

Answers: 1 Mark Questions – Paper 1

Question 1 (1 x AO1)

1. Freely moveable / allow for movement

Question 2 (1 x AO3)

1. Third/ 3rd Class (accept 3 on its own)

Question 3 (1 x AO1)

1. First / 1st Class Lever

Question 4 (1 x AO2)

1. Bicep curl / footballer taking a throw in

Question 5 (1 x AO3)

1. Frontal

Question 6 (1 x AO1)

1. Septum

Question 7 (1 x AO1)

1. transports oxygen to the working muscles
2. transport carbon dioxide (to the lungs)

Question 8 (1 x AO2)

1. Sprinting / golf swing / javelin throw or equivalent

Question 9 (1 x AO1)

1. (activity) any activity/event that requires aerobic energy production e.g. marathon/triathlon/800m+
2. (time) To achieve a faster time in an (mainly aerobic) event/activity
3. (performance) Remain effective during a game/less fatigue during performance

Must state a distance (do not accept running on its own (TV), long distance running = BOD)

Question 10 (1 x AO1)

1. Lactic Acid

Question 11 (1 x AO2)

1. (Muscular hypertrophy) – muscle will increase in size/mass/growth

Question 12 (1 x AO1)

1. Balance

Question 13 (1 x AO1)

1. Multi Stage Fitness test
2. 12 minute Cooper run

Question 14 (1 x AO1)

1. A training idea in which high intensity periods are alternated with low / moderate intensity intervals
2. involves high overload with (short) rest periods in between
3. involves repetition of short bursts of anaerobic activity followed by aerobic activity

Question 15 (1 x AO1)

1. Main/specific/different muscles (targeted at each station) OR involves repetition (reps) of exercises OR body weight is usually the resistance OR each station is timed OR rest period between each station

Train different parts of the body = TV

Intense exercise followed by not as intense = TV

Rest at the end = TV

Question 16 (2 x AO1)

1. Shoulder circles – taking arm through full range of movement at the shoulder
2. Arm swings - swing both arms out to your sides and then cross them in front of your chest
3. Lateral rotations of neck - turn your chin laterally toward your left shoulder and then rotate it toward your right shoulder

Examples of activities could include: swimming, volleyball, tennis, javelin, etc...

1. Hip circles - with your hands on your hips and feet spread wider than your shoulders, make circles with your hips in a clockwise direction
2. Side bends - knees slightly bent, hands resting on hips, bend first to one side, then the other, avoiding the tendency to lean either forwards or backwards
3. Leg swings - Weight on your left leg and your right hand on the wall for balance; swing your right leg forward and backward
4. Lunges - Keeping the back straight lunge forward with the right leg; return to the starting position and repeat with the left leg

Examples of activities: football, hockey, high jump, basketball, netball,

Question 17 (1 x AO1)

1. wearing shin pads in football or hockey / using a gumshield in boxing or rugby / wearing a scrumcap in rugby / helmet for cycling (other suitable examples of personal protective equipment)

Question 18 (1 x AO2)

1. can stop you slipping over e.g. spikes in athletics
2. prevent blisters when performing if well- fitting e.g. for endurance events
3. protection from impact e.g. toe protectors in cricket boots
4. provides stability and support for foot and / or ankle e.g. basketball boots
5. absorbs the impact e.g. cushioned soles for road running

Question 19 (1 x AO2)

1. Age/gender/weight/ranking/grading/skill /ability level

Examples - Boxing occurs in weight categories – e.g. you won't have a heavyweight boxer fighting against a light boxer

Football – less likely to be injured in a tackle if all participants same/similar age

Question 20 (1 x AO1)

1. D - Pectorals

Question 21 (1 x AO1)

1. C – Clavicle

Question 22 (1 x AO2)

1. D – An example of a second class level is a tennis player using their elbow joint during a forehand shot

Question 23 (1 x AO1)

1. C – 20m for the multi-stage fitness test and 30m for the speed test

Question 24 (1 x AO1)

1. C – A rugby player who sprints from the half way line to score a try

Question 25 (1 x AO1)

1. C – A common hazard in rugby is concussion

Question 26 (1 x AO1)

1. D – Frequency, Intensity, Time, Type

Question 27 (1 x AO3)

1. E – Abduction is a swimming moving their arms outwards during the breast stroke

Question 28 (1 x AO2)

1. D – A basketball player who works harder than normal during a training session

Question 29 (1 x AO3)

1. True

Question 30 (1 x AO3)

1. True

Question 31 (1 x AO3)

1. False

Question 32 (1 x AO1)

1. False

Question 33 (2 x AO1)

1. Muscle A = Gastrocnemius
2. Bone B = Tibia

Question 34 (1 x AO1)

1. Transverse Plane

Question 35 (2 x AO1)

1. Arrow A = Effort
2. Arrow B = Load

Question 36a (1 x AO1)



Question 36b (1 x AO3)

1. Full twist in trampolining / gymnastics / spinning kick in martial arts / spin in ice skating

Question 37 (1 x AO3)

1. Frontal

Question 38a (1 x AO1)

1. Sagittal

Question 38b (1 x AO3)

1. Sit ups/ bicep curl / somersault

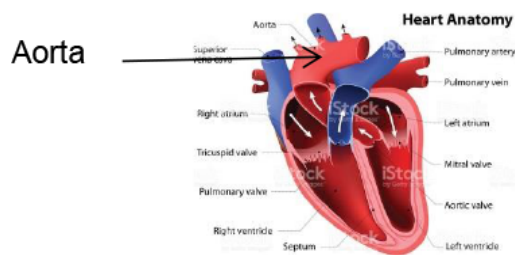
Question 39 (1 x AO2)

- Agonist = Biceps
- Antagonist = Triceps

Question 40 (1 x AO1)

- D – pulmonary vein should be vena cava

Question 41a (1 x AO1)



Question 41b (1 x AO1)

1. Function: Prevents blood from re-entering the right atrium / tricuspid regurgitation or re-entering the heart

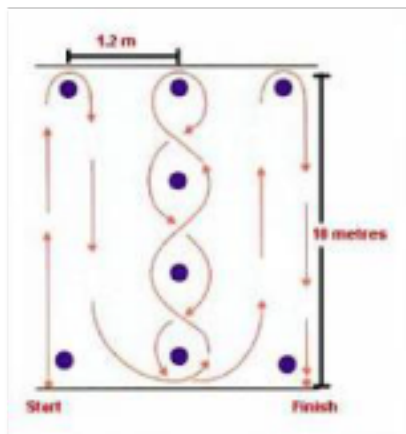
Question 42 (1 x AO1)

- i. Trachea
- ii. Bronchi
- iii. Bronchiole
- iv. Alveoli

Question 43 (1 x AO2)

1. Accept any combination that includes at least 2 arm exercises (bicep curls, pull ups, press ups)

Question 44 (i) (1 x AO1)



Question 44 (ii) (1 x AO3)

- Slowest male = Andrew
- Quickest female = Janet

Question 44 (iii) (1 x AO3)

- Brian, Fayha and Janet

Question 44 (iv) (1 x AO3)

- Andrew

Question 45 (1 x AO2)

1. Keep the load close to the waist for as long as possible while lifting to reduce the amount of pressure on the back / keep the heaviest side of the load next to the body
2. Adopt a stable position / Your foot should be apart with one leg slightly forward to maintain balance
3. Don't bend your back when lifting / avoid twisting your back or turning sideways when lifting
4. Get assistance when moving the item if it is too heavy or too large

Question 46 (1 x AO2)

- Bounding **and** hopping

Answers: 1 Mark Questions – Paper 2

Question 47 (1 x AO1)

1. Women less likely to participate than men
2. Participation decreased with age
3. Less likely (than men) to participate in (organised) competition
4. Increase in participation in cricket, rugby and football

Question 48 (1 x AO2)

1. The (financial) support for a sport / sports event / sports organisation / performer by an outside body / person / organisation (for the mutual benefit of both parties).

Question 49 (1 x AO1)

1. The influence of commerce / trade / business on sport to make a profit / money or those that organise / promote sport try to make money / profit

Question 50 (1 x AO1)

1. Twitter / Facebook / Snapchat / Instagram / YouTube / Strava

Question 51 (1 x AO2)

1. A suitable practical example of sportsmanship such as: stopping / kicking the ball out of play when a rugby player is injured; clapping your opponent / shaking hands at the end of the football match; a batswoman walking in cricket when she knows she has been caught out.

Question 52 (1 x AO1)

1. The pressure / expectation to win or to win or to gain an (unfair) advantage or pressure from fans / spectators / parents / coaches / team mates
2. To enhance performance or because you are losing or to gain financial reward or spectators might copy performer deviance or a reaction to (poor) decisions or as retaliation or copying others or as a result of taking drugs

Pressure / frustration (on its own = TV), frustration due to losing = 1 mark

Question 53 (1 x AO1)

1. Anabolic steroids

Question 54 (1 x AO1)

1. For muscle growth / to increase (muscle) strength
2. To make bones stronger
3. To lower body fat
4. To improve (body) image / shape
5. To increase aggression
6. To train harder / recover quicker

Question 55 (1 x AO1)

1. Helps to control / lower heart rate or keeps the performer calm / relaxes or less / control anxiety / lowers arousal or blocks action of adrenaline or improves concentration / focus

Calms nerves = BOD

Question 56 (1 x AO2)

1. A suitable practical example to show aesthetic quality
 - a. E.g. a gymnast performing a routine that looks good
 - b. A striker scoring a goal showing fluency of movement
 - c. A dancer performing an attractive sequence of movements
 - d. A rugby player making a tackle that looks fluent and co-ordinated

Question 57 (1 x AO1)

1. Affected by the environment e.g. receiving a tennis serve on a windy day
2. Predominantly perceptual e.g. a cricket batsman selecting a shot
3. Externally packed e.g. the hockey goalkeeper saving a shot at goal

Question 58 (1 x AO2)

1. Many stimuli to process / lots of information to process e.g. a fielder in cricket
2. Many decisions to make / increased perceptual requirements e.g. a basketball dribble in a game
3. More feedback e.g. receiving the serve in volleyball
4. Skill with more or many subroutines e.g. hitting a return in tennis

Question 59 (1 x AO2)

1. Accept any sports skill example that is clearly affected by the environment and therefore an open skill.
E.g. receiving a serve in tennis or a goalkeeper attempting to save a penalty or pass in football / netball or a block in volleyball etc.

Question 60 (1 x AO1)

1. Thinking / being confident about doing well / winning / having a good performance
2. Shutting out negative thoughts about failure in competition
3. Remembering (good) preparation done / feeling well prepared for competition / performance

Question 61 (1 x AO2)

1. Accept any relevant example of manual guidance in sport to physically help/aid a performer
e.g. Physically support a gymnast doing a handstand or a coach holding the arms of a golfer and forcing their arms through a drive movement

A coach helping a gymnast do a handstand = TV (must have an idea of physical help/support)

Question 62 (1 x AO3)**Advantages**

1. It helps with confidence or self-efficacy due to the physical support it provides
2. Encourages correct proprioception or kinaesthesia or you can get the right 'feel' of the skill
3. Increases safety in potentially risky activities due to the physical support through the movements

Disadvantages

4. If too much help given, it can limit proprioceptive / (true) kinaesthetic experience
5. Performer becomes over-reliant on the guidance and fails to complete the movement when unsupported

Only get 1 mark if have an advantage and disadvantage

Question 63 (1 x AO1)

1. Knowledge of performance
2. Terminal feedback
3. Negative feedback

Question 64 (1 x AO1)

1. (well-being) is the feeling of being contented / happy / prosperous and healthy

Question 65 (1 x AO3)

1. A suitable statement that shows the difference between health and fitness
2. E.g. Health is to what extent you have physical, mental and social well-being, whereas fitness is a person's capacity to carry out life's activities without getting tired
3. Or Health is being absent from disease / illness and fitness is being physically able to carry out work
4. Or Health is being not being ill and fitness is a measure of your physical capabilities

Question 66 (1 x AO1)

1. (Fitness) is a person's capacity to carry out activity without getting tired/fatigued OR what your body is capable of in sport OR being able to cope with the demands of everyday life / sport / environment OR how efficient/effective is your body OR how much work you can do before stopping/getting too tired

Question 67 (1 x AO1)

1. Does not engage (much) in physical activity / is too passive in their life
2. Too much watching TV / playing video games (and not enough activity)
3. Drives / uses public transportation a lot and rarely walks / cycles
4. Spends a lot of time sitting at work / school / college / home
5. Does not have hobbies or interests with physically active element, such as sports or outdoor pursuits

Question 68 (1 x AO2)

1. (practical example) Pilates / yoga / Alexander Technique / dance exercise
AND
2. (helps posture because) the physical activity example strengthens the core / back / abdomen muscles

Question 69 (1 x AO2)

1. Joining a football/hockey/netball / sports team or taking part in sport to make friends/meet new people or to co-operate or gain a sense of belonging or for communication skills / leadership OR going to a football match to make or be with friends OR attending a football team dinner to be with my friends

Question 70 (1 x AO1)

1. Taking in / input of the right amount / level of energy to match the level of expenditure / output / exercise

Question 71 (1 x AO1)

1. Proteins
2. Fats
3. Minerals
4. Vitamins
5. Fibre
6. Water

Question 72 (1 x AO1)

1. Carbohydrates (do not accept a food type rather than component e.g. banana)

Question 73 (1 x AO1)

1. Fruit such as oranges / raspberries or vegetables such as broccoli / kale etc. or milk / orange juice etc

(Fruit / vegetables = TV, Meat = TV, Red meat / Chicken = 1 mark, Fish = BOD)

Question 74 (1 x AO1)

1. Tires / fatigues / slows down / stops the performer
2. Skill level decreased
3. Become thirsty
4. Leads to loss of motivation
5. Increase in body temperature
6. Decrease in sweating
7. (muscle) cramps
8. (in extreme cases) death

Question 75 (1 x AO1)

- C

Question 76 (1 x AO2)

- D – sponsorship enables the development of community jogging projects

Question 77 (1 x AO1)

- A – a learned movement response

Question 78 (1 x AO2)

- C

Question 79 (1 x AO2)

- D – a netball player being told by her team-mate that her shooting technique was incorrect in a previous match)

Question 80 (1 x AO1)

- B – a decrease in the likelihood of Type 2 diabetes.

Question 81 (1 x AO1)

- A – You are less likely to suffer from Type 2 diabetes

Question 82 (1 x AO1)

- C – as age increases the probability of sport participation decreases

Question 83 (1 x AO1)

- C - the use of pre-recorded verbal feedback is an example of mechanical guidance

Question 84 (1 x AO1)

- B – to provide energy for movement

Question 85 (1 x AO1)

- B – baked jacket potato

Question 86 (1 x AO1)

- True

Question 87 (1 x AO1)

- True

Question 88 (1 x AO2)

- True

Question 89 (1 x AO1)

- False

Question 90 (1 x AO1)

- False

Question 91 (1 x AO2)

- Accept the X anywhere on the right hand side of the continuum (the closed 'half' of the continuum)