

Q1. A [1]

Q2. B [1]

Q3. C [1]

Q4. B [1]

Q5. D [1]

Q6. C [1]

Q7.

Award **one** mark for each of the following points up to a maximum of two marks. Award up to a maximum of one AO1 marks and up to a maximum of one AO2 marks.

- Fartlek (1 × AO1)
- The changing intensity mirrors the requirements of a football central midfielder as they run up and down the pitch. (1 × AO2)
- Continuous (1 × AO1)
- Development of cardiovascular endurance, the central midfielder would be able to run for longer throughout the game and would recover more quickly. (1 × AO2)
- Interval (1 × AO1)
- Development of both aerobic and anaerobic fitness, required by the footballer for the different intensities needed when sprinting forwards, tracking back, or maintaining position. (1 × AO2)

[2]

Q8.

Award **one** mark for each of the following points up to a maximum of one mark.

Risk of injury through the use of poor technique, too heavy weight.

Requirement/expense of the equipment needed.

Free weights are only suited to experienced performers.

Spotter required for safety reasons

2

[2]

Q9.

Award **one** mark for each of the following points up to a maximum of two marks.

- Pulse Lowering – gradual decline in intensity to lower heart rate to previous resting levels.
- Static stretching – used to help maintain flexibility in muscles used during the exercise.

[2]

Q10.

(a) Award **one** mark for correctly stating 200MHR (1)

(b) Award **two** marks for the workout being correctly and accurately plotted. (2)

(c) Award **three** marks for a discussion and explanation as to why Lucy is unable to improve her cardiovascular endurance.

- The heart rate worked at is outside the recommended training zone for cardiovascular improvements.
- The heart rate worked at is in the anaerobic zone so will not develop aerobic fitness.
- She is not completing continuous training correctly as the intensity is clearly changing throughout the workout.

[6]

Q11. Award **one** mark for each of the following points up to a maximum of two marks, with a further **one** mark awarded for accurate descriptions up to a maximum of 2 marks.

- Specific type of training completed at an appropriate intensity for the performer
- Hydration – appropriate levels to avoid fatigue, cramps, dehydration
- Appropriate clothing and footwear
- Avoid overtraining
- Stretch – do not bounce
- Always use the correct technique
- Appropriate rest and recovery
- Warm Up and Cool Down
- Use of taping and bracing

[4]

Q12. Award **one** mark for **each** correct description of the adaptations recommended at each specific training season.

- Preparation phase – general fitness, conditioning, suitable components trained for the sport, skill based practices.
- During/In-Season phase – fitness maintenance. Avoid overtraining. Focus on skills.
- Post-Season phase – rest and recover, light aerobic training to maintain fitness levels.

[3]

Q13. Award **one** mark for the below definition of health.

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.

[1]

Q14. Award one mark for any sporting example that requires reaction to a stimulus, e.g. reacting to the gun in sprinting.

Award one mark for justifying the answer by describing/ explaining:

- The stimulus
- The time taken to start to initiate the movement

[2]

Q15. Award one mark for a suitable definition:

- Balance is the ability to maintain the centre of mass over the base of support. Balance can be static (still) or dynamic (whilst moving)

Award one further mark for each of the following for a maximum of two marks:

- It is needed in team games – Static, e.g. to hold a position ready to take a set shot in basketball (or any other suitable static example). Dynamic, e.g. when dribbling in football (or any other suitable dynamic example).
- It is needed in individual sports – Static, e.g. when holding your balance during a golf swing (or any other suitable static example). Dynamic, e.g. when maintaining balance during a gymnastics floor routine (or any other suitable dynamic example).
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Q16. Award **one** mark for any of the following components of fitness:

- Flexibility
- Muscular Strength
- Speed

- Power
- Muscular Endurance
- Coordination
- Balance

Q17. Award **one** mark for an appropriate benefit of performing fitness tests:

- Identifying strengths and weaknesses in fitness to inform training
- Establishing a starting level of fitness and monitoring improvement
- Providing variety
- Motivation
- To gauge the success of a training programme

Award **one** mark for an appropriate limitation of fitness testing:

- Testing is general and not sport specific
- The tests do not replicate sports specific movements
- Testing does not replicate sporting conditions
- Some tests need high levels of motivation
- Some tests are not overly reliable
- The correct procedure must be used or the test is invalid.

[2]

Q18. Award **three** marks for the following answers:

Yes, because a ballet dancer needs to have good flexibility around a range of joints and it is a vital component of fitness for a ballet dancer.

Award a further two marks for two of the following:

- The sit and reach test can help identify strengths/ weaknesses in the dancers hamstring/ lower back flexibility.
- The test can inform training requirements of the flexibility of these muscle groups.
- The test could gauge the success of a training programme the dancer has been working through.
- To monitor improvement in the flexibility of the hamstring and lower back muscles.
- However, the test is not specific to the movements produced in dance.
- The test is not dance specific as it only measures flexibility in the hamstrings and lower back but flexibility is required in many other joints for a ballet dancer.

[3 marks]

Q19. Award **one** mark for:

Yes, because netball requires players to change direction at speed, in order to dodge, lose or mark opponents, etc. It is a vital component of fitness for a netball player.

Award a further two marks for two of the following:

- The Illinois agility test can help identify strengths/ weaknesses in the netball players' agility.
- The test can inform training requirements in agility.
- The test could gauge the success of a training programme the netball player has been working through.
- To monitor improvement of agility.

- However, the test is not specific to the movements produced in netball.
- The test is not fully specific as it only measures agility and not other vital components of fitness required for netball.

[3 marks]

Q20. Award **two** marks for each of the following points up to a maximum of two marks:

- Equipment required – 8 cones/ markers, a stopwatch, a measuring tape and an assistant/ partner.
- Performer starts face down on the floor
- The test involves running around the cones as fast as possible and is timed in seconds.
- Compare to national averages

[2 marks]

Q21. Award **one** mark for the following up to a maximum of one mark:

- Coordination

Award **one** mark for the following up to a maximum of one mark:

- The ability to use two or more different parts of the body together, smoothly and efficiently (or a similar accurate definition).

[2 marks]

Q22.

- A.** Award **two** marks for accurate use of axes and plotting the measurements on the graph accurately with a line drawn through them.

[1 mark]

- B.** Award **one** mark for one of the following up to a maximum of **two** marks:

- The test only measures flexibility of the lower back and hamstring muscles
- The test is not specific to the movements produced by a goalkeeper in a game of football.
- The test may not be accurate and reliable.

[2 marks]

Q23. Award **one** mark for one of the following:

- Frequency is how often you train.

[1 mark]

Q24. Award **one** mark for each of the following points up to a maximum of **two** marks.

- Working harder than normal
- Gradually and sensibly increasing the intensity of training

[2 marks]

Q25.

- A.** Award **one** mark for each of the following up to a maximum of 2 marks.

- Flexibility Training
- Continuous Training
- Fartlek Training
- Interval Training
- HIIT Training

- B.** Award **one** mark for an appropriate explanation of each training method selected.

- Flexibility Training – to improve flexibility in the areas required to perform in each sport, enabling performance to improve as there would be a greater range of movement possible at the joints.
- Continuous Training - to develop cardiovascular endurance for all sports.
- Fartlek Training – to develop cardiovascular endurance for all sports.

- Interval Training – to develop aerobic and anaerobic fitness for all sports.

C. Award one mark for each relevant component of fitness identified up to a maximum of three marks.

Award one mark for a relevant explanation of how these three components can improve her performance up to a maximum of three marks.

[10 marks]