



Time Allowed: 60 minutes

- a pen, a pencil and ruler

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the bottom of this page.
- Answer all questions. You must answer the questions in the space provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 62.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Centre number

Candidate number

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Surname

Forename(s)

Candidate signature _____

Multiple-choice questions	/ 6	<u>Target Grade</u>
Types of Training	/ 6	
Training Thresholds	/ 6	
Avoiding Injury and Training Seasons	/ 7	<u>Mark /62</u>
Health & fitness/ The components of fitness	/ 9	
Benefits & limitations of fitness testing	/ 8	
Fitness testing	/ 7	<u>Test Grade</u>
The principles of training	/ 3	
Scenario questions	/ 10	

Answer all questions

For questions with four responses only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

Multiple-choice questions

Q1. Which of the following best describes Fitness?

- A** The ability to meet, or cope with, the demands of the environment ☐
- B** A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity ☐
- C** The ability to run for long distances and long periods of time ☐
- D** A state of being able to cope with the demands of the environment despite ill health ☐

(1 mark)

Q2. Define flexibility:

- A** The ability to move and change direction quickly, at speed, while maintaining control ☐
- B** The range of movement possible at a joint ☐
- C** The range of movement possible in muscles ☐
- D** The ability to undergo repeated contractions, avoiding fatigue ☐

(1 mark)

Q3. The vertical jump test measures:

A Speed

☐

B Muscular Strength

☐

C Power

☐

D Reaction Time

☐

(1 mark)

Q4. The SPORT acronym stands for which of the following when referring to principles of training?

A Specificity, Progress, Overload, Reversibility, Tedium

☐

B Specificity, Progressive Overload, Reversibility, Tedium

☐

C Specificity, Progressive Overload, Reliability, Tedium

☐

D Specialty, Progressive Overload, Reversibility, Tedium

☐

(1 mark)

Q5. The sit and reach test measures which component of fitness?

A Power

☐

B Balance

☐

C Coordination

☐

D Flexibility

☐

(1 mark)

Q6. Which of the following is an advantage of high altitude training:

A The workout is a short, high intensity workout

☐

B Specific muscles and muscle groups can be developed

☐

C The oxygen-carrying capacity of blood is increased
because more red blood cells are created

☐

D Trains aerobic and anaerobic fitness

☐

(1 mark)

(Total 6 marks)

Types of Training

Q7. Which method of training would best suit a football central midfielder? Explain your answer.

(2 marks)

Q8. Describe 2 disadvantages of weight training.

(2 marks)

Q9. What are the 2 main stages of a cool down?

1. _____

2. _____

(2 marks)

(Total 7 marks)

Training Thresholds

Q10. Lucy is a Netball Centre and wants to train her aerobic endurance to help her to perform for the full duration of the game. She is 20 years old. She decides to monitor her continuous training by wearing a heart monitor to check that she is working at an appropriate level.

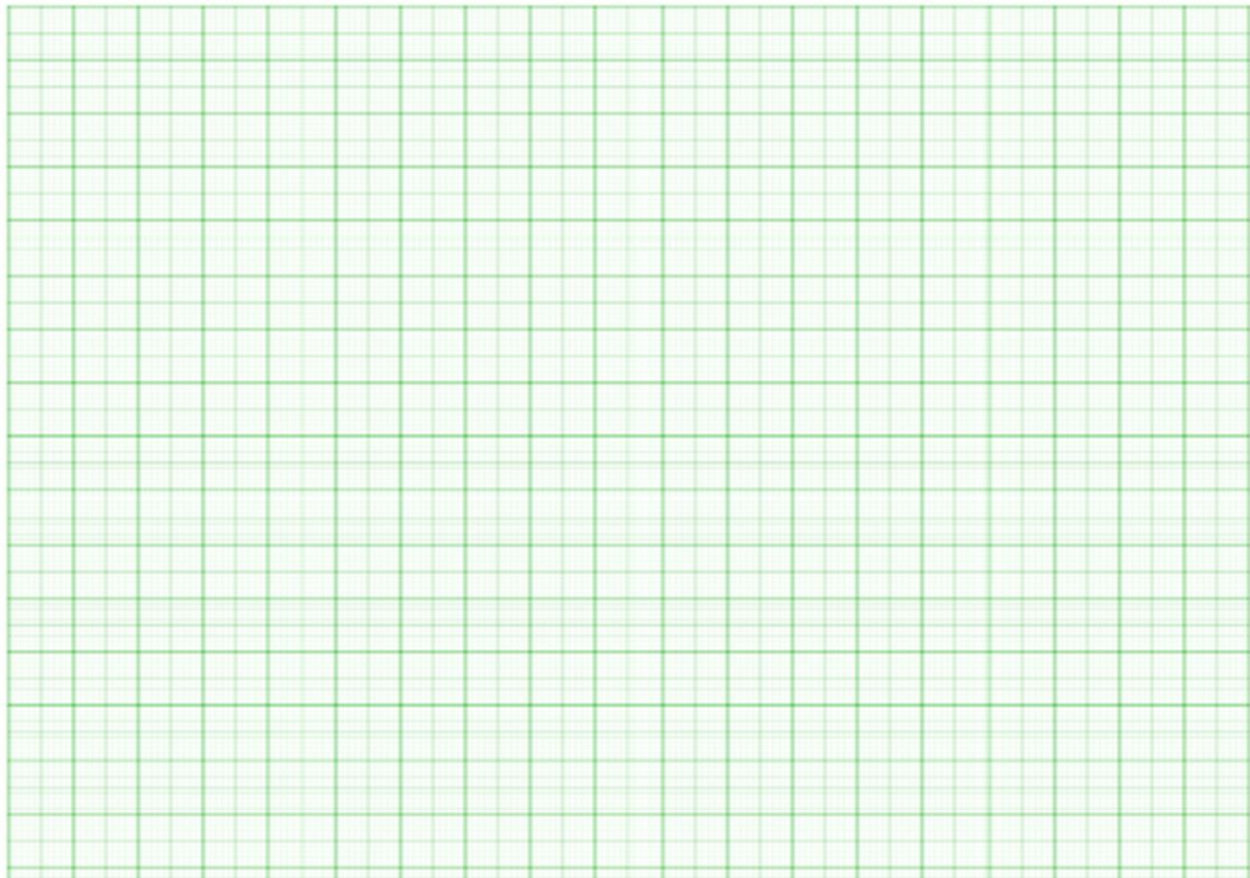
a) Work out Lucy's Max Heart Rate below. Show your working:

(1 mark)

b) Plot Lucy's results from the table in a line graph on the graph paper below:

(2 marks)

	Resting HR	3 mins	6 mins	9 mins	12 mins	15 mins	18 mins	21 mins	24 mins	27 mins	30 mins
Heart Rate	70bpm	150	160	180	180	180	180	160	150	150	150



- c) Lucy has been struggling to make improvements to her cardiovascular endurance. Using the graph above can you explain why this could be?

(3 marks)

(Total 6 marks)

Avoiding Injury and Training Seasons

Q11. Describe 2 methods which can be used to minimize the risk of injury when training.

(4 marks)

Q12. Describe how training would be adapted during each of the 3 training seasons listed below.

Preparation Phase - _____

During/In-season Phase - _____

Post-Season Phase - _____

(3 marks)

(Total 7 marks)

Health & Fitness/ The Components of Fitness

Q13. Define the term HEALTH.

(1 mark)

Q14. Name a sport that requires participants to have good reaction time. JUSTIFY your answer.

(2 marks)

Q15. What is balance, and, using examples, why is it needed in both team and individual sports?

(3 marks)

Q16. Identify THREE components of fitness required by a gymnast.

(3 marks)

(Total 9 marks)

Benefits & Limitations of Fitness Testing

Q17. Suggest ONE benefit and ONE limitation of using fitness tests

(2 marks)

Q18. Would the sit and reach test be an appropriate test for a ballet dancer? Justify your answer.

(3 marks)

Q19. Would the Illinois Agility test be appropriate for a netball player? Justify your answer.

(3 marks)

(Total 8 marks)

Fitness Tests

Q20. Describe the protocol for carrying out the Illinois Agility test.

(2 marks)

Q21. Identify the component of fitness the Wall Toss Test measures and define that component of fitness.

(2 marks)

Q22. Jamal is a goalkeeper in football and is required to have high levels of flexibility. He has identified, by doing a sit and reach test, that his flexibility requires improvement.

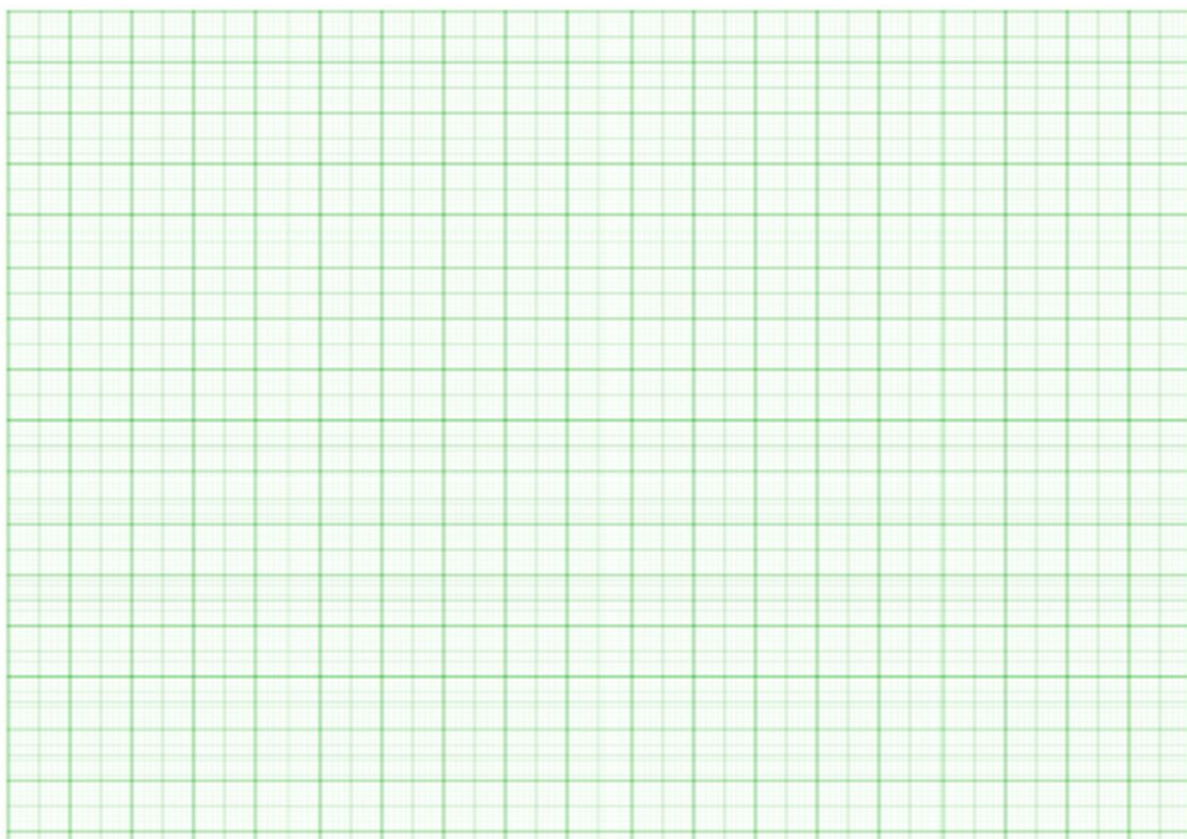
He decided to perform both static and ballistic stretching techniques three times per week for six weeks and monitor the improvement in his flexibility by taking the sit and reach test each week.

a) Plot Jamal's results from **Fig.1** in a line graph on the graph paper below:

(1 marks)

Fig.1

	Initial Test	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sit & Reach Test (cm)	19 cm	20 cm	22 cm	22 cm	26 cm	27 cm	28 cm



- b) Explain why the sit and reach test may not provide Jamal with accurate and reliable data of his overall flexibility needed to be an effective goalkeeper.

(2 marks)

(Total 7 marks)

The Principles of Training

Q23. What does the principle of FREQUENCY refer to?

(1 mark)

Q24. What is meant by the term PROGRESSIVE OVERLOAD?

(2 marks)

(Total 3 marks)

Scenario questions

Rachel is a popular 15-year-old girl who belongs to a 'sporty' family. She attends the local comprehensive school where she is a prefect and sports captain. Rachel is due to take GCSE Physical Education at the end of the school year. She is interested in improving her performance and improving the effectiveness of her training.

Rachel enjoys sport and has represented the school and county at football, swimming and cross-country. Rachel's cross-country running helps her keep fit to play in the midfield for football and to take part in four swimming sessions a week. She also uses the school fitness suite to improve her muscular strength using bicep curl and leg extension activities.

Outside of school, Rachel has been a member of a swimming club, where her mother is a coach, since she was six years old. She has, with a group of friends, just become a member of a newly formed local football club, which is struggling to establish itself. She trains and competes regularly for both clubs.

Q25.

- a) Identify 2 additional types of training which Rachel could complete to improve her performance.

(2 marks)

- b) Explain why you have chosen each training method:

(2 marks)

- c) State THREE components of physical fitness that Rachel would need when taking part in either football, swimming or cross-country. Explain how these components could improve her performance in that activity.

(6 marks)

(Total 10 marks)

END OF QUESTIONS