

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



HA005062684

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.

Turn over ►

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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)



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)



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 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)



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

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.....

(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.

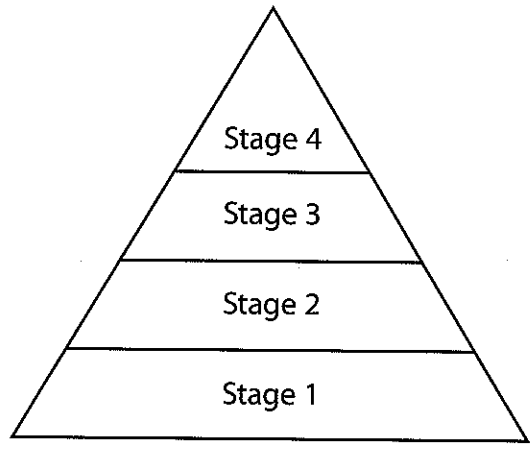


Figure 2

26 Insert the correct name for the following stages

(a) Stage 3

(1)

(b) Stage 4

(1)

(Total for Question 26 = 2 marks)



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