

Physical Education  
Component 1: Fitness and Body Systems

Wednesday 13 May 2020 – Afternoon

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.**

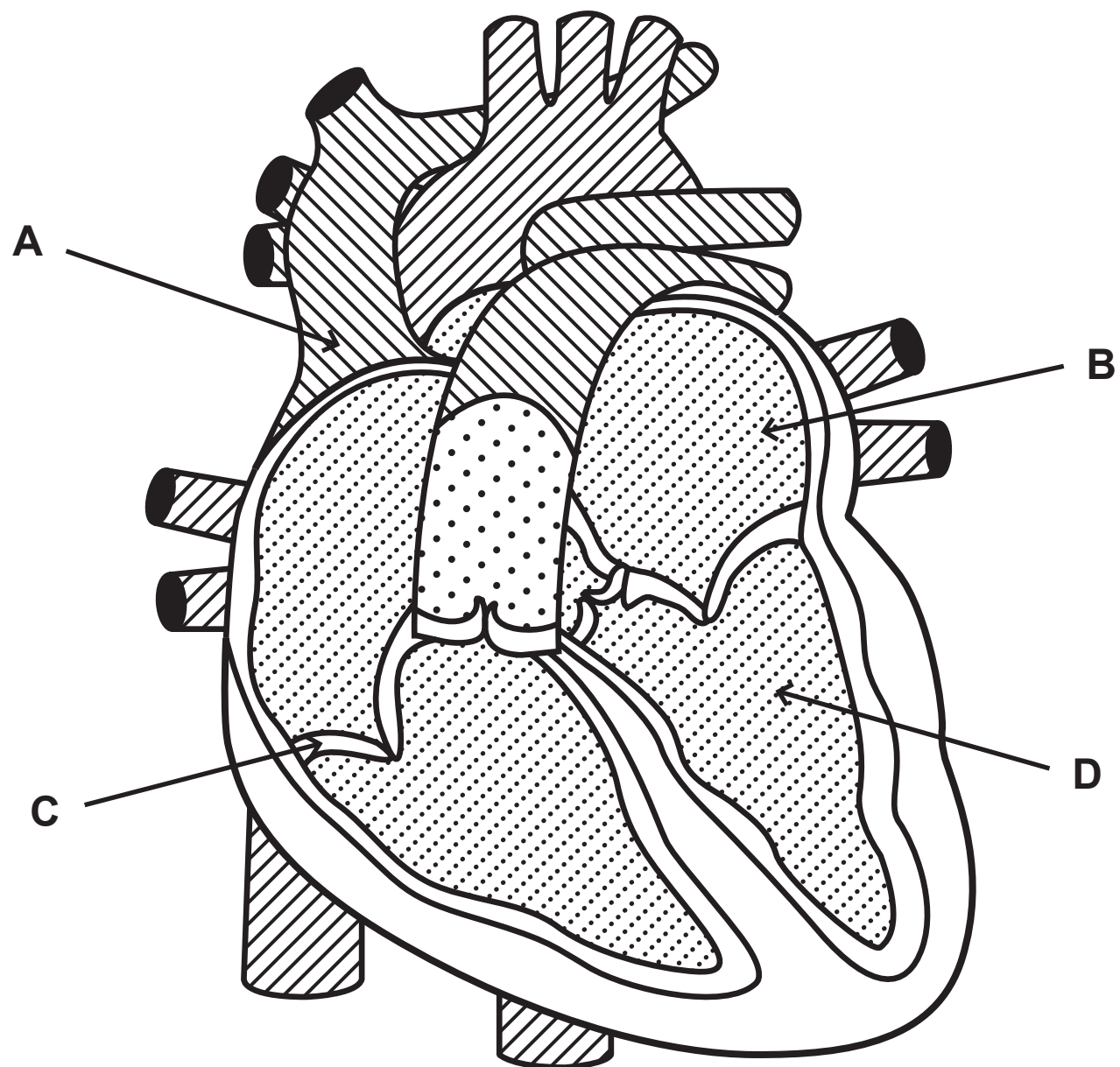
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## Question 1(a)

FIGURE 1





## Question 1(b)

FIGURE 2



Question 1(c)

TABLE 1

GENDER	EXCELLENT	GOOD	AVERAGE	FAIR
Male	<15·2	15·2 – 16·1	16·2 – 18·1	18·2 – 19·1

Question 1(g)

TABLE 2

Student	Heart rate readings during exercise							
A	70	70	70	70	70	70	70	70
B	65	120	120	120	120	120	120	120
C	65	175	125	100	175	125	100	175
D	65	90	150	95	70	70	70	70

Question 3

TABLE 3

Type of joint	(a) Range of movement possible at each type of joint	(b) Example of type of joint in the body
Pivot	(1 mark)	(1 mark)
Hinge	(1 mark)	(1 mark)
Ball and socket	(1 mark)	(1 mark)

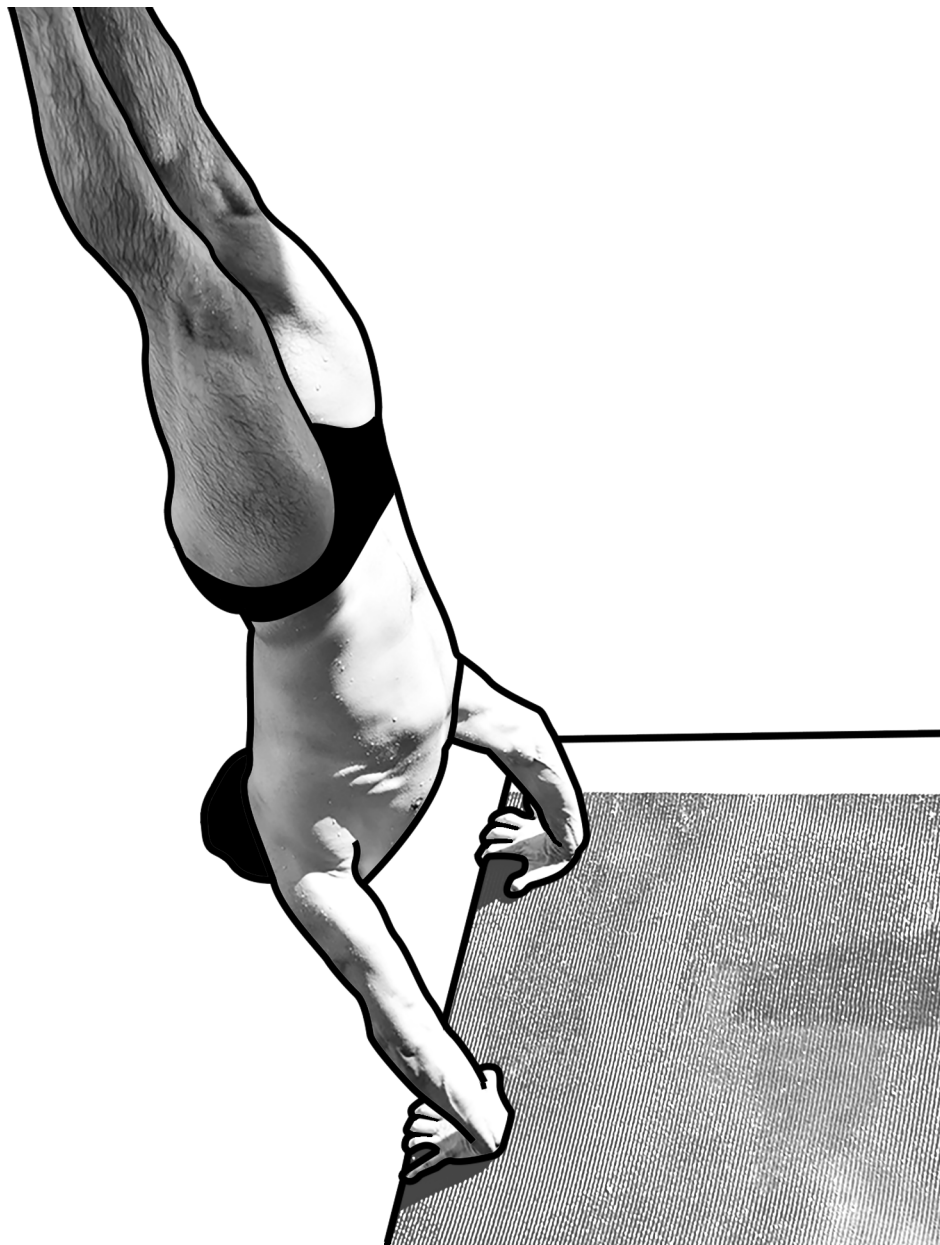
Question 3 (Spare copy)

TABLE 3

Type of joint	(a) Range of movement possible at each type of joint	(b) Example of type of joint in the body
Pivot	(1 mark)	(1 mark)
Hinge	(1 mark)	(1 mark)
Ball and socket	(1 mark)	(1 mark)

## Question 3(c)

FIGURE 3



Question 4(a)

TABLE 4

Type of exercise	Energy source for type of exercise
Anaerobic	(1 mark)
Aerobic	(1 mark)

Question 4(a) (Spare copy)

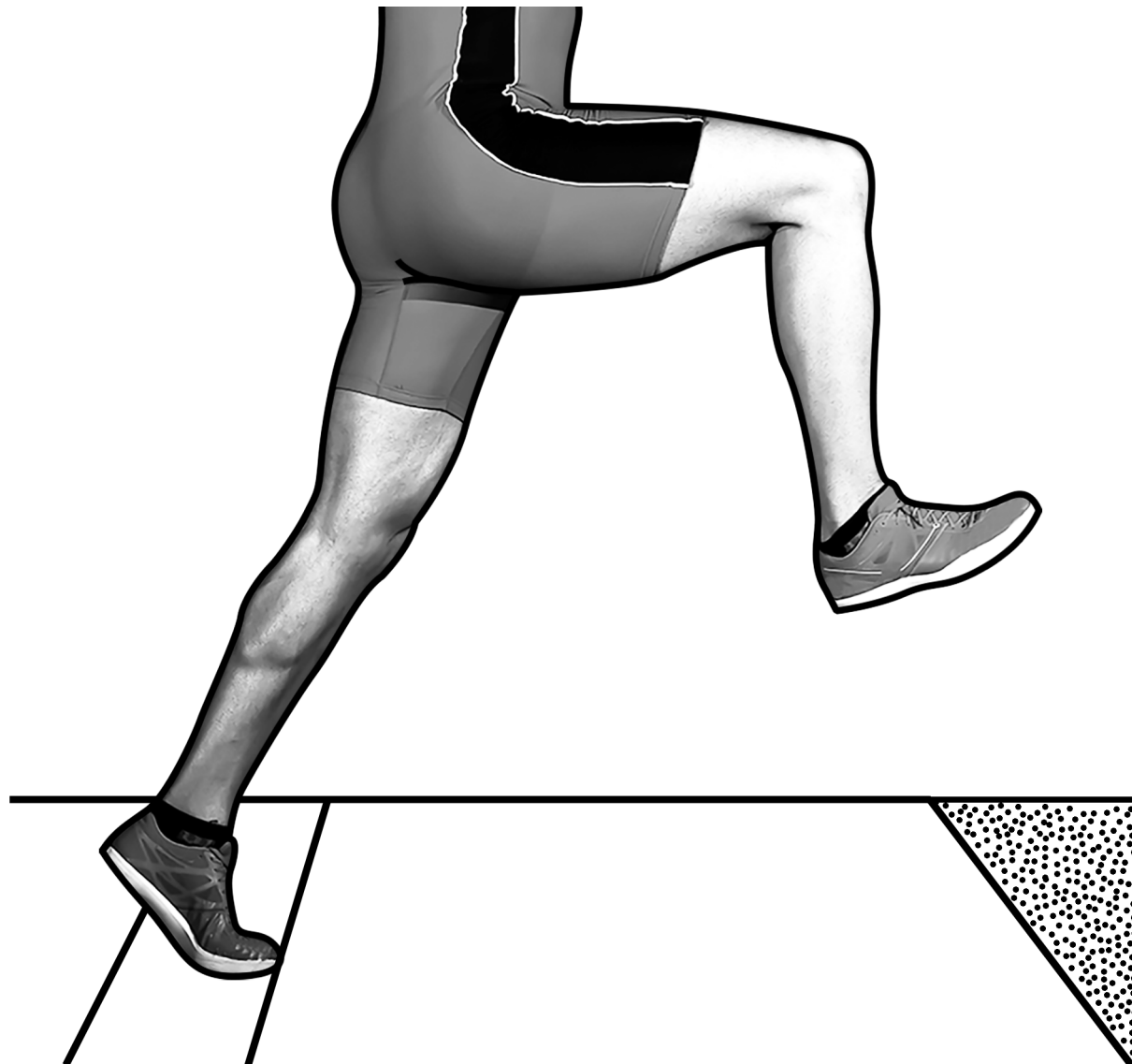
TABLE 4

Type of exercise	Energy source for type of exercise
Anaerobic	(1 mark)
Aerobic	(1 mark)



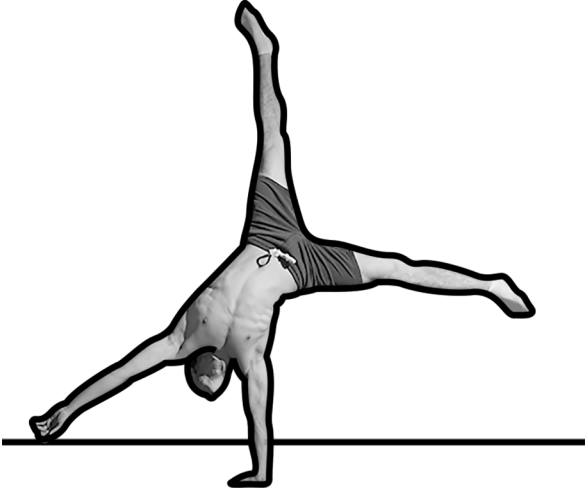

## Question 5

FIGURE 4



Question 6

TABLE 5

Movement		Plane	Axis
(a)			
	Cartwheel	(1 mark)	(1 mark)
(b)			
	Piked somersault	(1 mark)	(1 mark)

Question 7(b)

TABLE 6

	Fitness test	Rating	Component of fitness tested
(i)	Sit and reach test	Excellent	(1 mark)
(ii)	Cooper 12-minute swim	Average	(1 mark)
(iii)	Vertical jump test	Average	(1 mark)

Question 7(b) (Spare copy)

TABLE 6

	Fitness test	Rating	Component of fitness tested
(i)	Sit and reach test	Excellent	(1 mark)
(ii)	Cooper 12-minute swim	Average	(1 mark)
(iii)	Vertical jump test	Average	(1 mark)

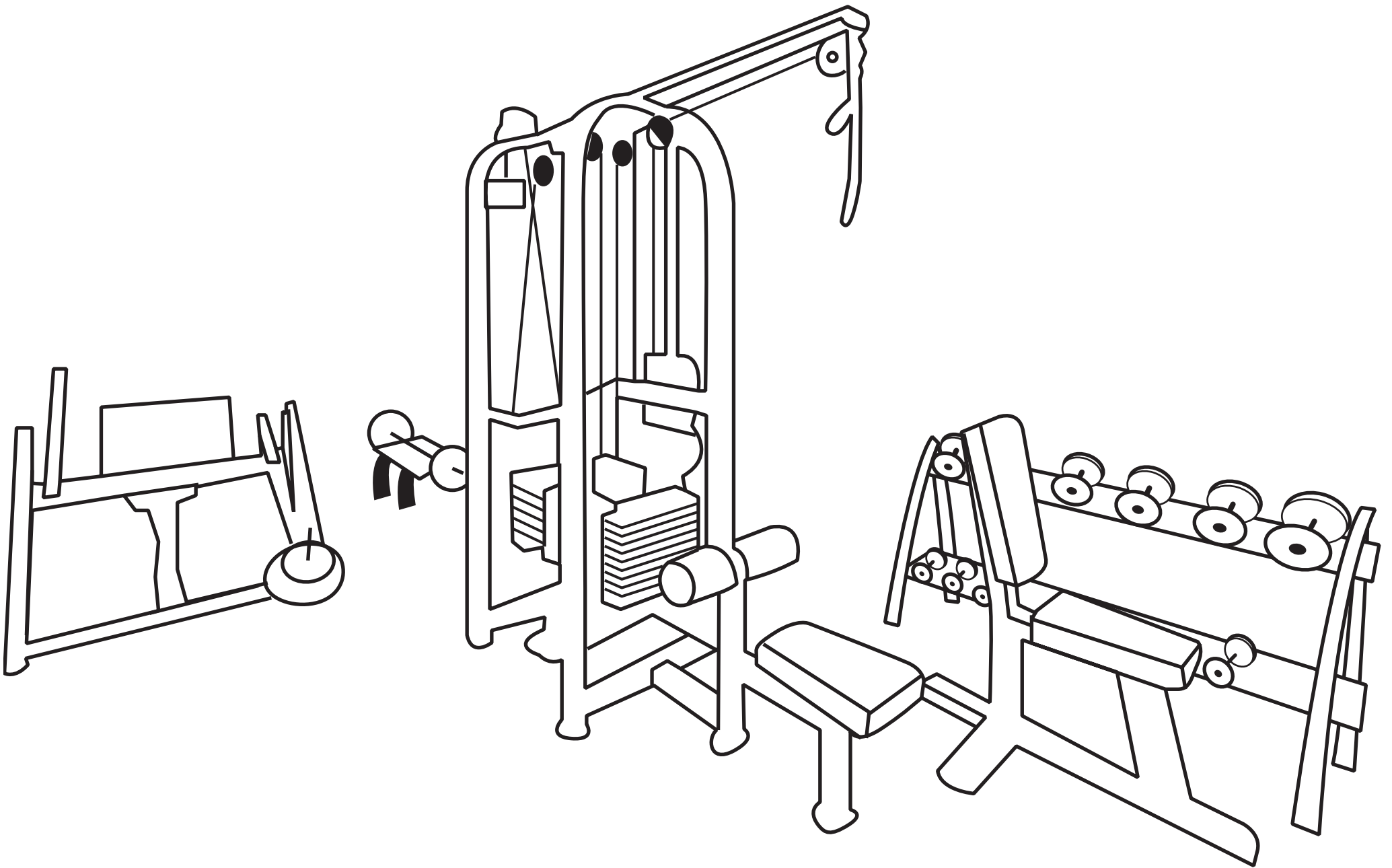
Question 8

TABLE 7

Mile	Time to complete mile (minutes : seconds)	Time difference
1	8 : 23	
2	9 : 09	+46 s
3	9 : 15	+6 s
4	9 : 20	+5 s
5	9 : 25	+5 s
6	9 : 30	+5 s
7	9 : 38	+8 s
8	9 : 46	+8 s
9	9 : 56	+10 s
10	10 : 08	+12 s
11	10 : 22	+14 s
12	10 : 38	+16 s

## Question 9(a)

FIGURE 5



Question 10

TABLE 8

Performance-enhancing drug (PED)	(a) Sport or physical activity where effect of PED would be an advantage	(b) Advantage to performer in that sport or physical activity
Erythropoietin (EPO)	(1 mark)	(1 mark)
Anabolic steroids	(1 mark)	(1 mark)

Question 10 (Spare copy)

TABLE 8

Performance-enhancing drug (PED)	(a) Sport or physical activity where effect of PED would be an advantage	(b) Advantage to performer in that sport or physical activity
Erythropoietin (EPO)	(1 mark)	(1 mark)
Anabolic steroids	(1 mark)	(1 mark)



## Question 11

FIGURE 6



**Jumping to reach the ball  
at the start of the game**



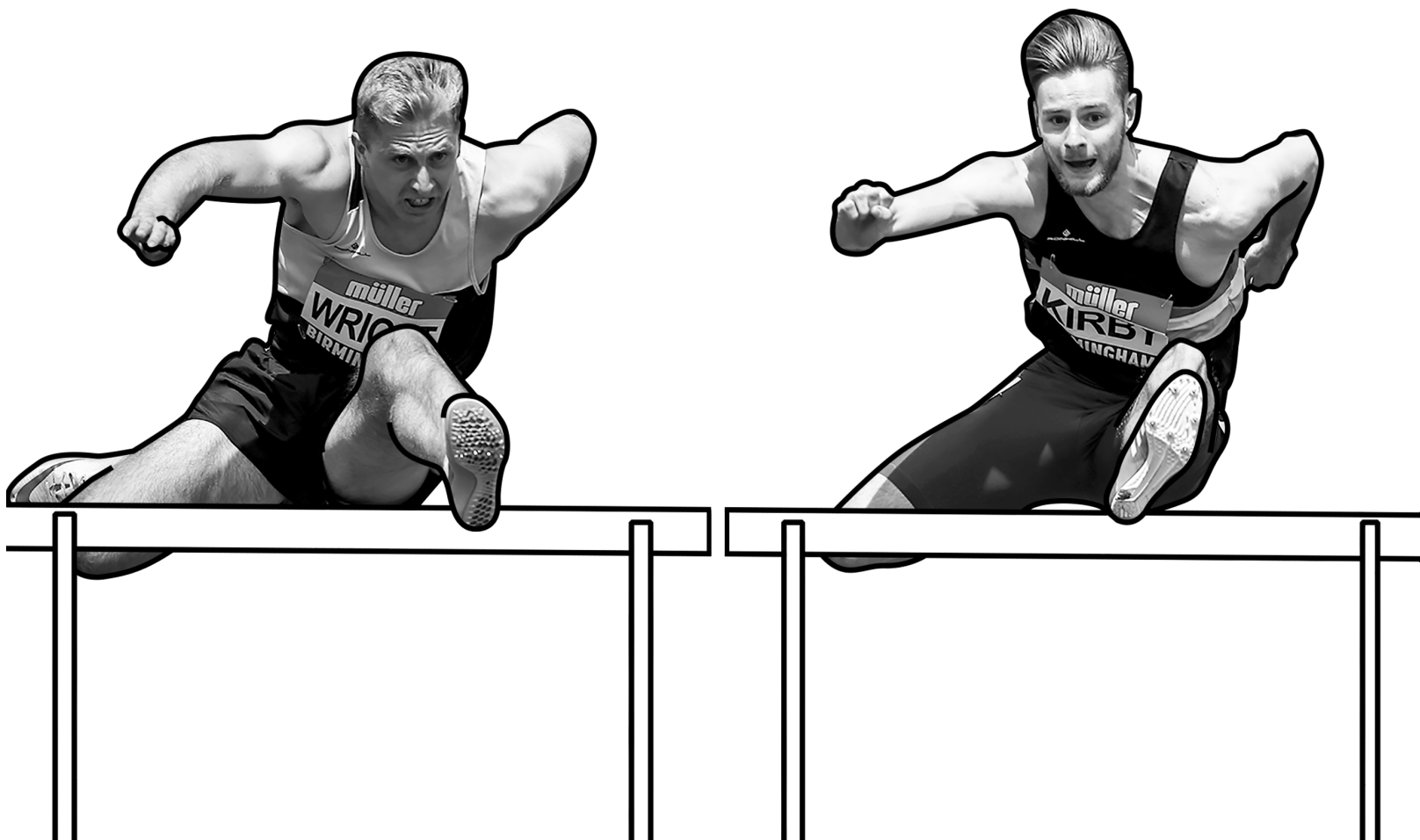
**Jogging back to position**



**Sprinting to the basket**

## Question 12

FIGURE 7



**Question 1(a)**  
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**Question 1(b)**  
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**Question 3(c)**  
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