

Physical Education
COMPONENT 1: Fitness and Body Systems

Wednesday 22 May 2024 – Afternoon

Diagram Booklet

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

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.

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Question 1(c)

FIGURE 1

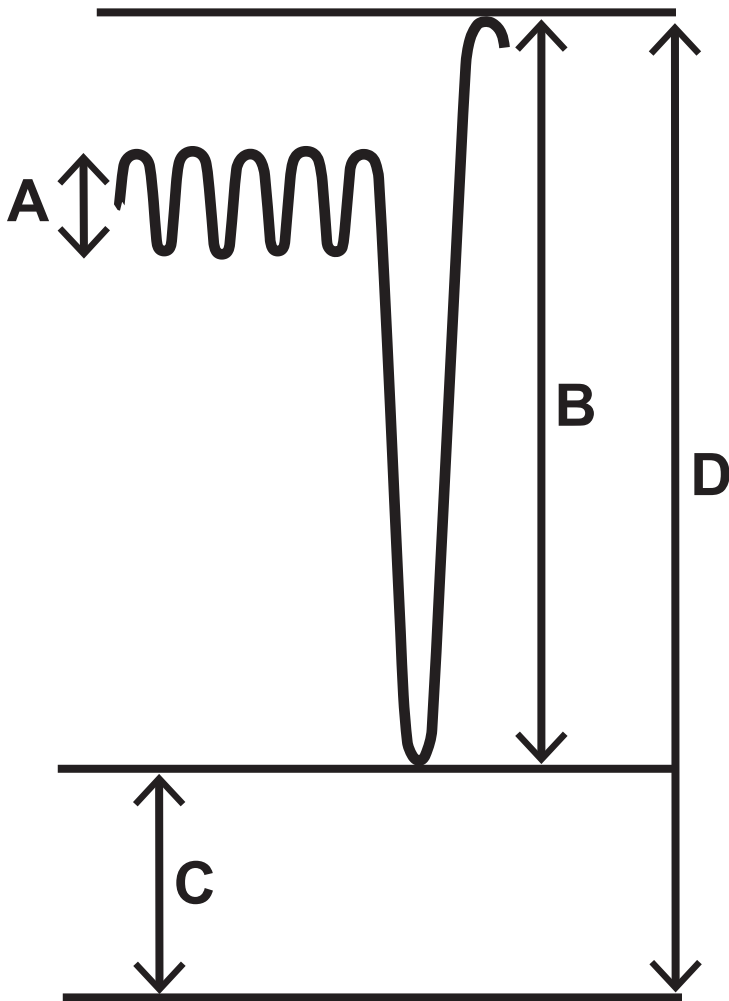


TABLE 1

Joint	(a) Joint classification	(b) Range of movement
ANKLE	(1 mark)	(1 mark)
SHOULDER	(1 mark)	(1 mark)

Question 3

FIGURE 2

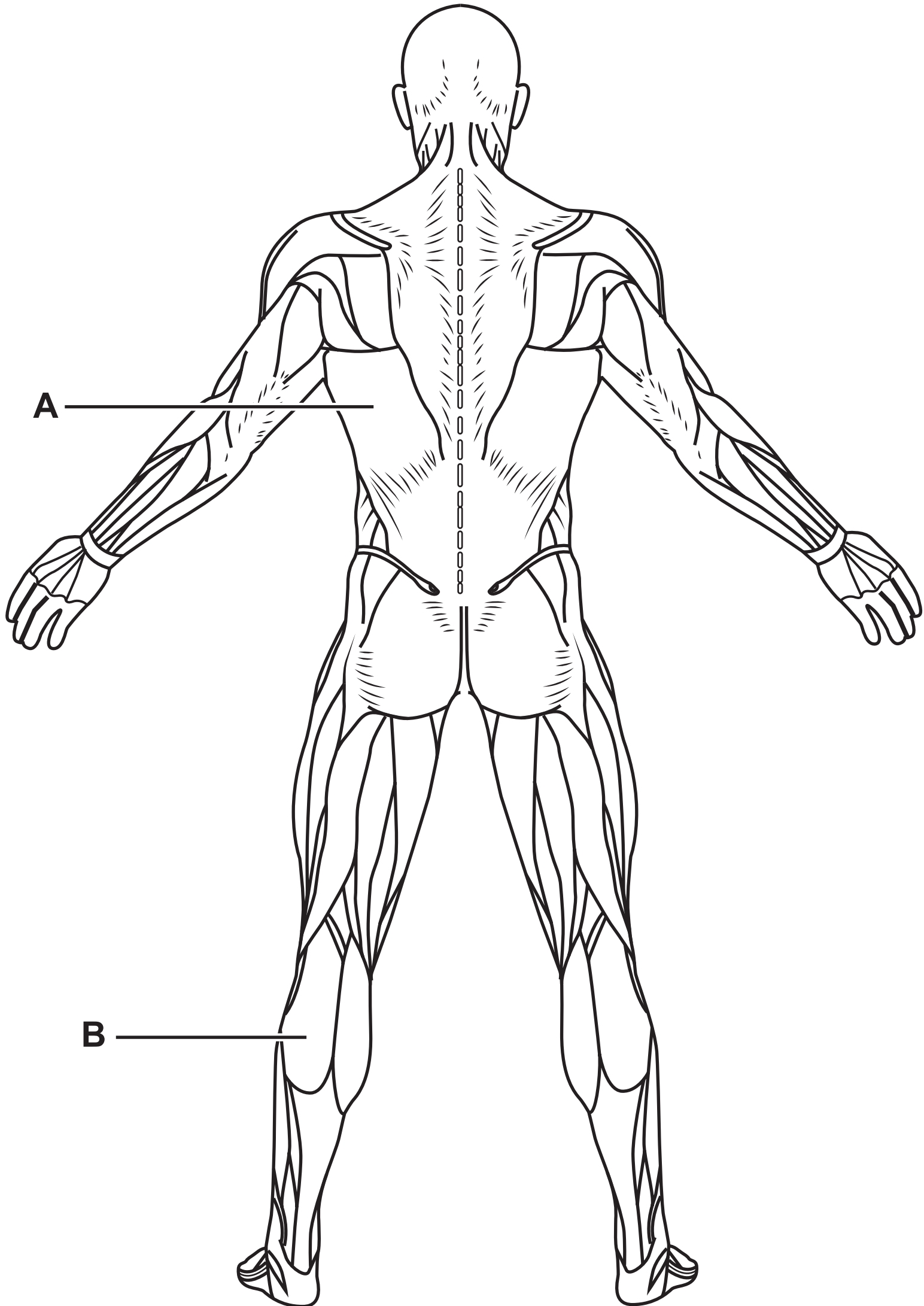
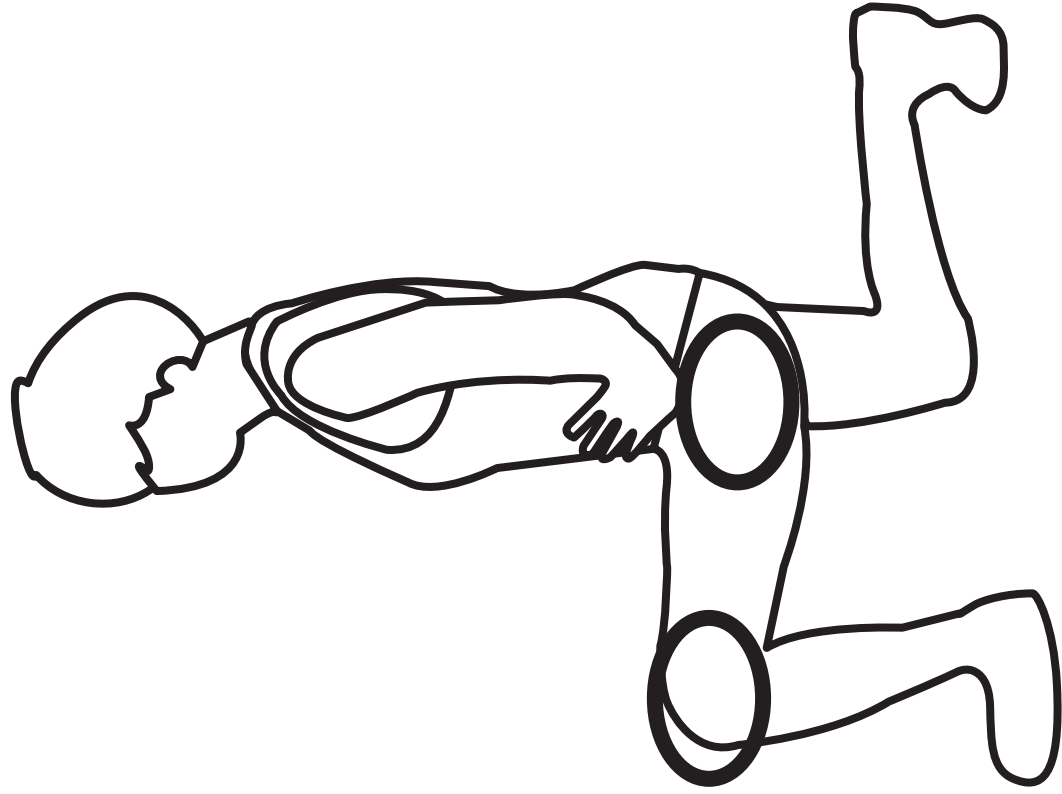


TABLE 2

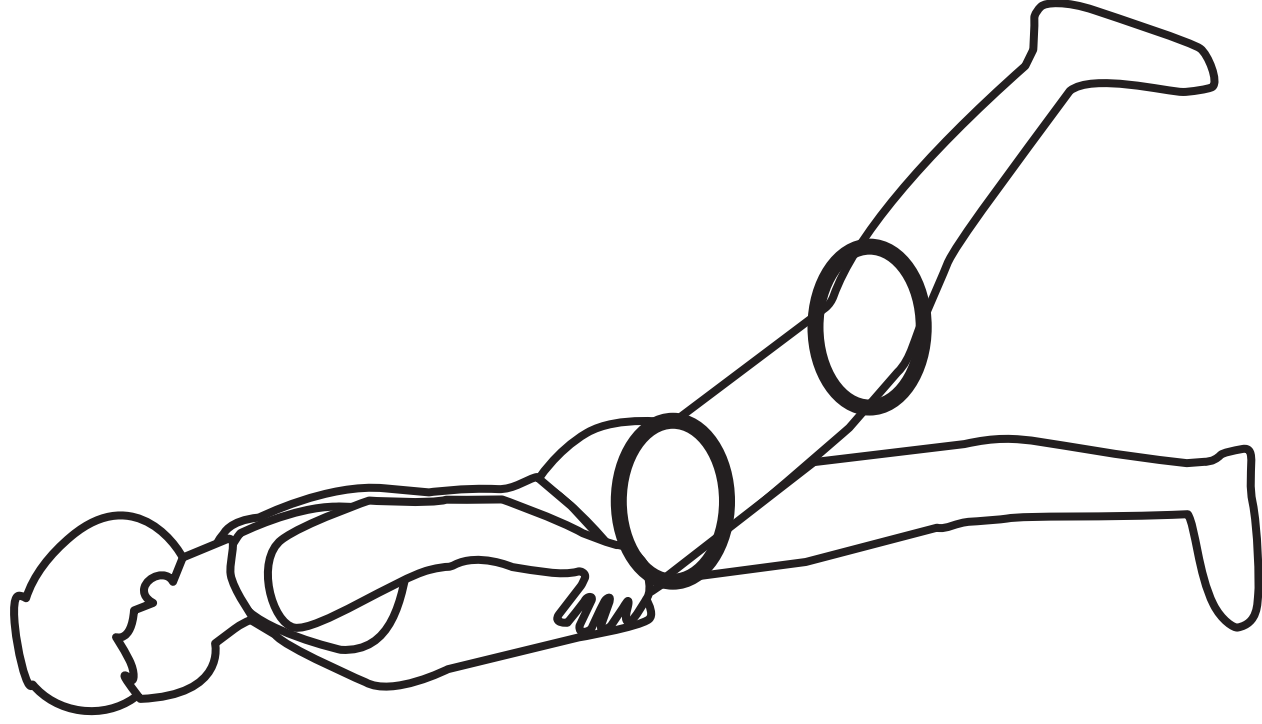
Labelled muscle	(a) Name of the muscle	(b) Role of the muscle
A	(1 mark)	(1 mark)
B	(1 mark)	(1 mark)

FIGURE 3

POSITION A



POSITION B



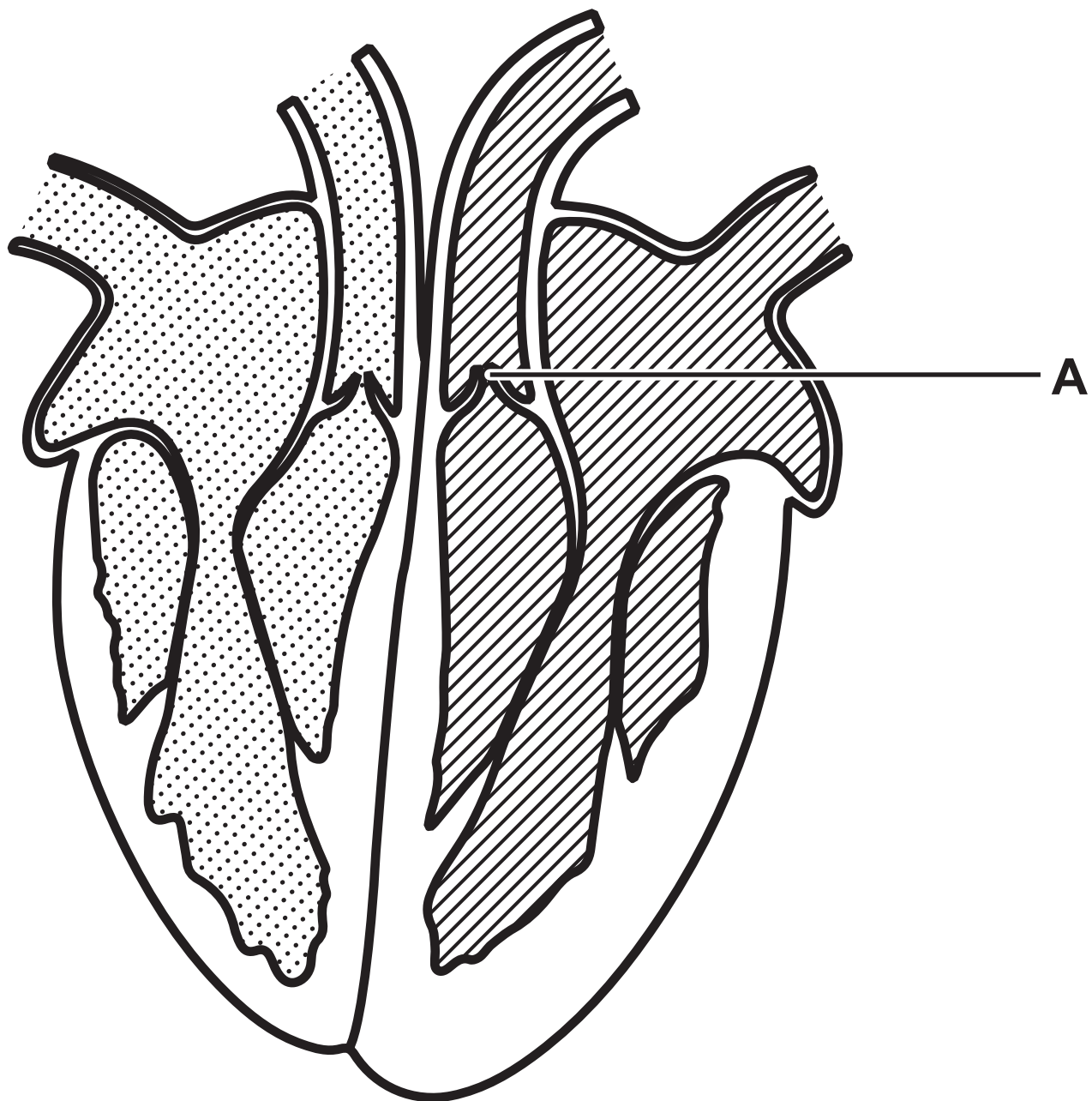
Question 5

TABLE 3

(i) Group 1	(ii) Group 2
Sprint start	Running for 30 minutes
Putting a shot	Swimming for 1 hour
Serving an ace in tennis	Cycling 50 miles

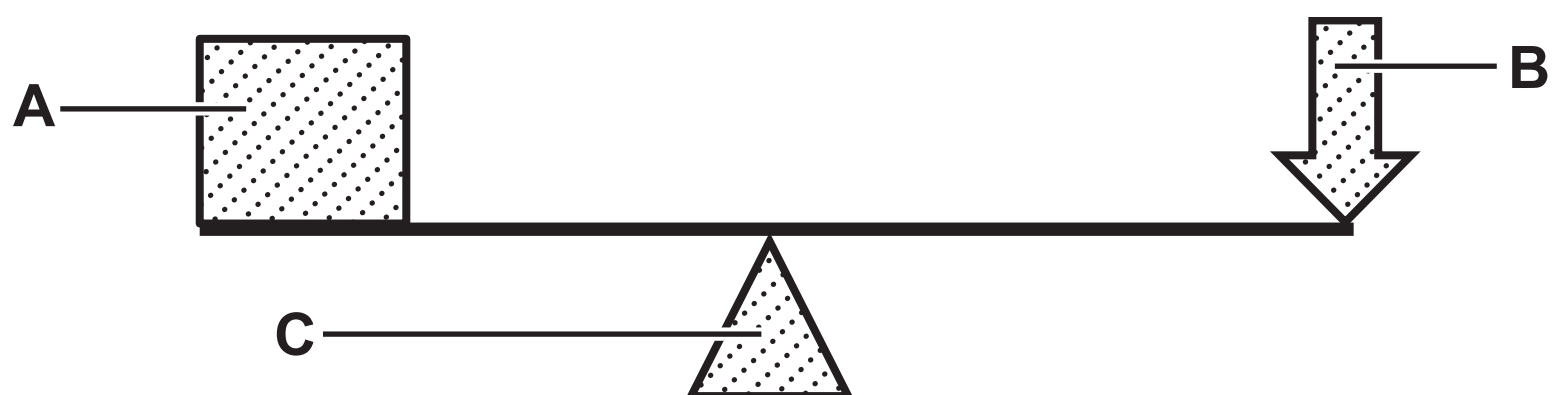
Question 6

FIGURE 4



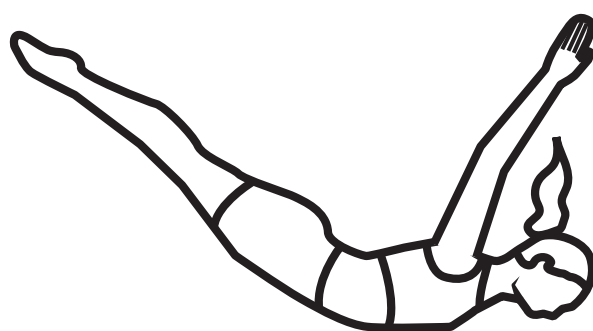
Question 8(a)

FIGURE 5



Question 8(b)

FIGURE 6



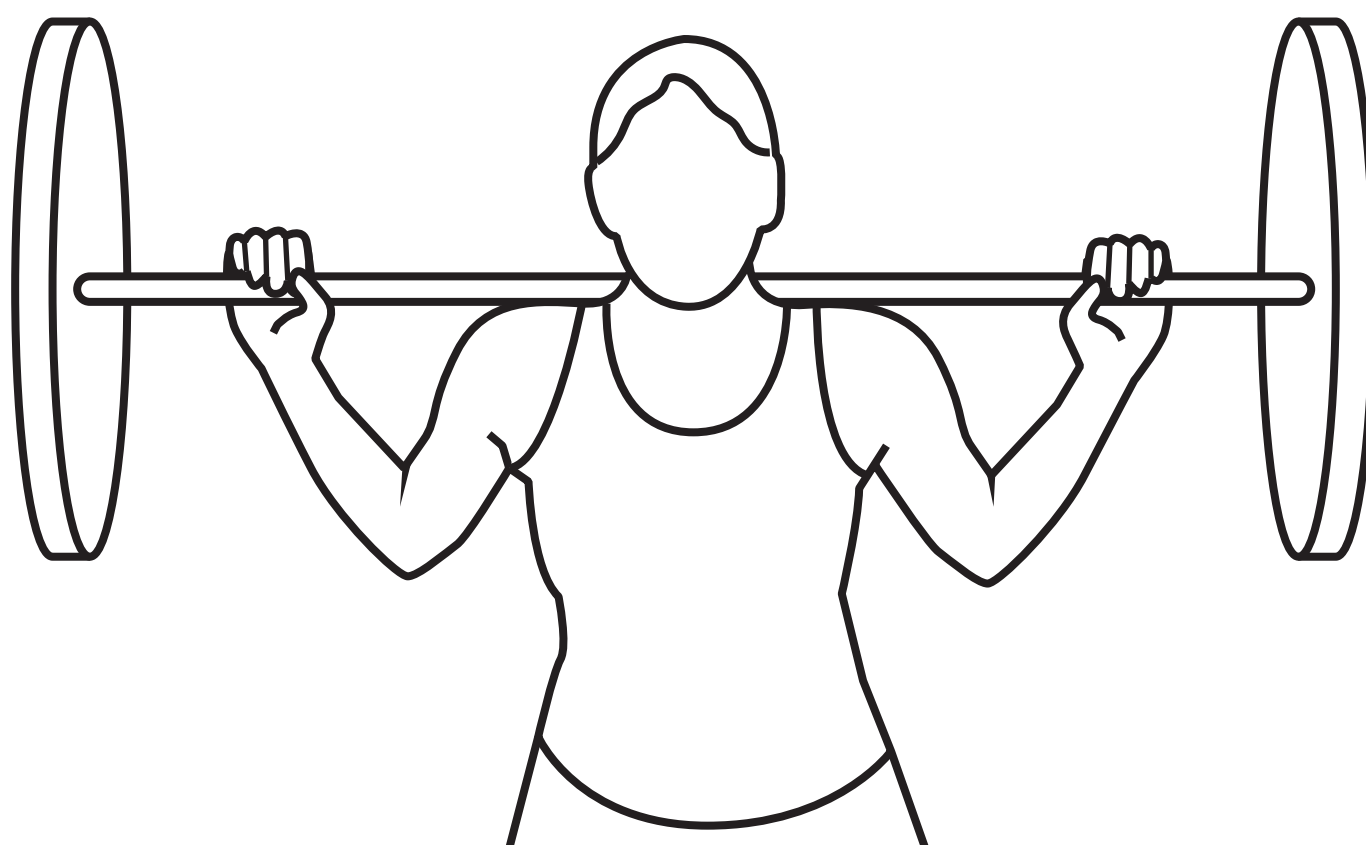
Question 9(a) and 9(b)

TABLE 4

Week	Main activity
1	Train for 60 minutes, 3 times a week Resistance exercises using body weight.
2	Train for 60 minutes, 4 times a week Resistance exercises using body weight.
6	Train for 70 minutes, 4 times a week Resistance exercises using body weight.

Question 9(c)

FIGURE 7

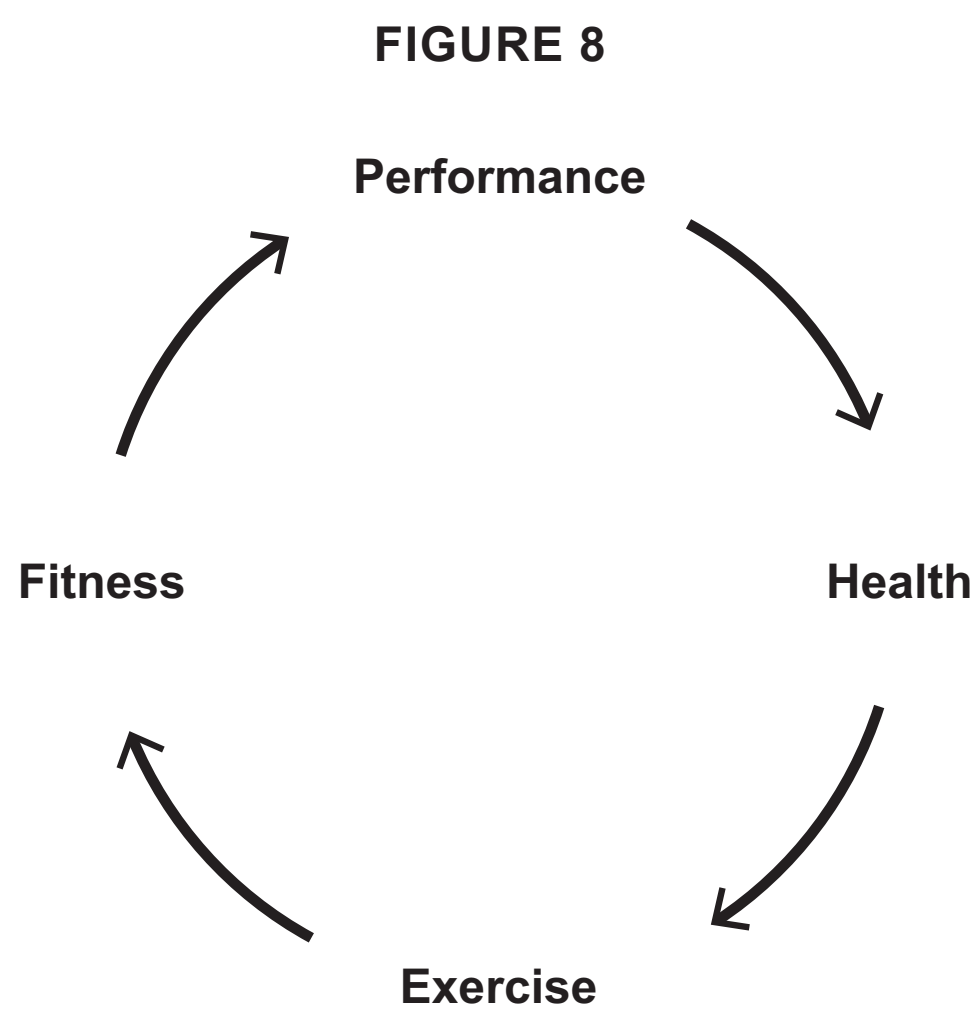


Question 9(d)

TABLE 5

Sex	Excellent	Very good	Average	Fair
Male	>27	17 – 26	6 – 16	0 – 5
Female	>30	21 – 29	11 – 20	4 – 10

Question 11(a)



Question 11(c)

TABLE 6

Fitness test
Cooper 12-minute run
Cooper 12-minute swim

TABLE 7

Fitness test	(a) Component of fitness	(b) How component of fitness is used in basketball
GRIP DYNAMOMETER	(1 mark)	(1 mark)
ONE-MINUTE PRESS-UP	(1 mark)	(1 mark)

TABLE 8

Fitness test	Player 1	Player 2	Player 3	Player 4
Sit and reach	Excellent	Average	Excellent	Poor
30 m sprint	Average	Good	Very good	Excellent
Vertical jump	Average	Excellent	Very good	Very good
One-minute sit-up	Excellent	Poor	Very good	Average

TABLE 1

Joint	(a) Joint classification	(b) Range of movement
ANKLE	(1 mark)	(1 mark)
SHOULDER	(1 mark)	(1 mark)

TABLE 2

Labelled muscle	(a) Name of the muscle	(b) Role of the muscle
A	(1 mark)	(1 mark)
B	(1 mark)	(1 mark)

TABLE 7

Fitness test	(a) Component of fitness	(b) How component of fitness is used in basketball
GRIP DYNAMOMETER	(1 mark)	(1 mark)
ONE-MINUTE PRESS-UP	(1 mark)	(1 mark)

Question 1(c)
(Source adapted from: © AL619)

Question 3
(Source adapted from: © 123RF)

Question 6
(Source adapted from: © AL1160.jpg)

Question 8(b)
(Source adapted from: © John Lamb/GettyImages)

Question 9(c)
(Source adapted from: © AL1209936.jpg)

Question 9(d)
(Source: adapted from <https://www.topendsports.com/testing/norms/sit-and-reach.htm>)