Edexcel GCE

Physical Education
Advanced Subsidiary
Unit 1: Participation and Performance in Sport and Recreation

Tuesday 19 May 2009 – Morning
Time: 1 hour 30 minutes

You do not need any other materials.

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 90.
• 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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Answer ALL questions.

1  (a) Identify four requirements for participation in active leisure and recreation. (4)

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2 .................................................................

3 .................................................................

4 .................................................................

(b) Explain how each of these four requirements restrict access for a specific target group. (4)

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2 ...............................................................................................................................

3 ...............................................................................................................................

4 ...............................................................................................................................

(c) Selecting two of the requirements for participation, identify strategies that have been introduced in order to maximise participation. (2)

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(Total for Question 1 = 10 marks)
2 (a) Define the terms health, fitness and exercise.

Health

Fitness

Exercise

(b) Using examples, explain how it is possible to be healthy without being fit and also fit without being healthy.
(c) Define basal metabolic rate (BMR) and identify factors that could raise it and factors that could lower it.

(Total for Question 2 = 13 marks)
3 (a) Explain what is meant by **core stability** and describe its benefits. (4)

(b) Name and describe **three** different methods of stretching. (6)

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2. ..............................................................................................................................................

3. ..............................................................................................................................................

(Total for Question 3 = 10 marks)
**4** The three muscle fibre types adapt to different methods of training. Discuss the methods of training most likely to enhance the characteristics of each fibre type and describe the adaptations that would occur.
5 Outline the main characteristics of festival games in the UK before 1800.

(Total for Question 5 = 5 marks)
6. (a) Participation in sport is affected by social influences. Explain what is meant by access, opportunity, provision and esteem when applied to participation in sport.

Access

Opportunity

Provision

Esteem

(b) Outline reformative policies that have been used to increase participation of disadvantaged groups.

(Total for Question 6 = 8 marks)
7 (a) Explain the role schools, colleges, and universities play in providing a pathway for sports progression. (3)

(b) Outline recent initiatives that have been introduced to raise the standard of school sport and physical education. (4)
(c) Describe the World Class programme and explain how it aims to support success at elite level for UK athletes.

(Total for Question 7 = 12 marks)
8 (a) Sport is becoming increasingly commercialised. Outline the main types of commercial funding available in sport.

(b) Explain what is meant by the term Americanisation and suggest how it is influencing sport in the 21st century.

(Total for Question 8 = 8 marks)
*9 Discuss the view that deviance and gamesmanship are recent sporting developments.

(12)