

Name

Class

GCSE Physical Education

Edexcel

Reference: **5PE01/01**

Time: 1 hour 30 minutes

Marks Available: 80

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 80.
- 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.

Commissioned by The PiXL Club Ltd.

This resource is strictly for the use of member schools for as long as they remain members of The PiXL Club. It may not be copied, sold nor transferred to a third party or used by the school after membership ceases. Until such time it may be freely used within the member school.

All opinions and contributions are those of the authors. The contents of this resource are not connected with nor endorsed by any other company, organisation or institution.

Answer ALL questions

For each part of Question 1, choose an answer, A, B, C or D, and put a cross in a box

If you change your mind about an answer, put a line through the box

and then mark your new answer with a cross

1 (a) Taking part in physical activity can contribute to good physical health and develop teamwork and cooperation

Which one of the following is **not** a physical or social benefit of exercise?

(1)

- A** Physical challenge
- B** Help the individual feel good
- C** Make new friends
- D** Improve performance

(b) Which of the answers below **A, B, C** or **D** are examples of factors from the key influence 'cultural factors'?

(1)

- A** Availability, location, cost and status
- B** Family, peers, location and access
- C** Age, disability, gender and race
- D** Age, gender, fashion and media coverage

(c) Which of the components of fitness below is **not** a health related component of fitness?

(1)

- A** Cardiovascular fitness
- B** Flexibility
- C** Muscular endurance
- D** Speed

(d) Which method of training can be adapted to improve cardiovascular fitness, muscular endurance and muscular strength?

(1)

- A** Fartlek
- B** Circuit
- C** Continuous
- D** Weight

(e) The timing of dietary intake is important for optimum performance. What would be the most appropriate amount of time to eat prior to participating in physical activity?

(1)

- A** No need to wait as the food will provide energy immediately
- B** 30 minutes
- C** 1 hour
- D** 2 hours

(f) Identify which answer below describe the characteristics of an ectomorph?

(1)

- A** Narrow shoulders and narrow hips
- B** Narrow shoulders and wide hips
- C** Wide shoulders and narrow hips
- D** Classification of the body type

(g) How can a diet which contains high density lipoprotein improve the efficiency of the cardiovascular system?

(1)

- A** Causes blood vessels to narrow
- B** Increases our heart rate
- C** Increases our blood pressure
- D** Carry cholesterol away from blood vessels

(h) Which **one** of the following accurately describes the effect smoking can have on the respiratory system?

(1)

- A** Smoking increases our heart rate and blood pressure
- B** Smoking damages the alveoli and lowers the efficiency of gaseous exchange
- C** Increases the efficiency of gaseous exchange
- D** Smoking will not affect the efficiency of the respiratory system

(i) Which **one** of the examples of movement below is **not** an isotonic muscle contraction?

(1)

- A** A cricketer bending his arm to throw a ball when fielding
- B** A sprinter running a 100 metre race
- C** A rugby player pushing against an opponent in the scrum
- D** A footballer kicking the ball towards goal

(j) Which mineral should be part of a balanced diet to ensure bones grow and increase in density?

(1)

- A** Calcium
- B** Sodium
- C** Iron
- D** Vitamin D

(Total for Question 1 = 10 marks)

2 Taking part in physical activity on a regular basis provides us with a healthy, active lifestyle.

(a) Describe a physical effect of how physical activity can increase our individual wellbeing?

(1)

(b) Describe a mental effect of how physical activity can increase our individual wellbeing?

(1)

(c) Participation in physical activity can stimulate cooperation and teamwork.

(i) Identify **one** other social benefit physical activity can stimulate and describe your answer.

(1)

Social benefit: _____

(ii) Describe how physical activity allows an individual to achieve this social benefit.

(2)

(Total for Question 2 = 5 marks)

3 Sport and physical activity offer opportunities to participate in a variety of roles.

(a) Identify **one** role, other than a participant, an individual could become to participate in sport or physical activity.

(1)

National Governing Bodies, alongside Sport England and the Youth Sport Trust develop initiatives to develop individuals and encourage them to lead healthy, active lifestyles.

(b) One common initiative is to increase participation in physical activity. Describe another initiative which is common amongst National Governing Bodies?

(2)

(Total for Question 3 = 3 marks)

4 (a) Describe **two** components of health related fitness that would be relevant to the performers in **Figure 1** and **Figure 2**.



Figure 1



Figure 2

(4)

Component: _____

Reason: _____

Component: _____

Reason: _____

(b) Explain the importance of **one** component of skill related fitness that would be beneficial to both performers in **Figure 1** and **Figure 2**.

(3)

(Total for Question 4 = 7 marks)

5 Explain how an athlete would apply the principle of training of progressive overload to improve their performance in a chosen sport.

(3)

Chosen sport: _____

Explanation: _____

(Total for Question 5 = 3 marks)

6 Diet is important to your personal health and wellbeing.

(a) Describe the importance of **one** macronutrient and how it can improve performance in physical activity.

(2)

(b) Micronutrients are also components of a balanced diet. State why the mineral iron is essential to a healthy, balanced lifestyle.

(1)

(Total for Question 6 = 3 marks)

7 Drugs can enhance the performance of an individual in physical activity and training, or in daily life.

(a) State **one** reason why people take performance-enhancing drugs?

(1)

(b) Performance enhancing drugs have different effects on performance. Identify which type of sporting athlete and provide a reason why?

(i) Diuretics: _____

(2)

(ii) Narcotic Analgesics: _____

(2)

(Total for Question 7 = 5 marks)



8 Participating in physical activity can carry an element of risk. Figure 3 shows a girls Rugby game.

Figure 3

(a) Identify an element of protective clothing that the person carrying the ball should wear to prevent injury

(1)

Item of clothing: _____

(b) Describe three other ways that you could prevent injury and minimise risk in the activity shown in **Figure 3**.

(6)

Preventative measure: _____

Reason: _____

Preventative measure: _____

Reason: _____

Preventative measure: _____

Reason: _____

(Total for Question 8 = 7 marks)

9 (a) Complete the following statements about the effects of exercise on the respiratory system.

(i) The respiratory system has two main functions. One is to bring _____ into the body to supply the working muscles.

(1)

(ii) As a result of physical activity. Our breathing rate _____ to meet the demands of the environment.

(1)

(iii) Strenuous anaerobic exercise can cause an 'oxygen debt' to occur. Explain how oxygen debt can occur.

(3)

(b) State **two** long term effects of regular exercise on the efficiency of the respiratory system.

Long term effect 1: _____

Long term effect 2: _____

(2)

(Total for Question 9 = 7 marks)

10 Muscles work against one another in antagonistic pairs to produce movement.

(a) Describe how the muscles work in an antagonistic pair when an individual performs a press up during circuit training.

(2)

(b) Identify an immediate and a long term effect of exercise, on the muscular system, that an individual would experience when completing a personal training program.

(2)

Immediate effect: _____

Long term effect: _____

(Total for Question 10 = 4 marks)

11 The skeletal system is vital to allow us to live a healthy, active lifestyle.

(a) Identify **one** function of the skeletal system that allows us to participate in physical activity.

(1)

(b) The elbow is an example of a hinge joint. Identify another location of a hinge joint in the skeletal system.

(1)

(c) Give an example of a sporting action that uses the range of movement possible at the joint.

(2)

(Total for Question 11 = 4 marks)

12 Mr. Smith is a PE teacher. He has a group of students who participate in a range of physical activities for the school. Jake is a student who has been inspired by his teacher, and participates in these activities because of this.

(a) What key factor has influenced Jake to participate in physical activity at school?

(1)

Influence: _____

(b) Jake has been a regular member of the school Rugby League team and has recently joined his local club.

Describe which level of the sports participation pyramid Jake is currently at.

(2)

Stage: _____

(c) As part of the clubs pre-season exercise program, the coach has ensured all students complete a PAR-Q.

Why is it important for each individual player to complete a PAR-Q prior to the program beginning?

(1)

(d) The program has been designed to improve Jake's, and the teams, levels of cardiovascular fitness.

Describe which fitness test you would recommend the coach administers to assess Jake's level of cardiovascular fitness.

(2)

Fitness test: _____

Reason: _____

(e) Jake has identified that he wants to improve his fitness. His coach has asked him to set a SMART target. Identify and describe the **specific** principle of SMART target setting to create a relevant goal for Jake.

(2)

(f) The graph in **Figure 4** shows Jake's resting heart rate was 80 beats per minute (bpm), at the beginning of his exercise program. Each week his resting heart rate decreases by 2 beats per minute.

Plot the graph to show what has happened to Jake's resting heart rate during the program

(1)

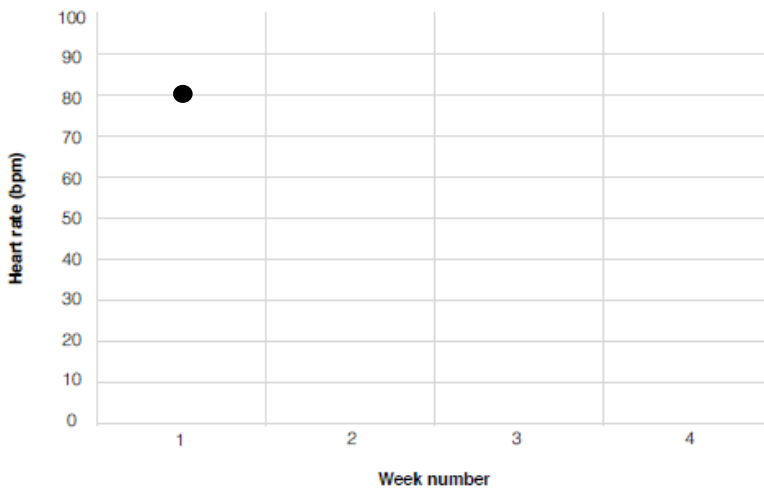


Figure 4

(g) Describe how this graph shows Jake's level of fitness have improved.

(1)

(Total for Question 12 = 10 marks)

