Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

3550U10-1

S23-3550U10-1

WEDNESDAY 17 MAY 2023 – AFTERNOON

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1	**19**	
2	**18**	
3	**21**	
4	**20**	
5	**22**	
Total	**100**	

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01

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

You will be shown two video clips.

The clips for Question 1 and Question 2 will each be shown three times, during which time you may answer the questions and make notes.

Firstly the two clips will be shown.

The clip for Question 1 will be shown a second time. There will be five minutes after the clip to answer the question.

The clip for Question 2 will be shown a second time. There will be five minutes after the clip to answer the question.

Both clips will then be shown for a third and final time.

You will then have the rest of the examination time to complete Questions 1 and 2 and the remaining questions.

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Answer **all** questions.

1. Clip 1 shows a skier.

(a) (i) Analyse the plane of movement of the skier in the tuck position.
Tick (✓) **one** box only. [1]

Plane of movement	Tick (✓) **one** box only
Frontal	
Sagittal	
Vertical	
Transverse	

(ii) Identify the pair of muscles that cause movement at the knee.
Tick (✓) **one** box only. [1]

Pair of muscles	Tick (✓) **one** box only
Quadriceps and biceps	
Hamstring and triceps	
Abdominals and quadriceps	
Quadriceps and hamstrings	

(iii) Name the type of muscular contraction in the legs of the skier, when in the tuck position.
Tick (✓) **one** box only. [1]

Type of contraction	Tick (✓) **one** box only
Isotonic concentric	
isometric	
Isotonic eccentric	

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(b) (i) Identify the component of fitness shown by the skier that can be defined as **'exercising a specific muscle group over a period of time'**. [1]

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(ii) Assess how the skier could apply the principle of overload to their training programme. [3]

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(c) Explain **two** possible barriers that could have a negative impact on participation within skiing. [4]

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(d) (i) Explain why the skier would predominantly use the anaerobic energy system. [2]

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(ii) Identify the main nutrient used in the anaerobic energy system.
Tick (✓) **one** box only. [1]

Nutrient	Tick (✓) **one** box only
Water	
Fats	
Carbohydrate	
Vitamins	

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(e) Identify the correct description by drawing a line to the appropriate term. [3]

Term	Description
Deviance	Performing to the laws, conventions and expectations of the activity.
Sportsmanship	Bending or breaking the rules: using questionable methods to gain an advantage.
Gamesmanship	Any behaviour that differs from the perceived social, legal or sporting norm.

(f) Explain why professional athletes like skiers might demonstrate deviance. [2]

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2. Clip 2 shows a climber.

(a) Identify the type of guidance that is used to support the climber.
Tick (✓) **one** box only. [1]

Type of guidance	Tick (✓) **one** box only
Visual	
Verbal	
Manual	
Mechanical	

(b) Justify why climbing is placed towards the end of the self-paced continuum. [2]

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(c) Explain why the climber is in the autonomous stage of learning. [4]

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(d) Describe how a climber could mentally prepare for a climb. [4]

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(e) Identify **three** ways a coach could have an impact on the climber. [3]

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(f) Describe the information processing model using specific examples. [4]

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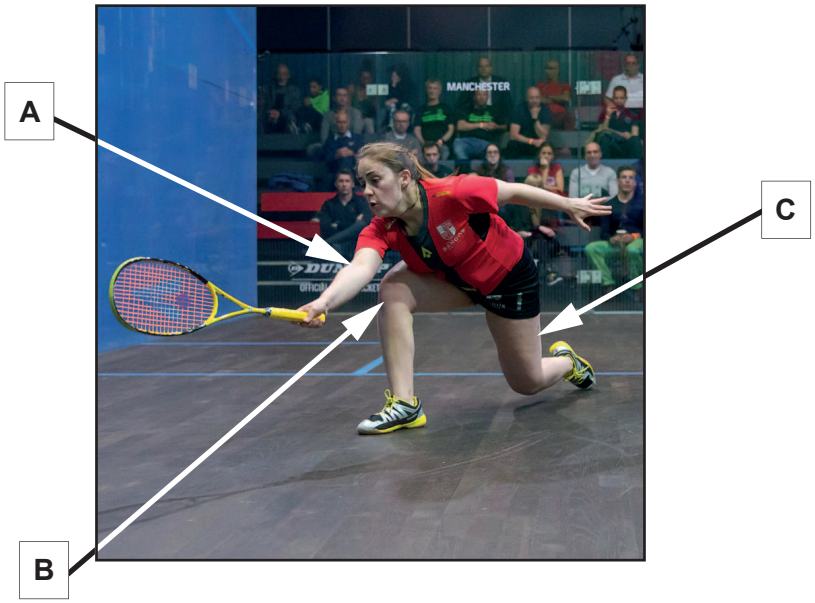
3. (a) Tesni Evans is a professional squash player who represents Wales and is a five-time Welsh national squash champion. In 2018 she became the highest-ranked Welsh woman of all-time.

Figure 1



Analyse the image in **Figure 1** to complete the table. [4]

A – Type of lever	.....
B – Movement at knee joint	.....
C – Name of bone	.....
Axis of movement during a lunge	.....

(b) (i) Agility and flexibility are important components of fitness for a squash player. Define agility. [1]

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(ii) Identify a valid test to measure agility. [1]

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(iii) Describe the protocol for the test identified in **3**(b)(ii). [4]

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(iv) Identify the correct description by drawing a line to the appropriate term. [3]

Term	Description
Passive stretching	The stretch is undertaken while moving, increasing the range of movement.
Dynamic stretching	Where the athlete controls the stretch.
Active stretching	The stretch is externally controlled.

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(c) Explain why validity is important when testing the fitness of an individual. [2]

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(d) Discuss how technology can have an impact on the sporting experience. [6]

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4. (a) Participation in girls' county football is on an increase, with a growth of 120% in 3 years. It's expected to grow a further 40% in future years.

Figure 2

Assess the possible reasons for the increase in girls' participation in sport. [6]

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(b) Assess why interval training and continuous training could benefit a games player. [4]

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(c) Explain how a performer could speed up recovery after being involved in an intense team game. [4]

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(d) Evaluate the role of intrinsic and extrinsic motivation in becoming a successful sportsperson. [6]

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5. (a) Touch rugby is a fast, six-a-side non-contact sport. It can be played by females and males of all ages ranging from veterans to juniors. It is also a mixed team sport where males and females can play on the same team.

Figure 3

(i) Identify **two** possible long-term mental health benefits of exercising regularly. [2]

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(ii) Identify **four** short-term physiological responses to exercise. [4]

1. .....
2. .....
3. .....
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(iii) Explain **two** long-term physical benefits of exercise. [4]

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(b) Explain why hydration is important for participants in physical activity. [4]

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(c) Discuss the impact of increasing commercialisation on sport. [8]

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END OF PAPER

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Question number	Additional page, if required. Write the question number(s) in the left-hand margin.

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