

Write your name here	
Surname	Other names
Centre Number	Candidate Number
Edexcel GCSE	
Physical Education: Short Course Unit 1: The Theory of Physical Education	
Friday 21 May 2010 – Afternoon Time: 1 hour	Paper Reference 5PE03/01
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 40.
- 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.

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Answer ALL the questions.

For questions 1 to 24, choose an answer, A, B, C or D, and put a cross in the box ☒. Mark only one answer for each question. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Questions 25 to 28 require written answers.

- 1 Fitness is an important aspect of leading a balanced, healthy, active lifestyle. Which of the following statements gives the correct explanation of fitness?
- A A form of physical activity done primarily to improve one's health and physical fitness
 - B The ability to meet the demands of the environment
 - C The range of movement possible at a joint; the greater the range the fitter the individual
 - D A capability of the heart, blood, lungs and muscles to function at optimum efficiency

(Total for Question 1 = 1 mark)

- 2 Power is used in a variety of different activities as part of a healthy, active lifestyle. Which of the following demonstrates the effective use of power?

- A A weight lifter slowly lifting a 5 KG weight
- B A tennis player serving an 'Ace' so her opponent cannot return the ball
- C A gymnast holding a handstand
- D A sprinter **hearing** the starter's gun and responding by starting to move out of the blocks immediately

(Total for Question 2 = 1 mark)

- 3 As part of an active, healthy lifestyle an individual may apply the principles of training to produce a Personal Exercise Programme. Which of the following statements relates to the principle of progressive overload in training?

- A Gradually making the body work harder to increase fitness
- B Making the body work too hard resulting in injury
- C To continue training despite injury to increase fitness
- D Having a regular training session where the performer runs with weights

(Total for Question 3 = 1 mark)



Questions 4 to 7 relate to the benefits of physical activity. For each question read the statement(s) and decide whether **A**, **B**, **C** or **D** is correct and put a cross in the relevant box. Do **not** write in the space provided.

4 Increased fitness is a benefit of physical activity.

- A** physical
- B** mental
- C** social
- D** physical, mental and social

(Total for Question 4 = 1 mark)

5 Improvement in health is a benefit of physical activity.

- A** physical
- B** mental
- C** social
- D** physical, mental and social

(Total for Question 5 = 1 mark)

6 Providing the opportunity to work as a team is a benefit of physical activity.

- A** physical
- B** mental
- C** social
- D** physical, mental and social

(Total for Question 6 = 1 mark)

7 Physical activity can lead to stress relief. This is a benefit of physical activity.

- A** physical
- B** mental
- C** social
- D** physical, mental and social

(Total for Question 7 = 1 mark)



8 Two Year 10 pupils were discussing the reasons why people take part in physical activity. One of the pupils said:

“As people age their reasons for exercising change”

Which of the following, A, B, C or D, provides the most appropriate response to his statement?

- A This is a false statement because as people get older they **only** exercise to improve their health
- B This is a false statement because people may still want to improve their fitness, their health and meet others
- C This is a true statement because as people get older they **only** exercise to improve their health
- D This is a false statement because as people get older they **only** exercise to meet new people

(Total for Question 8 = 1 mark)



Questions 9 to 11 relate to the components of health-related exercise. Match each performer with the **most** relevant component of health-related exercise required for the activity described.

9 Weight Lifter lifting heavy weight

- A Muscular endurance
- B Flexibility
- C Muscular strength
- D None of the components identified in A, B or C

(Total for Question 9 = 1 mark)

10 Rower eight minutes into the race

- A Muscular endurance
- B Flexibility
- C Muscular strength
- D None of the components identified in A, B or C

(Total for Question 10 = 1 mark)

11 Golfer taking a putt

- A Muscular endurance
- B Flexibility
- C Muscular strength
- D None of the components identified in A, B or C

(Total for Question 11 = 1 mark)



Questions 12 to 14 relate to the components of skill-related fitness. Match each performer with the **most** relevant component of skill-related fitness required for the activity described.

12 A gymnast running towards the box in preparation for a vault

- A** Agility
- B** Power
- C** Muscular endurance
- D** None of the components identified in A, B or C

(Total for Question 12 = 1 mark)

13 A high jumper at take off

- A** Agility
- B** Power
- C** Muscular endurance
- D** None of the components identified in A, B or C

(Total for Question 13 = 1 mark)

14 A goalkeeper diving to save a deflected shot on goal

- A** Agility
- B** Power
- C** Muscular endurance
- D** None of the components identified in A, B or C

(Total for Question 14 = 1 mark)



15 Which of the following statements would give the correct threshold of training for a 16-year-old swimmer?

- A Maximum heart rate (200 bpm) multiplied by 60% and 80%
- B 204 bpm multiplied by 60% and then 80% divided by swimmer's age (16)
- C Resting heart rate multiplied by 60%, giving a range of 100 – 200bpm
- D 60% to 80% of the swimmer's maximum heart rate (220 – age)

(Total for Question 15 = 1 mark)

16 Which one of the following statements is correct?

- A Javelin is an anaerobic activity which requires the use of oxygen
- B The marathon is an aerobic activity. Carbohydrates will be used to provide most of the performer's energy throughout the race
- C Swimming long distances is an anaerobic activity as you can not breathe and therefore cannot use oxygen whilst swimming
- D Fats and carbohydrates provide energy during the 100 m sprint event

(Total for Question 16 = 1 mark)

17 Physical activity sessions should always start with a warm up. Which of the following describes the order of activities you would expect in a warm up?

- A Jogging, stretching, main activity
- B Flexibility exercises, intense practices, stretching
- C Jogging, stretching, practices associated with main activity
- D None of the statements A, B or C match the question

(Total for Question 17 = 1 mark)

18 Which of the following identifies a benefit of a warm up?

- A Removes lactate to reduce chance of muscle soreness
- B Slows reduction in heart rate
- C Reduces likelihood of injury
- D None of the statements A, B or C identifies a benefit of a warm up

(Total for Question 18 = 1 mark)



Questions 19 and 20 relate to the graph in Figure 1.

19 The graph in **Figure 1** shows resting heart rate values recorded over a number of weeks for four different performers who are training for their activity.

Which performer, A, B, C or D, shows signs of experiencing reversibility?

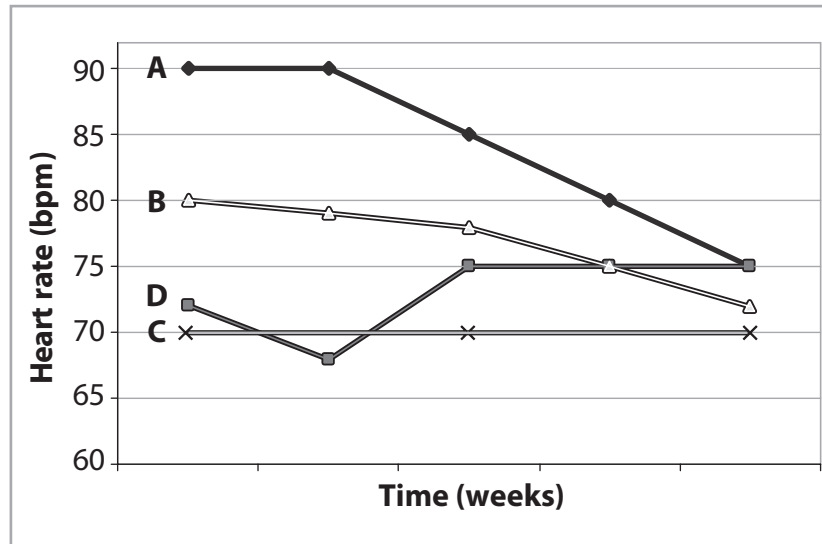


Figure 1

- A
- B
- C
- D

(Total for Question 19 = 1 mark)

20 Which performer, A, B, C or D, has not applied the principle of progressive overload to their training?

- A
- B
- C
- D

(Total for Question 20 = 1 mark)



Questions 21–24 relate to diet. For each question read the statements and decide whether **A**, **B**, **C** or **D** is correct.

21

Statement 1	Statement 2
There should be larger amounts of carbohydrate than fat in the diet	Carbohydrate can be used during aerobic or anaerobic activity

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 21 = 1 mark)

22

Statement 1	Statement 2
Vitamins are an essential part of the diet but minerals are not	The main role of vitamins is to aid digestion

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 22 = 1 mark)

23

Statement 1	Statement 2
Fat is an example of a macronutrient	Fat should be removed completely from our diet

- A** Statement 1 is true, statement 2 is false
- B** Both statements are true
- C** Statement 1 is false, statement 2 is true
- D** Both statements are false

(Total for Question 23 = 1 mark)



24

Statement 1	Statement 2
Blood shunting can result in an increase of blood to specific areas of the body	During exercise blood is shunted to the digestive system

- A Statement 1 is true, statement 2 is false
- B Both statements are true
- C Statement 1 is false, statement 2 is true
- D Both statements are false

(Total for Question 24 = 1 mark)

END OF MULTIPLE CHOICE

QUESTIONS 25–28 CONTINUE ON THE FOLLOWING PAGES



25 If an individual is unable to exercise for an extended period of time **how** should they change their diet, and **why**?

.....

.....

.....

.....

(Total for Question 25 = 2 marks)

Figure 2 represents the sports participation pyramid, but the names of the stages have been removed and have been replaced by numbers.

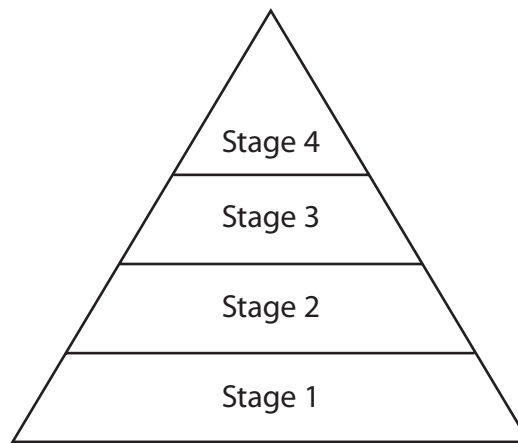


Figure 2

26 Insert the correct name for the following stages

(a) Stage 3

(1)

.....

(b) Stage 4

(1)

.....

(Total for Question 26 = 2 marks)



27 Jade and Hope have active lifestyles and both participate in circuit training regularly.

(a) Describe **three** main characteristics of circuit training

(3)

1

2

3

(b) Jade is a long distance runner. Hope is a sprinter.

How might their circuits differ?

(1)

.....

.....

.....

.....

(c) Name another method of training each girl might use to improve her fitness for her event

(i) Jade (long distance runner)

(1)

.....

(ii) Hope (sprinter)

(1)

.....

(Total for Question 27 = 6 marks)



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H 3 7 0 9 4 A 0 1 5 1 6

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