



GCSE

3555U10-1

WEDNESDAY 17 MAY 2023 – AFTERNOON

PHYSICAL EDUCATION (Short Course)

Unit 1: Introduction to Physical Education

1 hour plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1a(i)	3	
1a(ii)	4	
1b	2	
1c	6	
2a(i)	8	
2a(ii)	2	
2b	3	
2c	4	
3a(i)	1	
3a(ii)	4	
3b(i)	4	
3b(ii)	2	
3c	7	
Total	50	

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Additional space is provided for some questions within the booklet (if required). If further space is required for any question, you should use the lined page(s) at the end of this booklet. The question number(s) should be clearly shown.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

(Turn over)

FIGURE 1 – A canoeist demonstrating co-ordination, balance and reaction time.



Answer ALL questions.

1 (a) (i)

Identify the correct definitions for each of the three components of fitness.

Draw lines to match the components to the correct definition. [3 marks]

COMPONENT

DEFINITION

Balance
Co-ordination
Reaction Time

The ability to respond to a stimulus quickly.
The ability to maintain equilibrium when stationary or moving.
The ability to carry out two or more movements smoothly and effectively.

(Turn over)

1 (a) (ii)

Identify ONE recognised test for balance and explain how the test is carried out. [4 marks]

Test: _____

Explanation: _____

(Turn over)

- 1 (b) Justify how improving balance could be of help to a sportsperson such as the canoeist in FIGURE 1. [2 marks]

1 (c) Assess how taking part in physical activities and sports can improve the physical well-being of an individual. [6 marks]

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(Turn over)

[illegible]

FIGURE 2 – A sportsperson weight training.



EXAMPLE OF A WEIGHT TRAINING SESSION:

Number of different exercises = 4.

Number of sets for each exercise = 3.

Rest between sets = 4 minutes.

Number of reps per set:

- **SET 1 = 6 reps at 80 % of maximum**
- **SET 2 = 4 reps at 85 % of maximum**
- **SET 3 = 2 reps at 90 % of maximum.**

2 (a) (i)

Analyse the training data in FIGURE 2, making specific reference to the following:

- **the component of fitness being developed**
- **the content (reps, sets, number of exercises and rest intervals)**
- **why the session has been designed in this way.**

[8 marks]

(Turn over)

2 (a) (ii)

Explain why the sportsperson in FIGURE 2 would consume high protein foods. [2 marks]

(Turn over)

2 (b) Identify the description that matches the nutrient below. [3 marks]

- A** These enable the body to work normally and efficiently. We take them in from our food.
- B** This adds bulk to our food.
- C** It is essential to stop dehydration. Up to two thirds of our body weight is made up of this.

Place ONE letter in each box below.

NUTRIENT

DESCRIPTION (A, B, C)

Water

Fibre

Minerals

(Turn over)

2 (c) Explain, using specific examples, the term antagonistic muscle action. [4 marks]

[illegible]

(Turn over)

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FIGURE 3 – A footballer demonstrating agility as he dribbles past his opponents.



3 (a) (i)

Define agility. [1 mark]

3 (a) (ii)

In order for footballers to perform effectively they require high levels of cardio-respiratory endurance.

Identify the description that matches the term opposite. [4 marks]

- A The largest amount of air we can breathe out of our lungs after breathing in deeply.**
- B How many breaths we take in, in one minute.**
- C The amount of air we can breathe in, in one minute.**
- D The amount of air we breathe in and out, in each breath.**

Place ONE letter in each box below.

TERM

DESCRIPTION (A, B, C OR D)

Minute Ventilation

Breathing Frequency

Tidal Volume

Vital Capacity

(Turn over)

Normally our body temperature is stable at approximately 37°C.

3 (b) (i)

Explain how the body regulates temperature when we become too hot and too cold. [4 marks]

(Turn over)

3 (b) (ii)

Identify TWO methods that sportspeople could use to aid recovery after taking part in physical activity. [2 marks]

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- ---

3 (c) Discuss the use of technology to analyse movement and sporting performance. Use examples to support your answer. [7 marks]

[illegible]

(Turn over)

END OF PAPER

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(Turn over)

FOR CONTINUATION ONLY.

[illegible]

(Turn over)

FOR CONTINUATION ONLY.

[illegible]