Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

3555U10-1

S25-3555U10-1

MONDAY, 19 MAY 2025 – AFTERNOON

PHYSICAL EDUCATION (Short Course)

Unit 1: Introduction to Physical Education

1 hour

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1.a(i)	1	
1.a(ii)	2	
1.a(iii)	1	
1.a(iv)	2	
1.b(i)	4	
1.b(ii)	1	
1.c(i)	2	
1.c(ii)	2	
1.c(iii)	2	
1.c(iv)	3	
2.a(i)	2	
2.a(ii)	2	
2.a(iii)	1	
2.b(i)	2	
2.b(ii)	6	
2.c	4	
3.a(i)	4	
3.a(ii)	2	
3.b	4	
3.c	3	
Total	50	

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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.

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.

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

INFORMATION FOR CANDIDATES

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

You are reminded of the necessity for good English and orderly presentation in your answers.

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Answer **all** questions.

Figure 1: Individuals participating in a marathon.

1. (a) (i) Identify the main source of energy an individual will need to complete a marathon. [1]

Tick (✓) **one** box only.

Vitamins ☐

Protein ☐

Carbohydrates ☐

Minerals ☐

(ii) Justify your reasons for choosing the source of energy identified in **1**(a)(i). [2]

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(iii) Identify a method of training a marathon runner could use to improve endurance. [1]

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(iv) Explain why you have chosen the method of training identified in **1**(a)(iii). [2]

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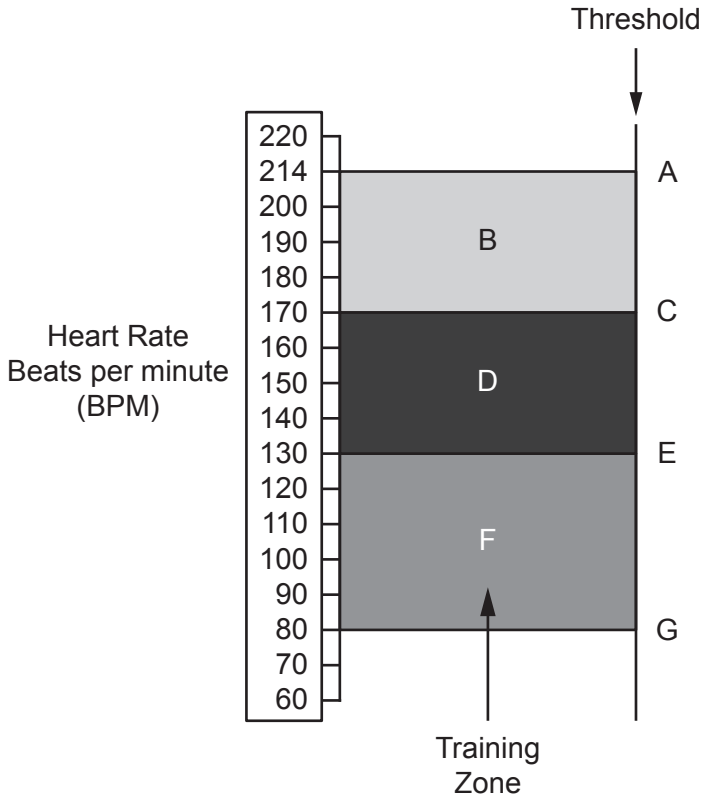
Figure 2: Training zones graph for a 16-year-old student.



(b) (i) Evaluate the graph to complete the table below. [4]

Place the term into the correct box – each term can only be used once.

Anaerobic training Anaerobic threshold Aerobic training Maximal heart rate

Zone B	
Line C	
Zone D	
Line A	

(ii) Describe how threshold E is calculated in **Figure 2**. [1]

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(c) (i) Identify the muscles that contract to cause the following movements at the knee joint. [2]

Flexion .....

Extension .....

(ii) Outline the following types of muscle contractions. [2]

Concentric Contractions	Eccentric Contractions
.....	.....
.....	.....

(iii) Name **two** functions of the skeletal system. [2]

- .....
- .....

(iv) Explain why a cool down could benefit the runner after a race. [3]

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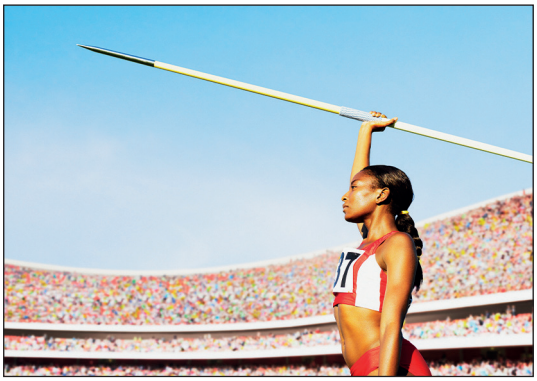
Figure 3: Javelin thrower.



2. (a) (i) Identify the **two** main components of fitness required by the javelin thrower. [2]

1. .....

2. .....

(ii) Define each of the fitness components identified in **2**(a)(i). [2]

Component of fitness	Definition
1.	....
2.	....

(iii) Name a fitness test for **one** of the components identified in **2**(a)(i). [1]

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(b) (i) Identify **two** short term effects of exercise. [2]

- .....
- .....

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(ii) Analyse **two** aerobic adaptations and how these impact on sporting performance. [6]

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(c) Explain how taking part in regular physical activity can benefit a person's mental and social well-being. [4]

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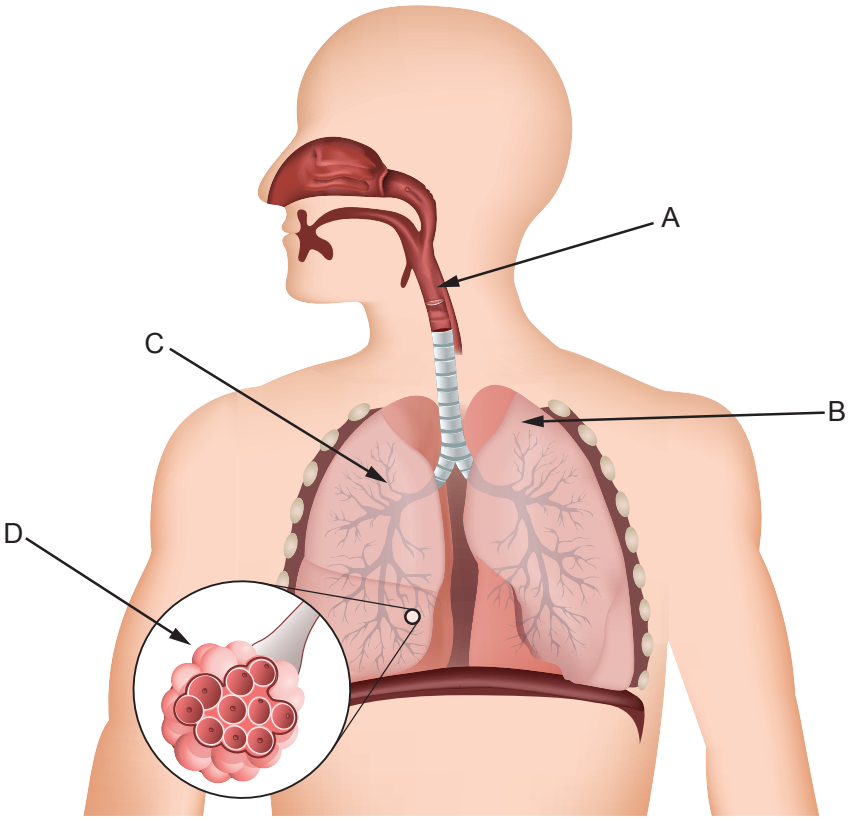
Figure 4: Structure of respiratory system.



3. (a) (i) Analyse **Figure 4** to complete the table below. [4]

	Name of structure
A	
B	
C	
D	

(ii) Explain the function of gaseous exchange. [2]

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(b) Explain how technology could be used by a coach. [4]

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(c) Explain, using sporting examples, how performers use technology to improve their performance. [3]

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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.	Examiner only

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