

Answers: 3 Mark Questions – Paper 1

Question 1

(3 x AO1)

1. support – keeps body upright / provides framework to support muscles / tissues in body
2. posture – skeleton / skeletal structure gives correct shape to the body
3. protection – parts of the skeleton / skeletal structure protect internal organs / reduce risk of injury / damage on impact (e.g. ribs protect the heart, cranium protects the brain)
4. movement – skeleton / skeletal structure allows muscle attachment / provides leverage to enable movement
5. (red) blood cell production – bone marrow in some larger bones produces blood cells
6. storage of minerals – bones release minerals in to the blood as needed (calcium phosphorus)

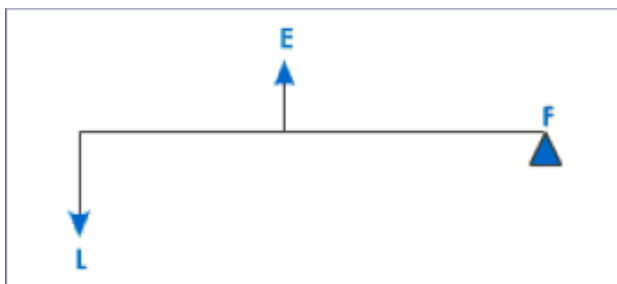
Question 2

(3 x AO1)

- i. Hinge
- ii. Tibia
- iii. Flexion

Question 3

(3 x AO1)



Accept:

Letters used as abbreviations = BOD

(e.g L = Load, E = Effort and F = Fulcrum)

Fulcrum at either end = 1 mark

Accept any distance between the three as long as effort is correctly identified as being in the centre

Do not accept:

Effort & load unless indication of the correct direction that each are moving

Question 4

(3 x AO1)

1. Transverse is side to side/hip to hip/left to right and longitudinal is top to bottom/head to toe
2. (transverse) e.g. somersault/biceps curl/peddalling a bicycle
3. (longitudinal) e.g. pirouette/full turn/flat spin/twirl

Accept: diagram if both axes are correct for 1

Do not accept: front to back (for transverse)

Transverse is movement in sagittal plane (flexion/extension) and longitudinal is movement in transverse plane

Question 5 (i)

(3 x AO2 – need to compare both dancers to achieve 3 marks)

1. Dancer B will be experiencing more blood flow to their working muscles than Dancer A because they are being more active / more intense activity level
2. Dancer B will have less blood going to other organs than Dancer A because more is going to working muscles to provide more oxygen
3. The re-distribution of blood to working muscles to provide oxygen during physical activity is known as the vascular shunt mechanism
4. Dancer A will be experiencing all of these too, but to a much lesser extent than Dancer B because the static stretches are lower intensity activity and so muscles do not require so much oxygen.

Question 5 (ii)

(3 x AO2 – need to compare both dancers to achieve 3 marks)

1. Dancer B's respiratory / breathing rate will be greatly increased due to the intensity of the activity; Dancer A will not experience such an increase.
2. Dancer B's tidal volume will be greatly increased along with the depth of their breathing because they are working harder
3. Dancer B's minute volume / ventilation will be greatly increased due to the intensity of the activity and need for more oxygen.
4. Dancer A will have a rise in breathing rate, tidal volume and minute volume but to a much lesser extent than Dancer B because of their level of activity.

Question 6

(3 x AO3)

1. (Fitness levels) Player B has the best level of fitness because they have the lowest resting heart rate. Player C has the lowest fitness level as they have the highest resting heart rate.
2. (Performance in training) Player C might have worked hardest during the session as their heart rate peaks highest

OR

3. (Performance in training) Players A and B may not have worked as hard in the middle of the session as their heart rate plateaus (Player A from 10-20mins; Player B from 15-20 mins)
4. (Recovery) Players A and B both do cool downs but Player C does not as there is a sudden decrease in heart rate after the session for player C whereas the decrease is gradual for players A and B

Question 7

(2 x AO1, 1 x AO2 – must answer all to get 3 marks)

- i) lower intensity exercise (AO1)
- ii) static/maintenance or any example of a targeted stretch e.g. hamstring stretch (AO2)
- iii) **gradually** lowers heart rate/reduce temperature (AO1)

Has to say gradually or equivalent to gain mark for iii.

Question 8 (i)

(3 x AO3)

1. A has a lower resting respiratory rate or B has higher resting respiratory rate
2. A may be fitter (than B) or B may be less fit than A
3. A does a warm up or B does not do a warm up
4. A may not be working as hard as B or B working harder than A
5. Suitable reference to different playing positions for A and B, e.g. player A may be in defence while B may be a midfield player
6. A does a cool down or B does not do a cool down
7. Both players have (almost) returned to resting respiratory rates after 15 minutes

Points 2 – 4 do not have to reference A and B.
e.g. B does not do a warm up is fine on its own.
Do not accept: A is fit on its own

Question 8 (ii)

(3 x AO3 – Do not accept: ‘cramp’)

(Performance) (sub-max 2 marks)

1. Causes fatigue in the muscles
2. Causes pain/discomfort/soreness/aches
3. resulting in decrease in performance
4. Player A's warm up may mean less

lactic acid build up (Recovery) (sub-max 2 marks)

5. Recovery will be longer if more lactic acid has built up **OR** slows down recovery rate
6. lactic acid causes HR/BR to stay higher than normal

Answers: 3 Mark Questions – Paper 2

Question 9

(3 x AO3)

1. reflects discrimination against women's sport in society
2. historically men's game has been given more money / the men's game has been played for longer / men's game is more established
3. men's game perceived to be better / more entertaining than women's game / men's cricket attracts more spectator
4. men's cricket attracts ore sponsors / media coverage
5. predominant male culture in and around the sport / more male spectators / amateur players
6. more men make decisions about prize money, so they are biased towards rewarding men's game more

Question 10

(3 x AO1)

Three marks for:

- 16
- 50
- once

Question 11

(3 x AO3)

1. Includes sport and sponsorship and media
2. All factors show interdependence / links / connections
3. Influence of the media in making sport more commercial by providing sponsorship opportunities or to make more money for commerce / industry
4. Influence of sponsorship and media provides more money for sport
5. Influence of sport and sponsorship provides more money for the media

Question 12

(3 x AO1)

1. Raising awareness
2. Education of spectators through analysis
3. Introducing new supporters to sport
4. Creating role models
5. Making certain sports more fashionable
6. Attracting investment in sport

Question 13

(3 x AO2 – **Do not accept single word answers**)

1. Before or during performance imagery can improve concentration by blocking out distractions
2. Imagery can increase confidence by imagining success or satisfaction / happiness with the performance.
3. Before or during performance imagery can help with relaxation / control stress by the participant when they feel anxious / go to 'another place' in their minds to try and calm down

Question 14

(3 x AO2)

1. Helps strengthen your core muscles around abdomen e.g. plank exercises, Pilates
2. Helps mobilise or exercise the back / spine or helps separate the one in the spine / vertebrae e.g. back extension exercises, Alexander Technique
3. Helps with spine flexibility e.g. side bends, flexion and extension exercises
4. Helps alleviate / stop back pain e.g. swimming, yoga
5. Improves motivation and confidence (which can help with posture) e.g. feeling more comfortable, feeling that your body is stronger, feeling a sense of achievement
6. Increases awareness of body position / proprioception e.g. improved coordination in exercise and sport, feeling more responsive / less sluggish

Question 15

(3 x AO1)

1. Make friends with other members / friendships increased (via exercise)
2. Feeling of belonging (to a group)
3. Less loneliness experienced
4. Have a common experience (with others) or you can share your experiences with others)
5. Can lead to other interests / friendships beyond the gym

Question 16

(3 x AO1 – each example must be different)

- Carbohydrate = cereal, pasta, potatoes, bread
- Vitamins = vegetables, fruit, cereals
- Fibre = Vegetables, fruit, cereals, beans, wholemeal bread

Question 16

(3 x AO3)

1. No significant difference between the protein requirements of different athletes
2. Athletes require more protein than the general sedentary lifestyle
3. A small increase in protein is required for strength athletes compared to endurance athletes or strength athletes more likely to require higher levels of protein because of the need for muscle growth
4. Strength higher than endurance
5. Endurance higher than general
6. Strength higher than general
7. Strength athletes can be 0.3 per kg body weight per day higher than endurance