

Answers: 2 Mark Questions – Paper 1

Question 1

(2 x AO2 – mark first 2 responses / accept phonetic spellings)

1. Humerus
2. Scapula

Question 2

(2 x AO3)

1. Protects the knees/bones OR prevents friction OR prevents bones rubbing/knocking together OR prevent wear and tear
2. Acts a shock absorber/absorbs impact (of running)
3. Provides support /stability
4. Provides (some) flexibility
5. Aids mobility/movement at the joint
6. Helps to connect some bones (at cartilaginous joints)
7. Keeps airways open

Question 3

(2 x AO1)

1. Flexion
2. Extension
3. Adduction
4. Abduction
5. Circumduction

Question 4 (a)

(2 x AO1)

Muscle group A – Quadriceps

Bone B – Femur

Question 4 (b)

(2 x AO1)

1. They connect bone to tissue / they are connective tissue
2. They stabilize the joints during movement / prevent dislocation / restrict movement
3. They are able to protect joints / bones (because of their elasticity) / they can absorb shock
4. They help maintain correct posture / movement or enable proprioception

Question 5

(2 x AO3)

1. Hamstrings and quadriceps work together in antagonistic pairs
2. Whilst the knee is flexed the hamstrings contract / prime mover
3. Whilst the knee is flexed the quadriceps relax (in preparation for kicking the ball) / antagonists

Question 6 (i)

(1 x AO1)

- Tidal volume

Question 6 (ii)

(1 x AO3)

- Transverse

Question 7

(2 x AO1)

1. Most arteries transport oxygenated blood and most veins transport deoxygenated blood
2. Pulmonary artery (carries deoxygenated blood) and umbilical vein (carries oxygenated blood) are exceptions to this.
3. Arteries transport blood away from the heart and veins transport blood back to the heart
4. Arteries have no valves and veins have valves (to prevent the back flow of blood)

Question 8

(2 x AO1)

1. Diaphragm contracts during inspiration / diaphragm flattens / pushed down during inspiration
2. Diaphragm relaxes during expiration / diaphragm pushed upwards during expiration

Question 9

(2 x AO1)

1. Allows gaseous exchange/diffusion
2. Allows oxygen to diffuse/move into the blood/capillaries
3. Allows carbon dioxide to diffuse/move from the blood/capillaries

<p>Pts 2 and 3 require direction of gas to be correct into lungs/alveoli is TV Oxygen diffusion into blood is 2 marks (pt. 1 and 2)</p>

Question 10

(2 x AO2)

1. increased heart rate
2. increase in stroke volume
3. increase in blood temperature
4. more blood / oxygen diverted to working muscles
5. blood vessels near skin open to let out heat

Question 11

(1 x AO1, 1 x AO2)

1. (Explanation) – Any performance/fitness gain that has occurred through training can be lost once training has stopped OR training must be maintained to prevent loss of performance/fitness
2. (Example) – appropriate practical example demonstrating reversibility

Question 12

(2 x AO1)

1. Fartlek is a variation of speed / speed play whereas continuous more constant speed / no (little) rest
2. Fartlek consists of a variety of activities / cross country running with sprints / different terrains whereas continuous just jogging / running with no variation Fartlek includes short and long-distance work / running and walking / different intensities / aerobic and anaerobic work whereas continuous mainly long distance / same intensity / aerobic

Question 13

(2 x AO1 – do not accept pulse raising or stretching as in the question)

1. Mobility – e.g. arm circles / hip circles
2. Dynamic movements – e.g. shuttle runs / running in and out of cones
3. Skill rehearsal / skill drill – e.g. dribbling / passing in basketball

Question 14

(2 x AO1)

1. Jogging/whole body exercise/low intensity movements/slow dance
2. Stretching

Question 15

(2 x AO2)

1. A walk around the pitch can help the body's transition back to a resting rate
2. A slow jog around the pitch gradually lowers heart rate
3. Stretching / jogging can help circulate blood / oxygen
4. Gentle side stepping gradually reduces breathing rate
5. Jogging increases removal of waste products / lactic acid
6. A (hamstring) stretch reduces the risk of muscle soreness / stiffness (in the legs)
7. Stretching muscles after exercise and sport aids recovery

Do not accept: Responses that don't link examples to the benefits e.g. Gradually lowers heart rate = TV

Accept:

- Gentle jogging helps to gradually lower the heart rate = Pt 2
- Other suitable examples for a cool down

Question 16

(2 x AO1)

1. Slippery/hard/wet/damaged surface (in or around the pool)
2. Loose fittings OR equipment left out
3. Too much chlorine/chemicals in pool
4. Overcrowded pool
5. (Ability/behaviour of) other swimmers
6. Depth of water/deep/shallow
7. Dirty water/poor water quality/litter/debris/waste

Mark first 2 responses only

Do not accept: consequences of hazard e.g. slipping/falling/drowning/collisions

Water/chlorine on its own = TV

Answers: 2 Mark Questions – Paper 2

Question 17

(2 x AO1 – mark first two responses)

1. Illness / disease or health problems or injury
2. Obesity / overweight
3. Disability
4. Lack of facilities / equipment or lack of instructors/coaches/expertise to help
5. Lack of interest / motivation or lethargy
6. Friends / family /social group do not participate or lack of role models
7. Discrimination (age/gender/ race etc)
8. Lack of awareness / information about opportunities to participate
9. Cultural or religion / religious influences to prevent participation
10. Lack of confidence or too embarrassed to participate
11. Environment or climate or location
12. Lack of funds or too expensive or not good value for money
13. (perceived) lack of time or too many work commitments or other family/caring responsibilities
14. Lack of adult teams / provision for adults

Pt 12 cost = TV, Pt 13 time = TV, Age = TV

Question 18

(2 x AO1)

1. Males more likely to participate in sport or females less likely to participate in sport or more male dominated sports
2. Males more likely to participate in competitive activities or females less likely to participate in competitive activities or females more likely to be intimidated
3. (Some) activities traditionally linked to males/females or females don't want to play male sport or males don't want to play female sport or examples of this e.g. males for boxing and females for dancing
4. Less funding / sponsorship available for female sports (that leads to lower participation) OR better funding for males (that leads to higher rates of participation)
5. Male / female discrimination (e.g. females banned from golf clubs)
6. Fewer / lack of female role models or lack of female sport media coverage or focus on males / more male role models (in media)
7. Examples of health factors affecting female participation e.g. pregnancy / menstrual cycle

Do not accept:

stereotyping (on its own) / less prize money for females
Lack of opportunities/clubs/teams for females = TV

Question 19a (i)

(2 x AO1)

1. Sport shown in the media is too specialised / beyond the ability of many people / can't be accessed by many people / too elitist
2. Sport shown in the media is too narrow / prioritises certain sports / is male dominated
3. The media shows the negative physical aspects of sport / too many injuries / too dangerous
4. The media shows cheating / dysfunctional / unethical / drug taking aspects of sport
5. Breeds the couch potato syndrome OR easier to watch / read about than to participate

Question 19a (ii)

(2 x AO1)

1. Through their own involvement in sport or being a positive role model
2. By encouraging / positively reinforcing / praising / rewarding participation
3. By providing resources / transport / equipment / facilities for participation
4. By funding the young person for facilities / equipment

Question 19b

(2 x AO3)

1. High socio-economic / non-manual / professional groups participate more than the lower / manual / unemployed socio – economic groups
2. Lower socio-economic groups do not have as much disposable income / money for facilities / equipment
3. Lower socio-economic groups lack transport / money to pay for transport in contrast to higher socio-economic groups
4. As well as affecting overall participation levels, those in higher socio-economic groups are likely to take part in a wider range of activity types

Question 20

(2 x AO1)

1. B
2. C

Question 21

(2 x AO1)

1. Using promotional material / media / role models to highlight benefits or to raise awareness
2. Provide specialized / adapted, (activity specific) equipment / facilities such as a hoist in a swimming pool
3. Improve general access such as a wheelchair ramp
4. Provide coaches who specialize in / are qualified for coaching disabled people
5. To provide / improve transport arrangements to be able to access activities
6. Provide subsidised / cheap / free facilities

Do not accept:

Single words without a description

Fitness centre posters = TV – needs description

Provide coaching = TV – needs description

Accept:

Fitness centre posters that increase awareness

Provide swimming hoist for pt 2.

Question 22

(2 x AO2)

- Examples need to be from different sports
- E.g. a footballer diving to claim a foul
- E.g. a netball player holding her opponent
- E.g. a tennis player delaying the service
- E.g. a sprinter distracting another competitor
- E.g. moving the ball closer to the posts when taking a penalty kick in rugby
- **Do not accept:** any aggressive acts/ punching / kicking

Question 23

(2 x AO1)

1. (frustration) as a result of losing
2. As physical retaliation / as a reaction to a challenge /tackle
3. Over arousal during the game
4. (annoyed by) poor decisions by officials
5. To gain an advantage / to hurt your opponent
6. Taunting from crowd / opponents
7. Controlled aggression may be required for effective play
8. As a result of the influence of drugs

Question 24

(1 x AO1, 1 x AO2)

1. Definition of motor / skill that involves body / limb movement / movements (**do not accept movement on its own**)
2. Example of pre-determined e.g. a footballer **deciding / knowing / remembering / meaning to** kick the ball to a specific place before taking a penalty OR a netball player **deciding / knowing / remembering / meaning to** pass the ball to a certain place before receiving the ball from a fellow player

Question 25

(2 x AO1)

1. Imagery or imagining success/winning/playing well or visualisation
2. Mental rehearsal or mentally going over actions/strategies
3. Selective attention or blocking out distractions or focussing
4. Thinking positively or negative thought stopping or (positive) self-talk or self-encouragement
5. Relaxation techniques or meditation or mindfulness

<p>Listen to music to calm down = pt 5 (BOD) Listen to music (on its own) = TV Breathing techniques (on its own) = TV Breathing techniques to calm down = pt 5 (BOD)</p>
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Question 26

(2 x AO2)

1. Improving motivation / psyches you up / raises arousal e.g. thinking about winning (in netball)
2. Improving confidence e.g. picturing playing well (in rugby)
3. Can improve performance / you play better e.g. (a badminton player) plays better by thinking positively / focusing on what to do rather than what not to do
4. Can calm you down / decrease anxiety / lower arousal e.g. (a gymnast) imagines success or recalls practice done and therefore remains calm

Question 27

(2 x AO2)

1. Manual / physical (guidance) – a coach holds the legs of a gymnast during a handstand to prevent overbalancing
2. Mechanical (guidance) – A (novice) cyclist uses stabilisers on the bicycle to make it more stable

Question 28

(2 x AO1)

1. Demonstration of (skill to be included)
 - a. E.g. demonstration of table tennis serve
2. Video (playback) for (... example)
3. Diagram / writing / drawing of (example)
4. Observing a game / another player doing (example)

Question 29

(2 x AO3 – do not accept opposites)

1. (advantage) Can give confidence/sense of security or it can be safer practice, or it can give (some) idea of how the skill feels / kinesthesia
2. (disadvantage) It can lead to over- reliance or can give sense of false security or it takes away the true sense/feeling of the skill or slows down the learning of the skill

Question 30

(2 x AO1)

1. Giving information that involves praise / reward
2. A motivating type of feedback OR feedback which encourages a performer to continue / improve OR feedback which gives confidence to the performer

Accept examples e.g. a coach that praises a gymnast for a successful handstand

Question 31 (i)

(2 x AO1)

- Results, feedback, won

Question 31 (ii)

(2 x AO1)

- Adherence, motivation, performance / results
- OR
- Adherence, performance, motivation / results

Question 32

(2 x AO1)

1. (sedentary) Inactivity or lack of activity/exercise
2. (lifestyle) A way of life or how you live your life or your actions/behaviour or an example of sedentary lifestyle e.g. sat at desk all day

lack of physical activity in the work place and/or in leisure time = 2 marks (lack of activity with link to lifestyle)

If just an example is given award pt2: e.g. 'sat at a desk all day' or 'office job' = 1 mark

Do not accept 'lifestyle' on its own

e.g. A lifestyle that does not involve physical activity = 1 mark (pt 1)

e.g. A way of life that does not involve physical activity = 2 marks (pt 1 and pt 2) 'couch potato' = TV

Question 33

(2 x AO1)

1. Increased likelihood of injury
2. Increased likelihood of raised blood pressure
3. More likely to suffer or increase in risk of CHD / heart attack / stroke / heart disease
4. More likely to suffer or increase risk of respiratory / lung disease
5. A decrease in bone density or more likely to suffer bone disease
6. May cause poor posture
7. Increase in weight

Do not accept:

A decrease in physical fitness, obesity and type 2 diabetes (in question)

Increased likelihood of illness = TV

Heart disease or example of illness on its own – needs to have a description to gain a mark.

Question 34

(2 x AO1)

1. A lack of energy or feeling lethargic or lack of fitness
2. More likely to be obese/overweight or negative body image
3. Lack of interest / motivation
4. Less likely to benefit from social interaction or fewer social experiences or poor communication or fewer friends or less likely to belong to a group or isolated/loneliness
5. Lack of motor skills/ability

Question 35

(2 x AO2)

1. Playing netball can increase confidence
2. Exercising regularly can make you feel more energetic / healthy
3. Training can improve body shape / image
4. Playing hockey can lead to more friendships / sense of belonging / less loneliness
5. After an exercise class you may feel sense of accomplishment
6. Playing a sport and winning leads to pride in achievements

Question 36

(2 x AO3)

1. Can help to raise energy levels / fitness so that you feel better about yourself
2. Have a better body image / lose weight / way you look, or you look better and therefore feel better / positive
3. More likely to be healthier and feel better / positive
4. Raise your levels of confidence or being successful / winning / achieving a goal / perform well
5. Activity release hormones / endorphins / chemicals that make you feel better/happier/positive
6. More likely to engage in social relationships / more likely to have friends that reduces loneliness / make you feel more connected with others
7. Learning new skills will stimulate your interest / make you happy

Question 37

(1 x AO1, 1 x AO3)

1. **C**
2. It has a time frame / is specific / has a clear target / is SMART

Question 38

(2 x AO1)

1. Carries nutrients in the body
2. Helps remove waste products
3. Regulates body temperature OR decreases body temperature OR slows the rise in body temperature
4. Replaces water loss (from urine and sweat)

Do not accept: dehydration (in question)