



General Certificate of Secondary Education

**Physical Education
(Full Course)**

48903 Unit 3: Written Paper

Specimen Mark Scheme

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Section A – Part 1 Multiple Choice

Award **one** mark for each correct answer:

- 1 Each of the following is a type of strength except:
Passive
- 2 Which acid can build up as a result of fatigue?
Lactic
- 3 Which of the following activities would an introvert be most likely to participate in?
5 km run
- 4 Which of the following terms relates to the time spent training?
Overload
- 5 All of the following roles would be acceptable for a non-performer in a lesson except:
First aider
- 6 All of the following would be part of the press media except:
CD Roms
- 7 Friends of a similar age and background are known as:
Peer group
- 8 Etiquette is:
The unwritten rules
- 9 A person who does **not** earn their living from taking part in sport is normally known as:
Amateur
- 10 For which of the following activities would wearing loose fitting clothing **not** be appropriate?
Trampolining

Section A – Part 2 Short Answer Questions

- 11 (a) Award **one** mark for a correct explanation of balance and **one** mark for a correct example from a physical activity.

Balance:

- the ability to retain the centre of mass above the base of support
- physical stability in which the weight of the body is distributed evenly.

Physical activity examples:

- a gymnast being able to maintain a controlled handstand
- a sprinter holding themselves in the set position at the start of a race
- maintaining good footwork when landing in netball or basketball
- a footballer maintaining position on ball when being tackled
- a player preparing to shoot/ move/ save.

Accept the above plus any other suitable examples.

(2 marks)

- (b) Award **one** mark for a correct explanation of co-ordination and **one** mark for a correct example from a physical activity.

Co-ordination:

- the ability to use two or more body parts together
- the ability to properly control your body when performing a physical activity
- balanced or skilful movement.

Physical activity examples:

- a pole vaulter linking all the sequences of their jump
- a tennis service action
- batting in cricket or rounders.

Accept the above plus any other suitable examples.

(2 marks)

- 12 Award up to **three** marks for a correct response.

Examples:

- the back should be kept straight/ the legs should be bent/ the item to be carried should be held close to, and secure to, the body
- other factors which might be considered include wearing the correct footwear, using more than one person for particularly heavy equipment, not lifting or lowering until told to do so
- accept sport/ activity-specific examples, eg carrying a javelin.

Accept the above plus any other suitable responses.

(3 marks)

13 (a) Award **one** mark for a correctly stated benefit.

- (To increase) muscle strength, either general or specific
- (To improve) muscle tone.

Accept the above plus any other suitable responses.

(max 1 mark)

(b) Award **one** mark for each correctly stated meaning.

Repetitions are the number of times you actually move the weights.
Sets are the number of times you perform a particular weight activity.

(max 2 marks)

14 (a) Award up to **two** marks for correctly identifying and describing an appropriate activity.

Examples include:

- walking/ possibly organised such as Ramblers clubs where specific routes and walks are undertaken
- aerobics/ perhaps in an organised group in a leisure centre.

Accept the above plus any other suitable examples.

(2 marks)

(b) Award up to three marks for a full and detailed description of the benefits to be gained. From the activity stated in part (a).

Examples include:

- walking – increasing general fitness levels/ this is an activity which is not stressful on the body or body systems/ it is a suitable activity for all age ranges and be carried on throughout life / it can have additional social benefits through walking with a group/ it can be particularly suited to a senior age group as it can be carried out at any pace / the non-competitive nature can have an appeal of its own to particular individuals
- aerobics – clear physical and health benefits of increasing fitness levels/ it can be carried out at quite high levels to specifically increase cardiovascular endurance / it can have social benefits of meeting and working with other people/ the organised nature of a specific club can increase motivation and regular participation/ the non-competitive nature can have an appeal of its own to particular individuals.

Accept the above plus any other suitable responses.

(3 marks)

15 (a) Award up to **two** marks for a correct response.

- General staff attitude can influence, either positively or negatively.
- The experience of staff in various activities, or a range of activities, can be influential.
- The playing ability and level of staff expertise can be influential.
- Specific staff interest in particular activities will usually lead to a rise in participation in that particular activity.

Accept the above plus any other suitable responses.

(max 2 marks)

(b) Award up to **two** marks: **one** mark for stating what extra curricular activities are and **one** further mark for a suitable example.

Extra-curricular: provision made in addition to the normal school timetable, over and above the statutory provision.

Examples include:

- lunchtime and after school practices
- clubs
- teams
- societies
- trips.

Accept the above plus any other suitable examples.

NB – Just naming a sport/activity without relating it to the above is not acceptable.

(max 2 marks)

16 Award up to **two** marks for each identified, and explained, reason why there is increased leisure time.

Examples:

- technological advances/ such as labour-saving devices/ which leave more available time
- greater unemployment/ leaving many people with large amounts of free time
- shorter working week/ also leaving more free time
- part time and shift work/ which leaves certain times of the day where people would have time available.

Accept the above plus any other suitable responses.

(4 marks)

- 17** Award up to **three** marks for a correct response. Award **one** mark for identifying and describing how the sponsorship could be an advantage, **one** mark for linking it with increasing participation and another mark for the appropriate example.

Example:

- Kit sponsorship could be provided, which means that clubs do not have to provide their own./ This enables more teams to be able to play at competitive standard and makes it possible for more individuals to take part, and more individuals may be attracted to taking part./ An example of this would be any school soccer, netball or basketball team with sponsored kit or even professional teams who have deals.

(max 3 marks)

- 18** Award up to **two** marks for each correct response. 2 x 2 marks in total

Examples include:

- Live sporting programmes/ such as Ford Super Sunday or other Sky coverage
- Highlights programmes/ such as Match of the Day
- Documentaries/ accept any examples, which are likely to be quite recent
- News bulletins/ either specific sports news channels or bulletins within main news programmes
- Information services/ such as Ceefax, Teletext etc
- Sporting magazine programmes/ such as Grandstand
- Educational, schools, skills programmes/ such as BBC Bitesize, Peak Performance etc
- Dedicated channels/ such as Chelsea, Manchester United etc.

Accept the above plus any other suitable examples.

(max 4 marks)

Section B – Questions based on Scenario

19 Note that any points made must be **explained** in order for full marks to be awarded.

Candidates may make reference to the following in responses:

(a) Aspect of fitness

One mark can be awarded for endurance/high levels of stamina.

(1 mark)

(b) Effects of anxiety

Award up to **three** marks for a correct explanation – the level of performance could increase/ as a result of increased arousal/ or the level of performance could decrease/ as a result of Shareen becoming nervous/worried/concerned/ about the number of people watching the event.

(3 marks)

(c) Suitable training methods

These will be identified and also outlined. Just identifying a particular training method without **describing** it will not be sufficient.

(1 mark)

(d) Justification for chosen training method

Level 0 0 marks	Inappropriate answer showing no justification for the training method chosen.
Level 1 1-2 marks	Candidates' answers show basic justification for the training method chosen. Candidates spell, punctuate and use the rules of grammar with some accuracy and use a limited number of specialist terms appropriately.
Level 2 3-5 marks	Candidates' answers show reasonable justification for the training method chosen. Candidates spell, punctuate and use the rules of grammar with reasonable accuracy and use a range of specialist terms appropriately.
Level 3 6-7 marks	Candidates' answers show sound justification for the training method chosen. Candidates spell, punctuate and use the rules of grammar accurately and use a wide range of specialist terms precisely and adeptly.

The training method must be related to increasing levels of endurance and the candidates are likely to refer to continuous training or fartlek training. As long as they can justify and clarify what taking part in the particular training method is bringing to increasing levels of endurance then credit can be given. Candidates may refer to specifics such as using a treadmill/ or training to build up a specific area/ (such as abdominals/ for core stability)/ which may assist levels of performance.

(7 marks)

(Total 12 marks)

20 (a) Dietary considerations the night before

Candidates are likely to refer to a high carbohydrate loading diet/ such as pasta/ similar to the pasta party for competitors in the London Marathon/ to provide the body with stores of glycogen/ which will help the athlete to keep going/delay the onset of fatigue/ as pasta contains starch/ which is a complex carbohydrate (polysaccharide)/ and as such provides slow release of energy.

(5 marks)

(b) Principles of training used

It is expected that candidates will refer to specificity, progression, overload (frequency, intensity, duration and perhaps even the element of avoiding tedium) and reversibility. These terms must be clearly understood and no credit will be given for simply just stating them without some clear indication that the term is understood. Eg Specificity/ - as the performer is intending to run a 10k race/ the prime consideration will be to be running long distances/ and the progression/ would be by gradually building up/ the distance run in training sessions.

(max 8 marks)

(c) Weather and temperature considerations

Level 0 0 marks	Inappropriate answer showing no understanding.
Level 1 1-2 marks	Candidates' answers show basic understanding. Candidates spell, punctuate and use the rules of grammar with some accuracy and use a limited number of specialist terms appropriately.
Level 2 3-5 marks	Candidates' answers show reasonable understanding. Candidates spell, punctuate and use the rules of grammar with reasonable accuracy and use a range of specialist terms appropriately.
Level 3 6-8 marks	Candidates' answers show sound understanding. Candidates spell, punctuate and use the rules of grammar accurately and use a wide range of specialist terms precisely and adeptly.

Candidates may make reference to wearing lightweight clothing/ possibly climacool/ or climate /to assist with cooling the body/ by "wicking" sweat away/ and helping to keep the body cool./ Sunscreen or suncreams/ will reduce risk of sunburn. Dehydration/ would be a risk/ so she should take on water/ at water station / and may also pour water over her/ to help reduce the risk of overheating.

(8 marks)

(d) Warm up

Candidates should be given credit for explaining the importance of the various stages and components of a warm up including stretching exercises/ to extend muscles/ and tendons/ to prevent muscle pulls./ Accept descriptions and explanations of specific muscle stretches, eg quadriceps/hamstrings stretch/ also give credit for the need to stretch opposing muscles/ in antagonistic pairs. Gentle jogging/ to increase heart rate/increase breathing rate./ Credit the need for mental preparation.

(7 marks)

(Total 28 marks)