



Immanuel College

Specimen paper for entry into Year 12

Physical Education

Time allowed: 1 hour

Total Marks: 53

Answer ALL questions

1. Most physical activities have playing or performing seasons and "closed seasons".

(a) For a named physical activity, explain what a "closed season" is and why it is important.

Named physical activity

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(2 marks)

(b) (i) A balanced diet is essential for all performers. Carbohydrates are one substance which is required; name one other.

Substance

(1 mark)

(ii) Explain what is meant by "carbohydrate loading" and describe a sporting situation when it might be used.

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(3 marks)

2. (a) The pulse rate is important in determining the effects of exercise on the body.

(i) Describe two places on the body where the pulse can be found.

Place 1.....

Place 2.....

(2 marks)

(ii) Explain why it is important to monitor and record the pulse rate when exercising or training.

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(3 marks)

(d) Name the five functions of the skeletal system

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(5marks)

3 (a) How can flexibility be improved?

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(2 marks)

(b) Some performers may take banned drugs such as anabolic steroids to enhance their performance.

(i) Name **two** other **types** of banned drug which performers may use to improve their performance.

Type 1.....

Type 2.....

(2 marks)

(ii) **Explain** why performers might be tempted to use anabolic steroids and **describe** the effects they can have.

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(3 marks)

4 (a) Technological developments can help performers.

(i) Explain how digital or video cameras can help in the **analysis** of a performance.

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(2 marks)

(ii) Using an example, describe how this analysis could then be used to help **improve** a performance.

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(2 marks)

(c) Safety is an important factor to be considered in sporting activities.

(i) How can wearing the correct **clothing** help to make participation safer? Include an example in your answer.

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(2 marks)

(ii) How can wearing the correct footwear help to make participation safer?
Include an example in your answer.

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(2 marks)

(iii) Give two other examples of how rules can make participation safer.

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(2 marks)

5. (a) Different sporting activities have either increased or declined in popularity.

(i) Give an example of an activity which has become more popular in recent years.
Explain why this has happened.

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(2 marks)

(ii) Give an example of an activity which has become less popular in recent years. Explain why this has happened.

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(2 marks)

(b) Most activities, or sports, have Governing Bodies. Describe three responsibilities which a Governing Body might have.

Responsibility 1

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(2 marks)

Responsibility 2.....

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(2 marks)

Responsibility 3.....

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(2 marks)

(c) Different social groupings can greatly influence whether or not you take part in sport or physical activity.

(i) Describe the influences which your peer group can have on participation.

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(2 marks)

(ii) Describe the influences which your family/guardians can have on participation.

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(2 marks)

6. (a) Describe, using an example, how sponsorship might be considered to be a **disadvantage** to the running or organisation of an activity.

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(3 marks)

(b) Spectators are very important at most sporting events.

(i) Describe how spectators can be a **benefit** at a sporting event.

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(2 marks)

(ii) Describe how spectators could be a **problem** at a sporting event.

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(2 marks)