

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced Subsidiary

Unit 1: Participation in Sport and Recreation

Thursday 31 May 2012 – Morning

Time: 1 hour 30 minutes

Paper Reference

6PE01/01

You do not need any other materials.

Total Marks

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 ►

P40533RA

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2/1/1/1/2



P 4 0 5 3 3 R A 0 1 2 0

PEARSON

Answer ALL questions.

1 (a) Give **four** requirements for active participation within physical recreation.

(4)

- 1
- 2
- 3
- 4

(b) Define the terms **active leisure** and **recreation**.

(2)

Active leisure

-
-
-

Recreation

-
-
-



(c) Give **four** reasons for the decline in active recreational activities.

(4)

1

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2

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3

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4

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(Total for Question 1 = 10 marks)



P 4 0 5 3 3 R A 0 3 2 0

2 (a) Define the terms **health**, **fitness** and **exercise** and explain the role that exercise plays in helping to achieve fitness and health.

(5)

Health is defined as

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Fitness is defined as

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Exercise is defined as

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Explanation

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(b) Explain how it is possible to be **fit and not healthy** and **healthy and not fit**.

(2)

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(Total for Question 2 = 7 marks)



3 Identify **four** likely responses experienced by each of the body's systems during a warm up. For each identified response you should state the physiological benefit.

(8)

Musculo-skeletal system

Response

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Benefit

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Cardiovascular system

Response

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Benefit

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.....

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Respiratory system

Response

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Benefit

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Neuro-muscular system

Response

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Benefit

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(Total for Question 3 = 8 marks)



4 (a) Warming up encourages responses, training encourages adaptations.
Identify the difference between a response and an adaptation and provide an
example of each.

(3)

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(b) Describe the main characteristics of **one** training method and show how it can be adapted for an endurance and a power athlete.

(5)

Method of training

Characteristics

Adapted for endurance training

Adapted for power training

(Total for Question 4 = 8 marks)



***5** Discuss the view that leading a sedentary lifestyle is one of the biggest threats to health in the 21st century.

(12)

A series of horizontal dotted lines for writing the answer.



7 (a) Explain and give an example of the concepts of sportsmanship and gamesmanship within the context of sport.

(4)

Sportsmanship

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Example

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Gamesmanship

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Example

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(b) Give **four** reasons why the move towards professional sport has been associated with a growth in gamesmanship and deviance in sport.

(4)

1

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2

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3

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4

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(Total for Question 7 = 8 marks)



8 (a) Identify **three** UK agencies responsible for participation at the different levels of the sporting pyramid. For each agency identify a strategy it has used and explain its impact on participation.

(9)

Agency 1

Strategy

Impact

Agency 2

Strategy

Impact



Agency 3

Strategy

Impact



***9** Discuss the role that the Industrial Revolution played in the development of sports.

(12)

Handwriting practice area consisting of 25 horizontal dotted lines.



Blank writing area with horizontal dotted lines.

(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS

