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Pearson
Edexcel GCSE

Centre Number

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Candidate Number

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Physical Education

Unit 1: The Theory of Physical Education

Friday 20 May 2016 - Afternoon
Time: 1 hour 30 minutes

Paper Reference

5PE01/01

You do not need any other materials.

Total Marks

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.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions.

Some questions must be answered with 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 ☒.

Questions 1(a) and 1(b) relate to the classification of the benefits of physical activity.

- 1 (a) Which **one** of the following is a mental benefit of physical activity? (1)
- A** Physical activity can be fun
 - B** Physical activity can help you make friends
 - C** Physical activity can lead to cooperation
 - D** Physical activity can lead to social mixing

- (b) Which classification do **all** of the following benefits belong to?
'Feel good, stress relief, increased self-esteem.' (1)
- A** Physical
 - B** Social
 - C** Fitness
 - D** Mental

Regular participation in physical activity can have physical benefits. These could be either fitness or health benefits.

- (c) Which **one** of the following is a physical **fitness** benefit of participation in regular physical activity? (1)
- A** Reduced chance of osteoporosis
 - B** Reduced resting heart rate
 - C** Increase in serotonin
 - D** Reduced chance of obesity

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(d) Which **one** of the following key influences is being described?

Jake wants to play football like the players he sees on television.

(1)

- A** Image
- B** Resources
- C** Health and well-being
- D** Socio-economic

(e) Which **one** of the following key influences is being described?

Cheryl wants to play golf but cannot afford the membership fees.

(1)

- A** Cultural
- B** Image
- C** Socio-economic
- D** People

(f) Which stage of the sports participation pyramid is being described?

Sachit has just joined a badminton club so that he can play badminton in his free time.

(1)

- A** Elite
- B** Foundation
- C** Participation
- D** Performance

(g) Which **one** of the following is a component of **health-related** exercise?

(1)

- A** Speed
- B** Strength
- C** Power
- D** Reaction time



The information in **Table 1** was used to assess Alice's performance in the Illinois agility run test.

Illinois Agility Run Test Results (seconds)		
Rating	Males	Females
Excellent	<15.0	<17.0
Good	16.0–15.0	18.0–17.1
Average	17.5–16.1	22.0–18.1
Fair	18.6–17.6	23.0–22.1

Table 1

Alice scores 17.5 seconds in the Illinois agility run test.

(h) Using **Table 1**, identify her rating for the Illinois agility run test. (1)

- A** Excellent
- B** Good
- C** Average
- D** Fair

(i) Which **one** of the following sports performers is working aerobically? (1)

- A** A long jumper during the run-up and take-off
- B** A games player slowly jogging back into position
- C** 100m sprinter during the race
- D** A tennis player serving an ace

(j) Which **one** of the following is a long-term effect of regular participation in exercise on the respiratory system? (1)

- A** Increased breathing rate
- B** Oxygen debt
- C** Increased vital capacity
- D** Reduction in gaseous exchange during exercise

(Total for Question 1 = 10 marks)



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2 Aron played basketball at elite level.

Give **two** different reasons why this might help Aron to become a good basketball coach. Justify each reason.

Reason 1 and justification

(2)

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Reason 2 and justification

(2)

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(Total for Question 2 = 4 marks)

3 Two common purposes of sports initiatives are to increase participation and retain people in sport.

(a) Identify the third common purpose of initiatives.

(1)

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(b) Describe **one** way an initiative to increase participation could focus on priority groups.

(2)

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(Total for Question 3 = 3 marks)



A good reaction time would help an 800m runner to get a good position at the start of the race.

4 Describe **one** other way an 800m runner could benefit from having a good reaction time during the race.

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(Total for Question 4 = 2 marks)

5 Explain why a cyclist would use a bike in their training.

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(Total for Question 5 = 3 marks)

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6 State the principles of training being applied in the following statements.

(a) Afshan and Bryan are gymnasts. Afshan has a different training programme to Bryan.

(1)

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(b) Martin is a weightlifter. He trains on alternate days and will leave two days before training again if a training session has been particularly difficult.

(1)

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(Total for Question 6 = 2 marks)

7 Explain how the FITT principle overlaps with the principle of progressive overload.

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(Total for Question 7 = 3 marks)



8 When setting goals the SMART principles should be applied.

(a) State the principle represented by the 'A' in SMART. (1)

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(b) State the SMART principle that is applied when setting a deadline to complete a goal. (1)

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One reason for setting goals is to provide clear deadlines to help when planning a Personal Exercise Programme (PEP).

(c) State **one** other reason why goal setting is important. (1)

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(Total for Question 8 = 3 marks)

Rose is a hockey player. She is designing a circuit to improve her agility and speed.

9 Explain **two** stations Rose should include in her circuit to improve her performance in hockey.

Station 1 (agility) (2)

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Station 2 (speed) (2)

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(Total for Question 9 = 4 marks)



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10 Describe how interval training would be used by each of the following performers:

10,000m long distance runner (2)

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100m sprinter. (2)

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(Total for Question 10 = 4 marks)

A warm-up is carried out before physical activity to reduce the chance of injury.

11 Explain **two** other reasons for warming up.

Reason 1 (2)

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Reason 2 (2)

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(Total for Question 11 = 4 marks)



To maintain a healthy lifestyle it is important to balance work, exercise and rest.

12 Describe the link between exercise and rest.

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(Total for Question 12 = 2 marks)

13 Explain **two** reasons why performance-enhancing drugs are banned.

Reason 1

(2)

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Reason 2

(2)

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(Total for Question 13 = 4 marks)

14 Explain how low density lipoprotein (LDL) increases blood pressure.

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(Total for Question 14 = 2 marks)

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15 Explain why oxygen debt is more likely to be associated with a 100m sprint than a 15-minute walk.

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(Total for Question 15 = 4 marks)



16 For each activity in **Table 2** identify a risk and a measure to reduce the risk.

You must choose a different risk and risk reduction measure for each activity.



Image of activity	Risk associated with the activity	Measure to reduce stated risk
(a)  (1) (1)
(b)  (1) (1)

Table 2

(Total for Question 16 = 4 marks)



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17 Dave has recently joined a fitness club and signed up for an advanced fitness class.

(a) Explain **one** procedure Dave's fitness instructor should follow before allowing him to exercise for the first time.

(2)

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The members of the fitness class are training to improve their power.

(b) State **two** fitness tests that are used to measure power.

(2)

Test 1

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Test 2

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(c) State a specific skill or technique, from a games activity of your choice, where power is important.

(1)

Activity

Skill or technique where power is important

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(d) Explain how weight training could be used to increase power.

(3)

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(e) Explain **one** reason why it is important to include light exercise (jogging) in the cool-down after a training session.

(2)

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(Total for Question 17 = 10 marks)



***18** Discuss why an elite sports performer will make sure they eat a balanced diet.

(6)

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(Total for Question 18 = 6 marks)



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Figure 1 shows a footballer kicking a ball.



Position A



Position B

Figure 1

*19 Explain how the skeletal and muscular systems work together to bring about the kicking action shown in **Figure 1** as the striking leg moves from **Position A** to **Position B**.

(6)

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(Total for Question 19 = 6 marks)

TOTAL FOR PAPER = 80 MARKS



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