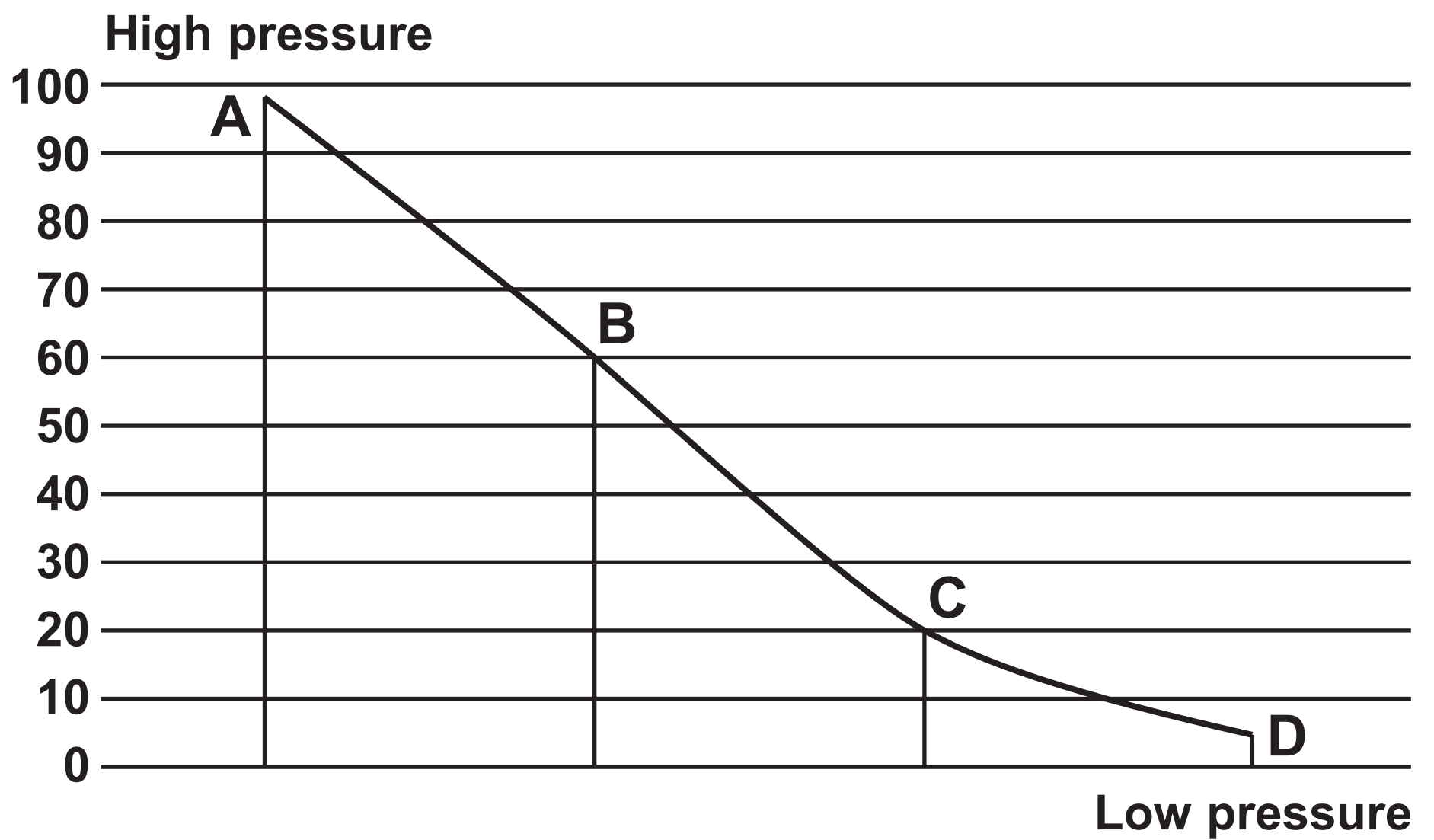
TABLE 1

Gender	Excellent	Good	Average	Fair
Male	>56	51–56	45–50	39–44
Female	>36	31–36	25–30	19–24

Question 1(f)

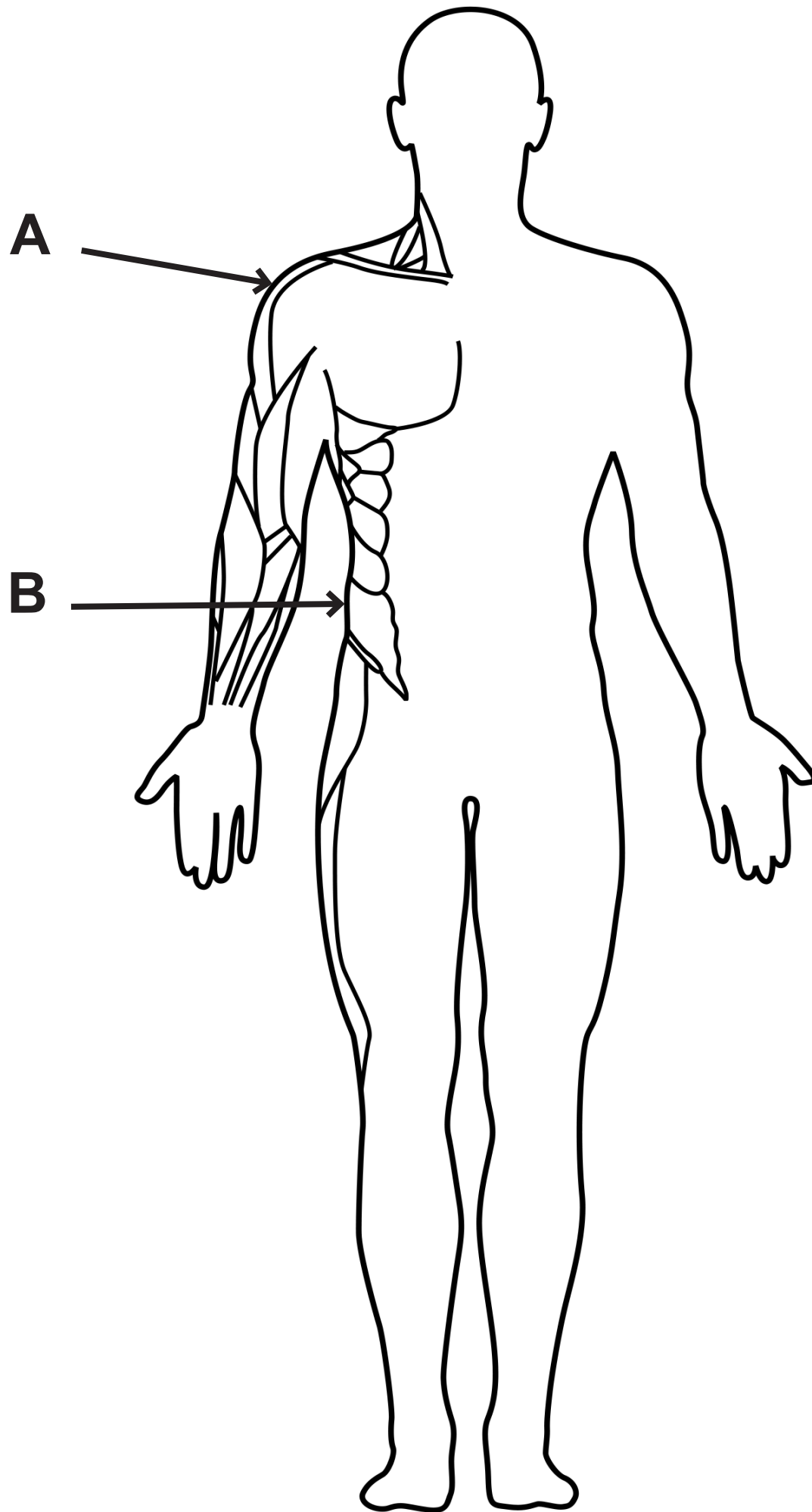
FIGURE 2

Blood pressure mmHg



Question 2(a) and Question 2(b)

FIGURE 4



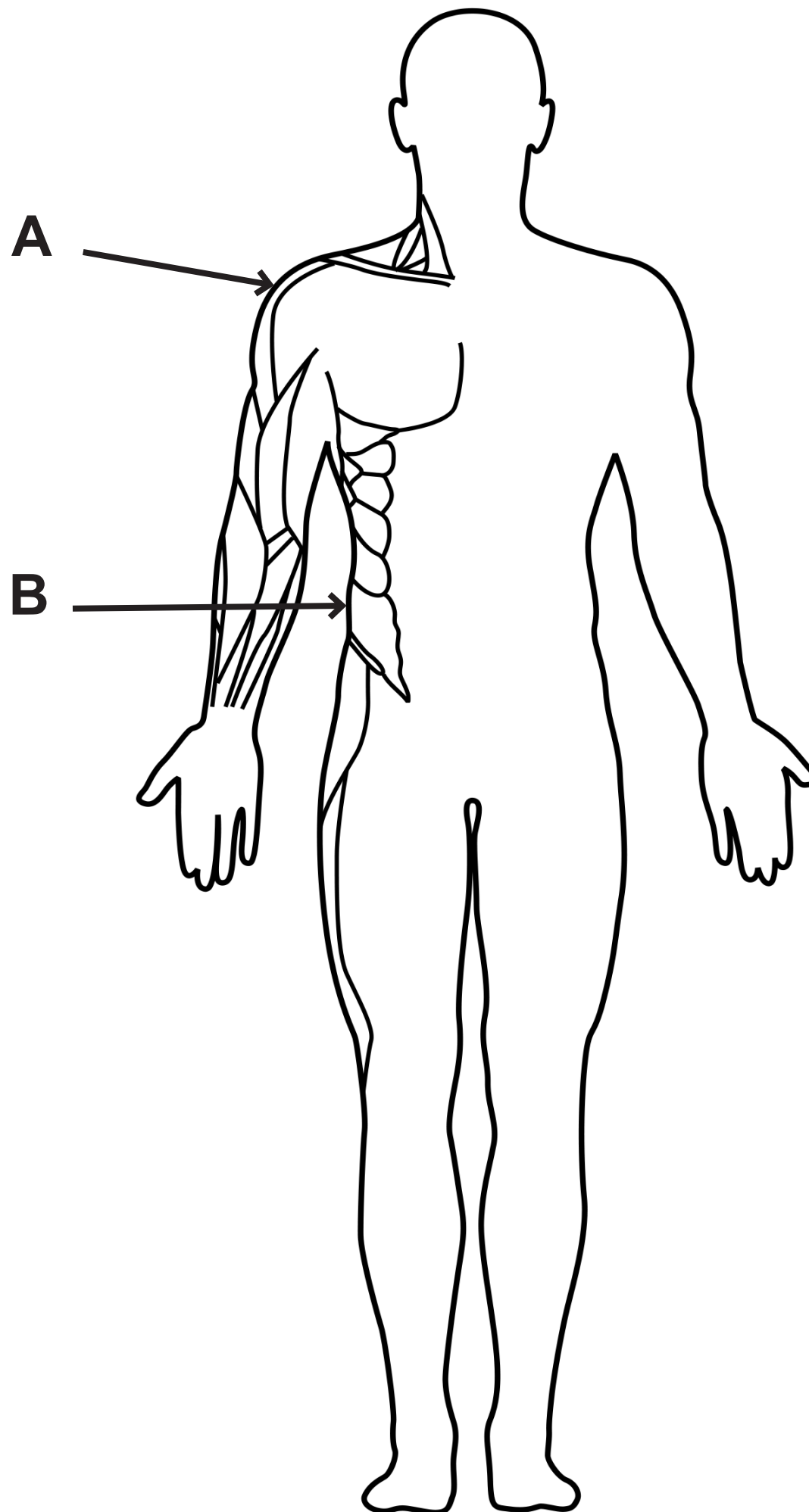
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Turn over

Question 2(a) and Question 2(b)

TABLE 2

Labelled muscle	(a)Name of the muscle	(b)Function of the muscle
A (pointing to the shoulder)	(1 mark)	(1 mark)
B (pointing to the side of the trunk)	(1 mark)	(1 mark)

Question 2(a) and Question 2(b)**FIGURE 4**

(continued on the next page)

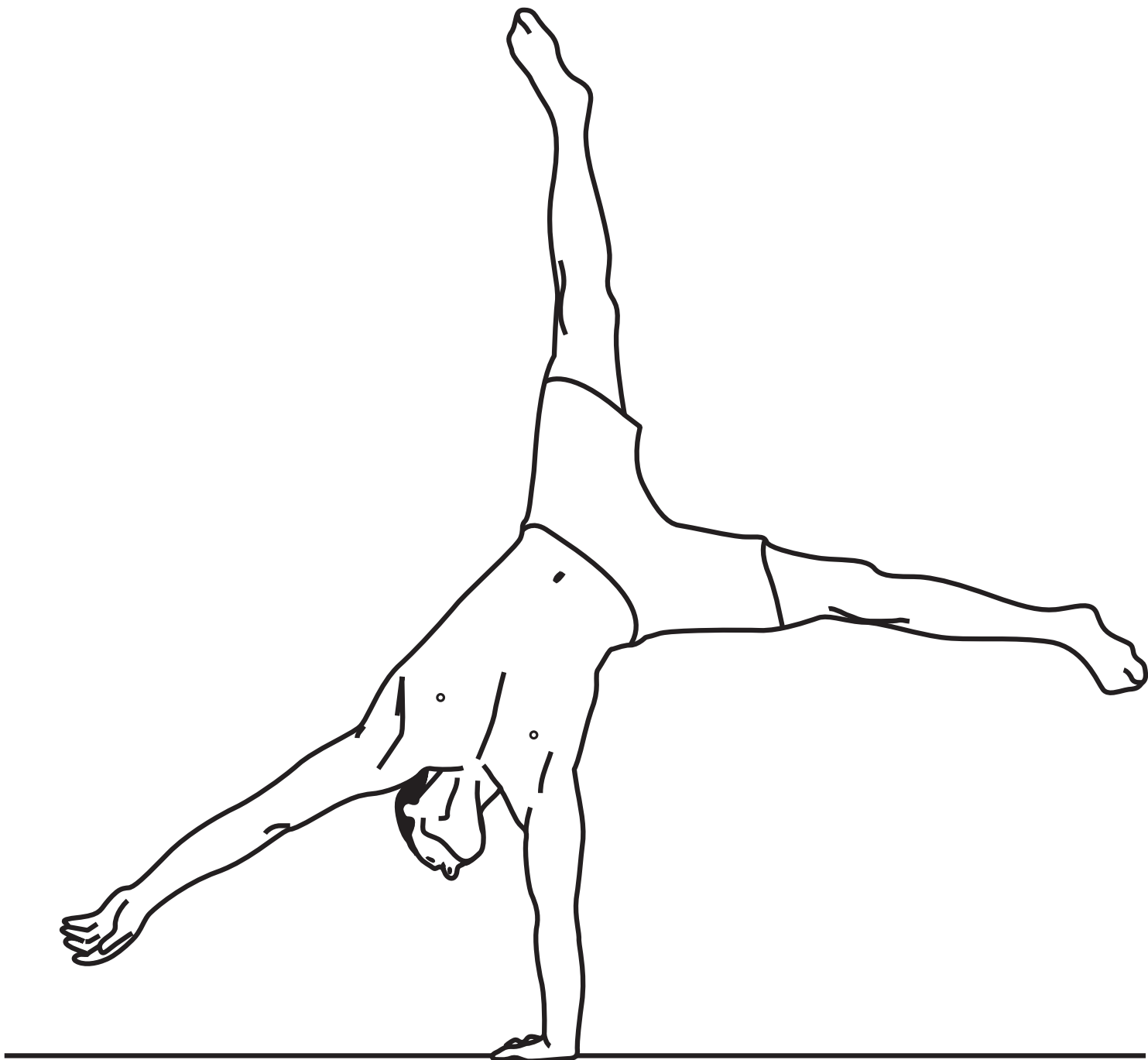
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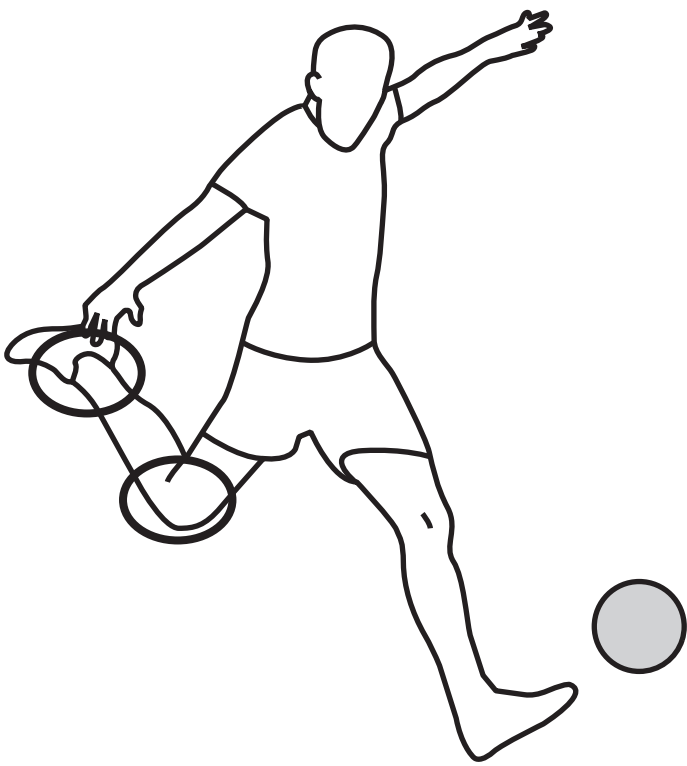
Question 4

FIGURE 5

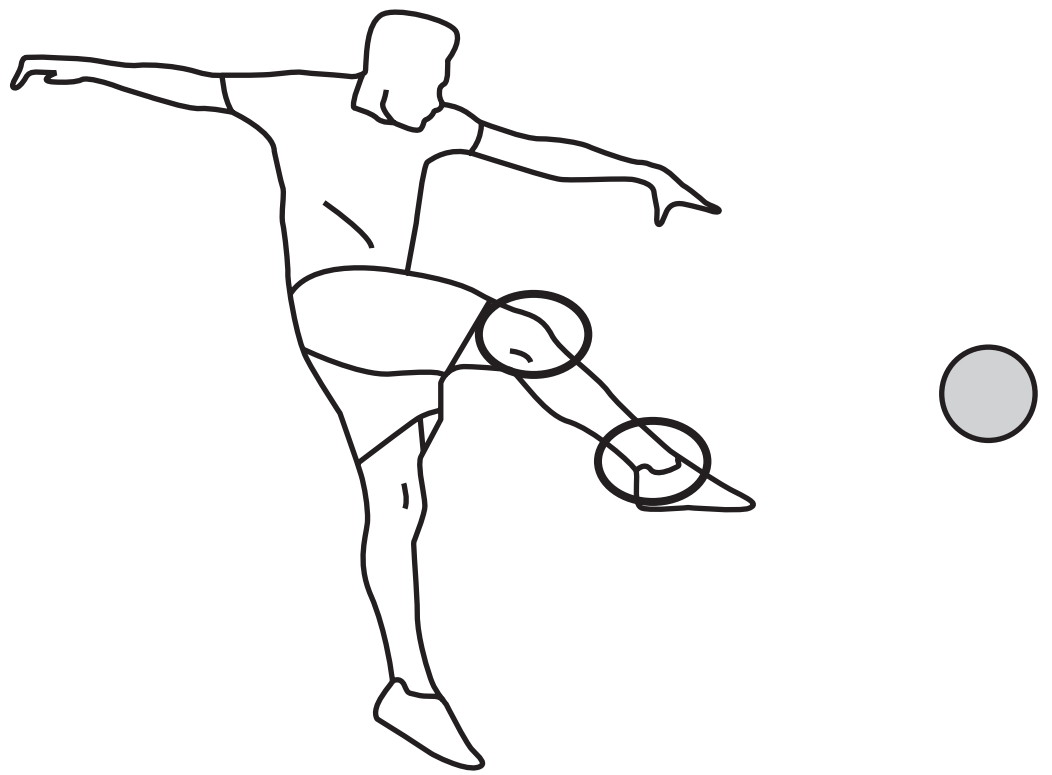


Question 5

FIGURE 6



Position A



Position B

Question 6

FIGURE 7

- I train 4 times a week.
- Each of my training sessions are in a gym.
- I work at 60% of my maximum heart rate in my aerobic target zone.
- Each gym session lasts 60 minutes.

(continued on the next page)

TABLE 3

Principle of training	Example
Time	(1 mark)
Progressive overload	(1 mark)

Question 6

FIGURE 7

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Time	(1 mark)
Progressive overload	(1 mark)

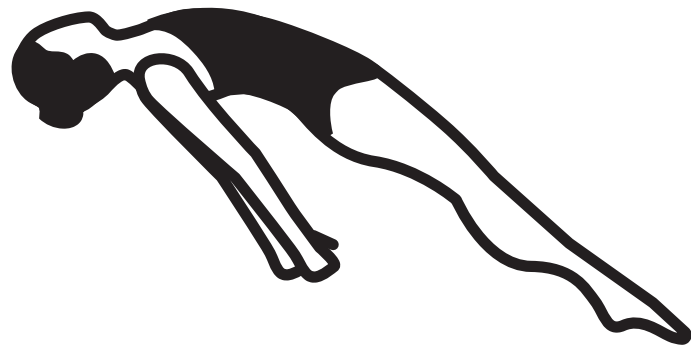
Question 7

TABLE 4

Fitness test	Athlete 1	Athlete 2	Athlete 3	Athlete 4
Vertical jump	Very good	Average	Poor	Very good
30m sprint	Very good	Average	Excellent	Good
Sit and reach	Very good	Good	Average	Average
Cooper 12-minute run	Poor	Excellent	Average	Poor

Question 8

FIGURE 8



Question 9(a)

TABLE 5

	Description of effect	Name of type of performance-enhancing drug
(i)	This drug allows the performer to train harder and for longer, helping them increase muscle strength and power.	(1 mark)
(ii)	This drug leads to quick weight loss as urine is passed sooner, so may also be used to mask the presence of other drugs.	(1 mark)

Question 9(a)

TABLE 5

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Question 10

TABLE 6

Performer	Fitness test 1	Fitness test 2
10,000m runner	Sit and reach test	Harvard step test
Shot putter	Vertical jump test	Cooper 12-minute swim

Question 11

TABLE 7

Short-term effects
Lactate accumulation
Increased depth of breathing
Increased heart rate

Question 1(a)

Source: © PAL

Question 1(e)

Source: © Adapted from Davis et al Physical Education and the study of sport, 2000/<https://www.brianmac.co.uk/grip.htm>

Question 2

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Question 4

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Question 5

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Question 8

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