Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

3550U10-1

S24-3550U10-1

WEDNESDAY, 22 MAY 2024 – AFTERNOON

PHYSICAL EDUCATION – FULL COURSE

Unit 1: Introduction to Physical Education

2 hours

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1	**21**	
2	**12**	
3	**26**	
4	**24**	
5	**17**	
Total	**100**	

3550U101
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.

JUN243550U10101

© WJEC CBAC Ltd.

Examiner only

Answer **all** questions.

Clip 1 – Gymnast vaulting

1. (a) (i) Analyse Clip 1 to determine what movements take place at the **knee** when performing the vault. [2]

.....

.....

(ii) Identify the **two** muscles that allow the movements in **1**(a)(i) to take place. [2]

.....

.....

(b) Identify the **two** bones that meet at the knee.
Tick (✓) **one** box only. [1]

Name of bones	Tick (✓) **one** box only
Humerus and femur	
Femur and tibia	
Femur and pelvis	
Radius and carpals	

(c) Analyse the effectiveness of weight training for a gymnast. [4]

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(d) Identify **two** possible ways a performer could mentally prepare. [2]

1. .....

2. .....

(e) **Figure 1** – The open-closed continuum.

Justify why the vault has been placed at this point on the continuum. [2]

.....

.....

.....

.....

(f) Explain the benefits of using technology for a performer. [4]

.....

.....

.....

.....

.....

.....

.....

.....

3550U101 03

© WJEC CBAC Ltd.

Examiner only

(g) Explain how sponsorship could benefit a performer. [4]

.....

.....

.....

.....

.....

.....

.....

.....

21

© WJEC CBAC Ltd.

BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

© WJEC CBAC Ltd.

Examiner only

Clip 2 – Kayaker

2. (a) (i) Explain why flexibility is important to the kayaker. [2]

.....

.....

.....

.....

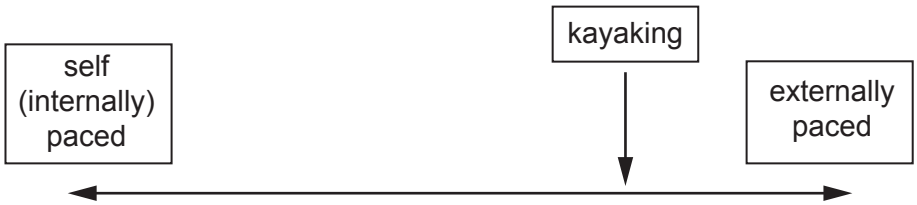
(ii) Identify a type of stretching that could be used to improve flexibility. [1]

.....

(iii) Identify a fitness test that measures flexibility. [1]

.....

(b) **Figure 2** – The self (internally)/externally paced continuum.



Explain why kayaking has been placed at this point on the continuum. [2]

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(c) Evaluate why the kayaker in the clip could be described as a skilled performer. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(d) Analyse the clip to determine what type of practice a coach could use to improve the performance of the kayaker. [2]

.....

.....

.....

.....

3550U101 07

12

© WJEC CBAC Ltd.

Examiner only

3. **Figure 3** – Sara Head of Wales competing for Great Britain at the London 2012 Paralympic Games.

(a) Assess how information processing differs from beginners to elite players like Sara Head. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(b) Describe **one** component of fitness that is required by a table tennis player during a game. [2]

.....

.....

.....

.....

(c) Explain, using sporting examples, how a coach could make feedback effective for an athlete. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(d) Evaluate how a coach could use the principles of training to improve an athlete's performance. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

3550U101 09

© WJEC CBAC Ltd.

Examiner only

.....

.....

.....

.....

.....

.....

.....

.....

(e) Outline your knowledge of training zones by using the information in **Table A** to complete **Table B**. [8]

Table A

Low	Anaerobic	Power walking	Cooling down
Short sprints	60–80%	High	50–60%

Table B

Training zone	Percentage (%) of maximal heart rate	Exercise intensity	Example
.....	80–100%	.....	.....
Aerobic	.....	Moderate	.....
Light Aerobic	.....	.....	.....

26

© WJEC CBAC Ltd.

Examiner only

4. **Figure 4** – Elite 100 m / 200 m sprinter Christian Malcolm.

(a) Explain how the diet of a sprinter like Christian Malcolm would differ to that of an obese individual leading a sedentary lifestyle. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(b) Identify **two** possible benefits to an individual who leads a healthy active lifestyle. [2]

.....

.....

© WJEC CBAC Ltd.

Examiner only

Adherence to a training programme is important to both athletes and obese individuals.

(c) Explain how you could use SMART targets to adhere to a training programme. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(d) Explain the energy balance equation. [2]

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(e) Identify an illness that is associated with leading a sedentary lifestyle. [1]

.....

(f) Identify the muscle found at the shoulder of an athlete. [1]

Name of muscle	Tick (✓) **one** box only
Deltoid	
Quadriceps	
Gastrocnemius	
Gluteus	

(g) Outline **two** tests that measure an individual's health. [4]

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(h) Analyse the characteristics of the muscle fibres you would find in an elite 100 m / 200 m sprinter. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

24

© WJEC CBAC Ltd.

BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

© WJEC CBAC Ltd.

Examiner only

5. **Figure 5** – Wales winger Rabbi Matondo says he is "proud" of how young players have used their public profiles to take a stand against racism.

(a) Discuss factors that could influence participation in sports such as football. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(b) Identify **two** types of guidance used by coaches. [2]

.....

.....

© WJEC CBAC Ltd.

Examiner only

(c) Explain the importance of intrinsic and extrinsic motivation to an athlete. [4]

.....

.....

.....

.....

.....

.....

.....

.....

(d) Draw a line to match the correct joint to the appropriate classification. [3]

Joint	Classification
Knee	Pivot
Shoulder	Hinge
Neck	Ball and socket

(e) Identify **two** long term effects of exercise on the body. [2]

.....

.....

17

END OF PAPER

© WJEC CBAC Ltd.

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

© WJEC CBAC Ltd.

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

© WJEC CBAC Ltd.

BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

© WJEC CBAC Ltd.