

**Paper Reference(s)    1PE0/01**  
**Pearson Edexcel Level 1/2 GCSE (9–1)**

**Physical Education**  
**COMPONENT 1: Fitness and Body Systems**

**Diagram Booklet**

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

<b>Surname</b>					
<b>Other names</b>					
<b>Centre Number</b>					
<b>Candidate Number</b>					

## **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.**

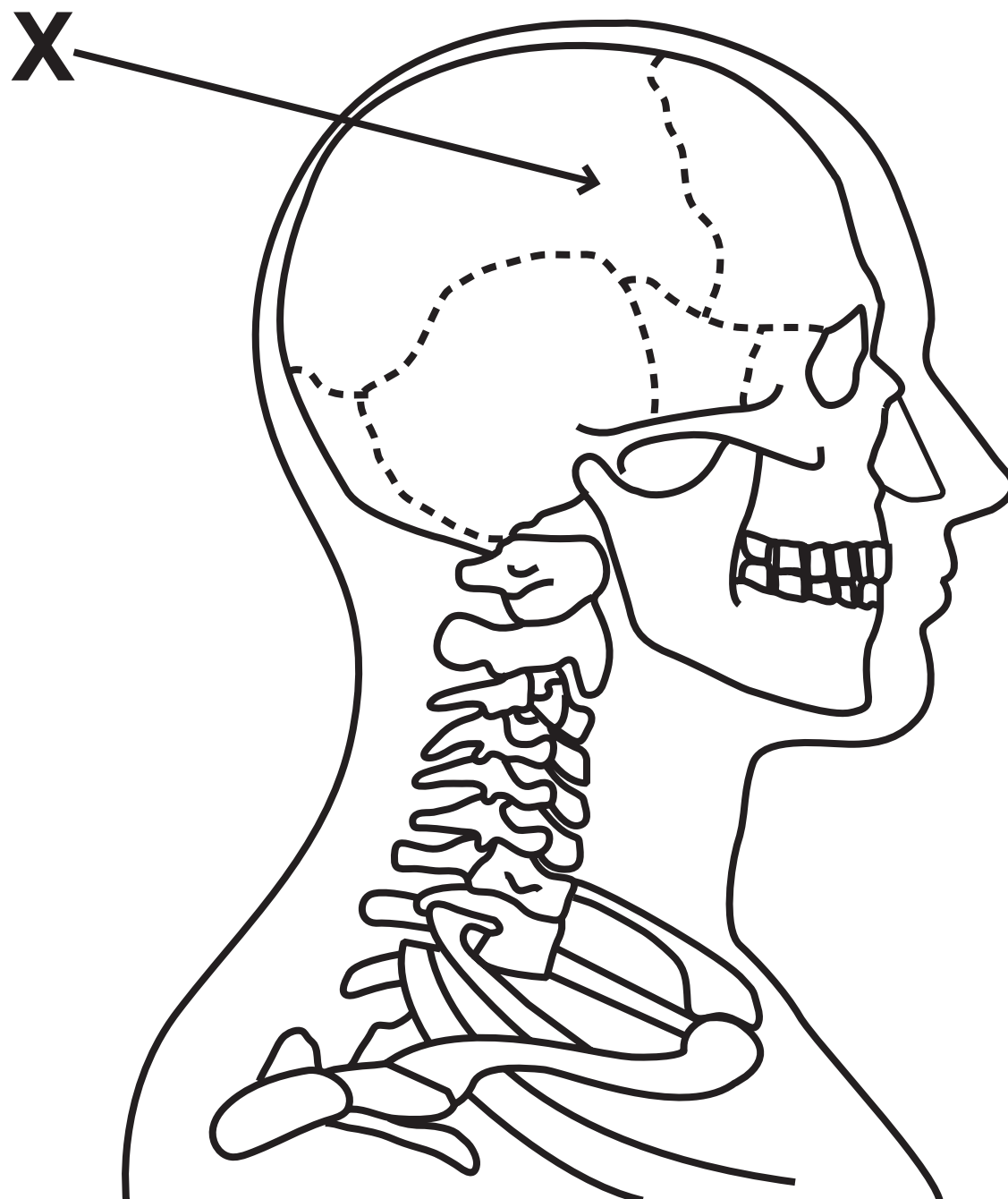
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# Question 1(a)

**FIGURE 1**



Question 1(e)

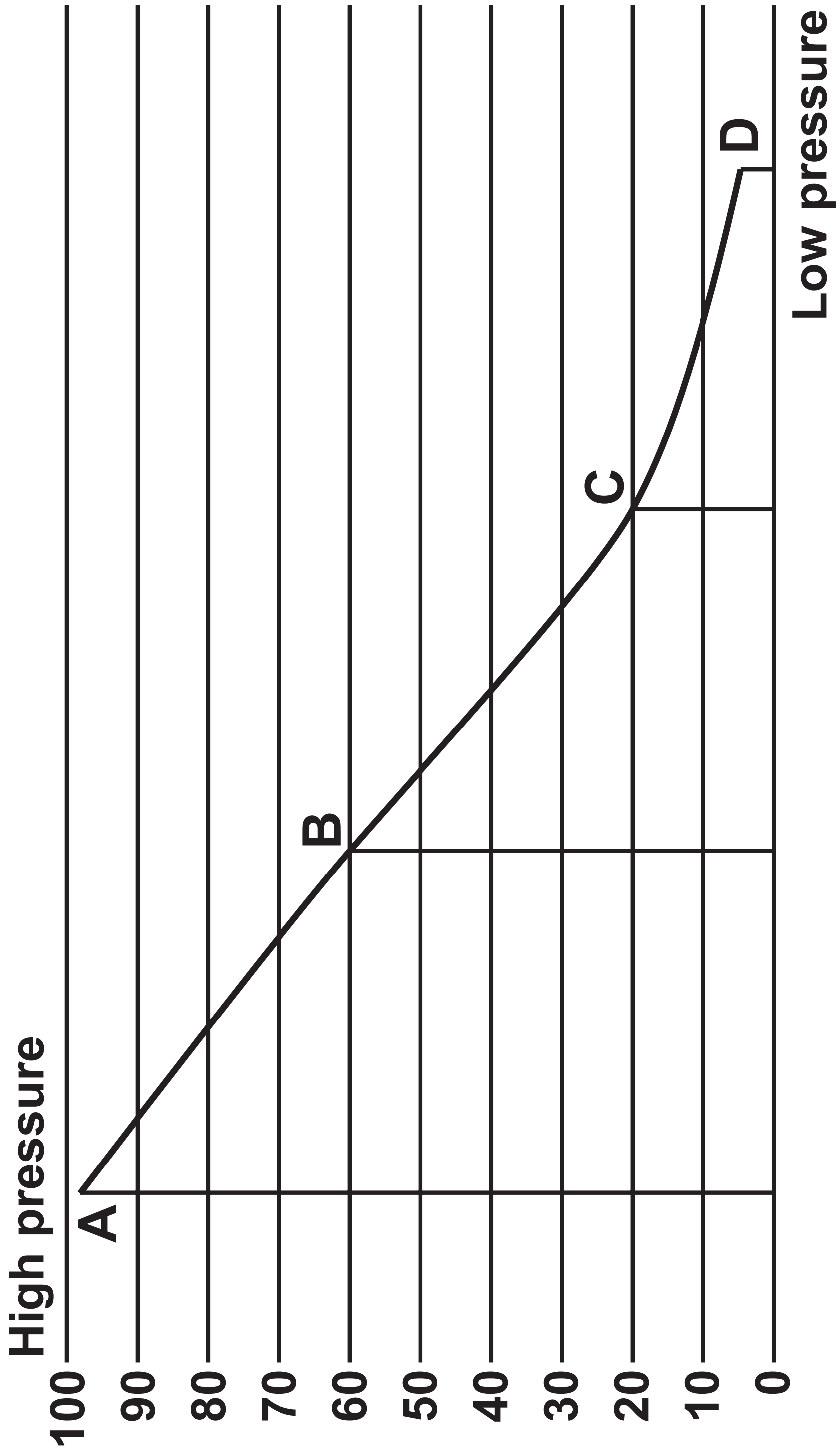
TABLE 1

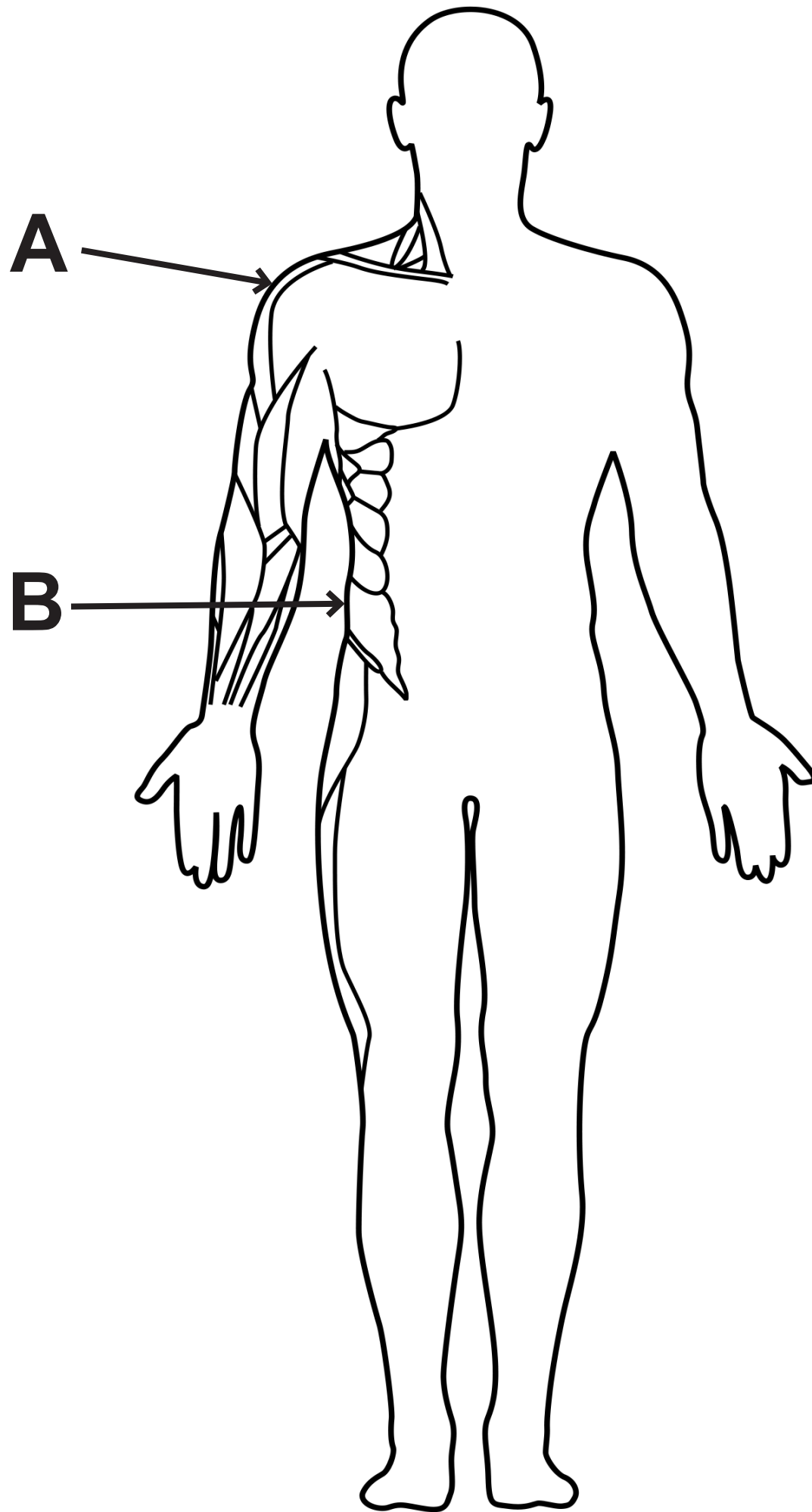
Gender	Excellent	Good	Average	Fair
Male	>56	51–56	45–50	39–44
Female	>36	31–36	25–30	19–24

Question 1(f)

FIGURE 2

Blood pressure mmHg



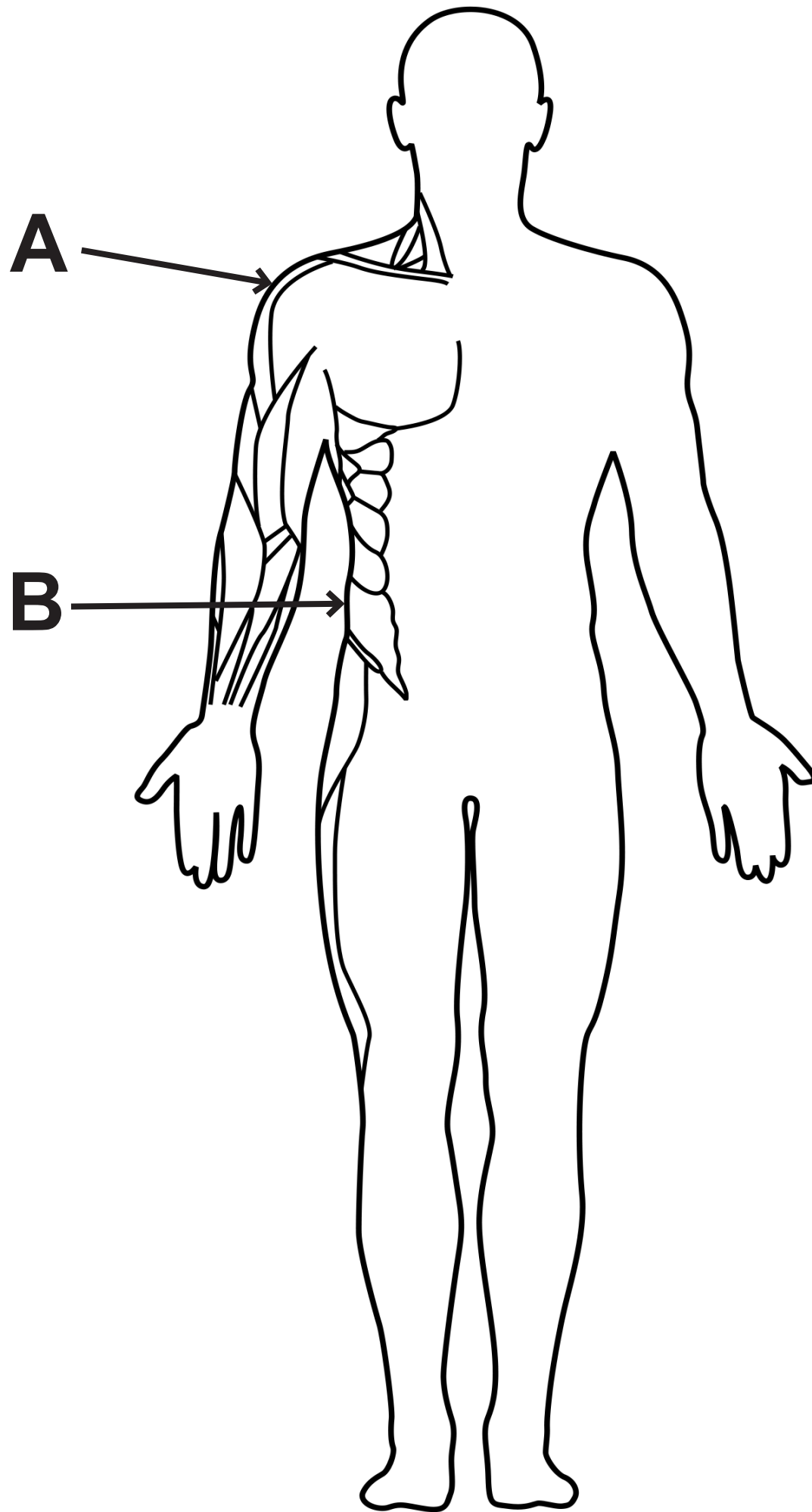
**Question 2(a) and Question 2(b)****FIGURE 4****(continued on the next page)****Turn over**

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)****Turn over**

Question 2(a) and Question 2(b)

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## Question 4

**FIGURE 5**

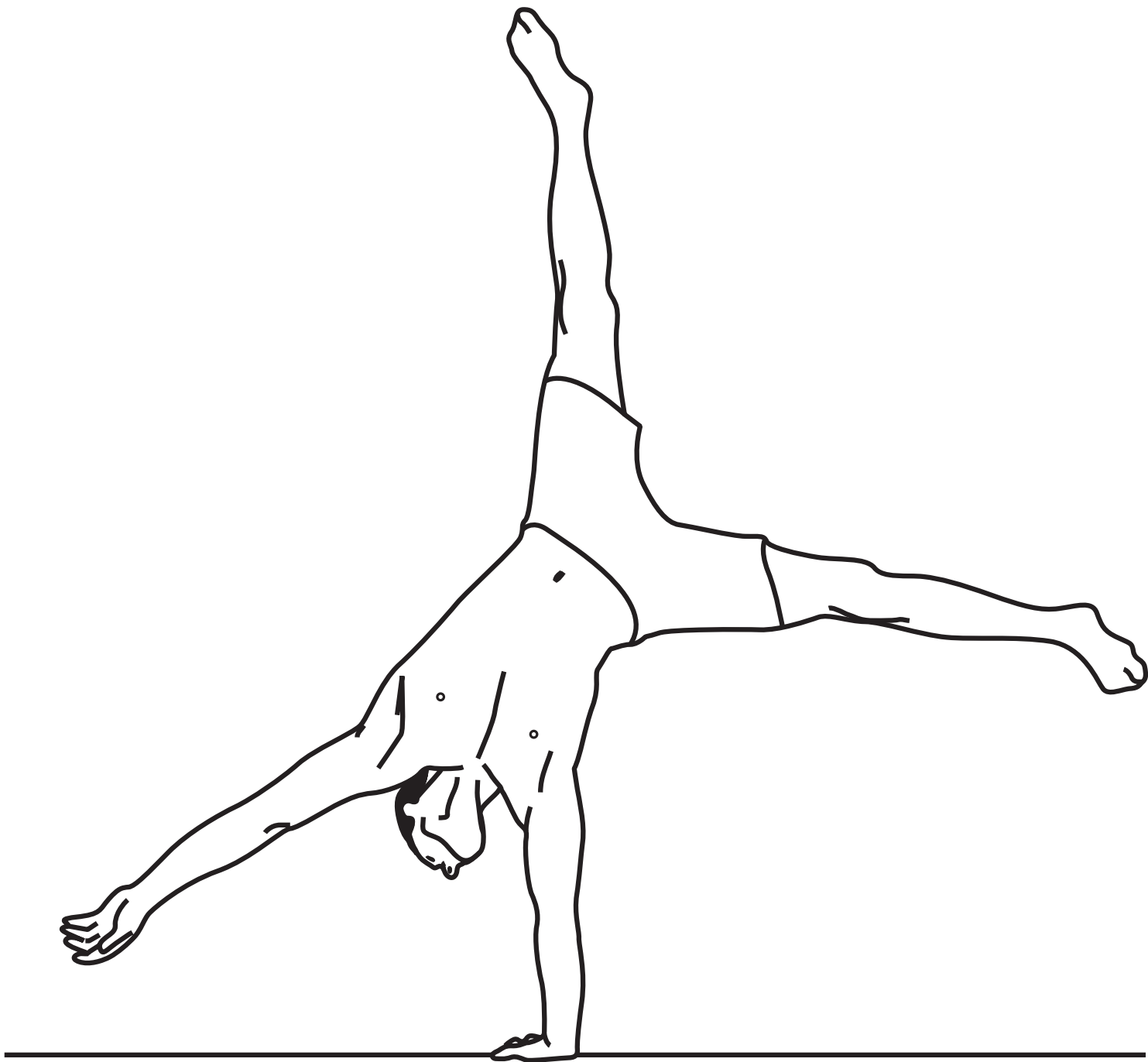
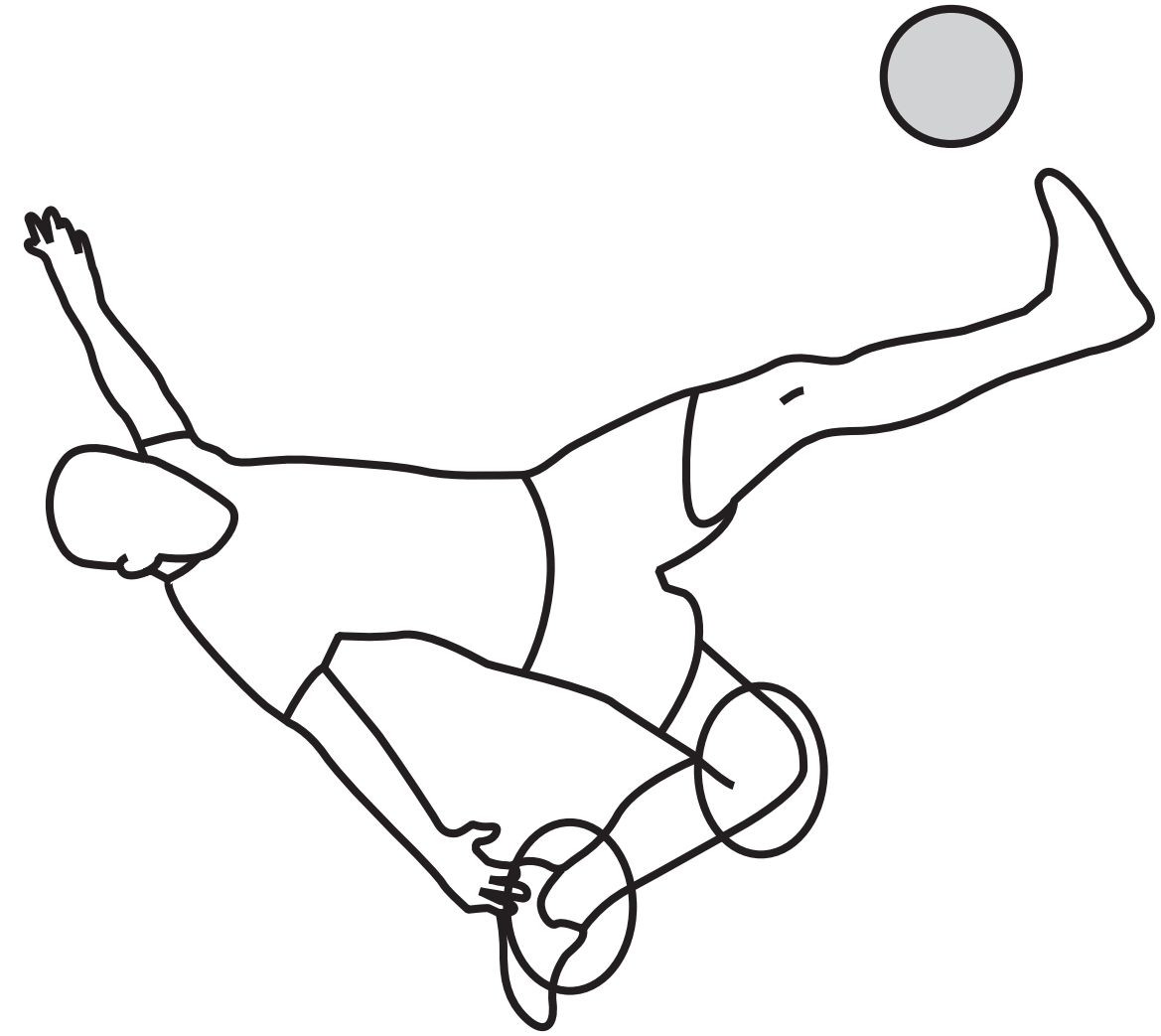


FIGURE 6



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)**

Question 6

TABLE 3

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

**Question 6****FIGURE 7**

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**(continued on the next page)**

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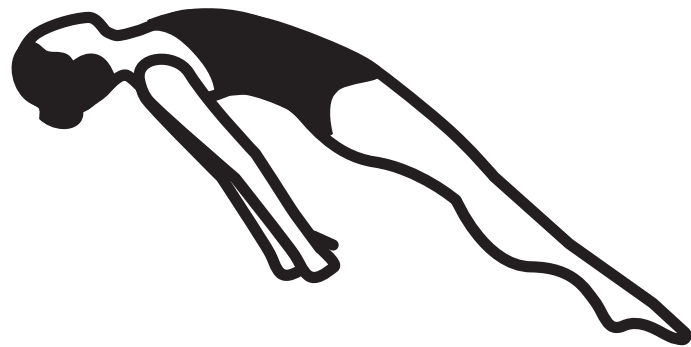


TABLE 4

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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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)**

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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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