

MARK SCHEME

1.1.4

1.	D	[1]
2.	B	[1]
3.	D	[1]
4.	A	[1]
5.	B	[1]
6.	A	[1]
7.	D	[1]
8.	C	[1]
9.	D	[1]
10.	B	[1]
11.	C	[1]
12.	B	[1]
13.	A	[1]
14.	D	[1]
15.	C	[1]
16.	(i) Station 6: Bowling at a target/Station 2: Hitting a ball against a wall.	1
	(ii) These stations do not relate to either of the sports George plays (basketball and badminton).	1
		<b>[2]</b>
17.	(a) The ability to meet the demands of the environment/equiv	1
	(b) (i) They have different needs/demands of their activities are different/ different fitness requirements/ training for different sports / equiv	1
	(ii) Specificity/Individual needs/Individual differences	1
		<b>[3]</b>
18.	(i) Sprinting / hurdles / relay / equiv (1500m or less?)	1
	(ii) 1. Work hard/anaerobically/maximally/ intensely / flat out / sprint	3
	<b>DO NOT accept burst of quick running/burst of energy</b>	
	2. Rest (to allow recovery)/active rest/equiv	
	3. Work (hard) again / repeat set /equiv	

**Only award point 3 if point 1 achieved.**

- (iii) **Must be clear which method of training candidate is relating to** 1  
No breaks in continuous training  
Uses aerobic respiration
- (iv) Long distance events/equiv (1500m or greater?) 1
- (v) Cross/circuit (training) 1
- [7]**
19. (a) (i) A combination of more than one method of training/equiv. 1  
*NB. DO NOT ACCEPT: Training for more than one sport/different type of training.*
- (ii) Her event is made up of 3 different sports/equiv. 1  
*NB: If (i) is incorrect no marks for (ii).*
- (b) (i) F – frequency 1  
I – intensity  
T – time  
T – type  
*NB1. Time or type can be in any order.*  
*NB2 DO NOT ACCEPT: tedium.*
- (ii) F – Katie could train more often/increase frequency. 4  
I – Katie could make herself work harder during the session/equiv.  
T – Katie could work for longer within the session/equiv.  
T – Katie should make sure she concentrates on improving aspects of fitness related to her activity rather than general fitness/equiv.  
*Allow T for type or time in any order.*  
*NB. DO NOT ACCEPT definitions only.*
- (c) (i)/(ii) 1. Correct clothing/footwear/ no jewellery/hair tied back/equiv 1  
2. Warm up/stretching 1  
3. Examples of additional safety items relating to the activity (eg helmets/road safety – florescent jacket/bike lights)  
4. Correct equipment/checking equipment/using safety equipment/equiv  
5. Correct facilities/equiv  
6. Using correct technique  
*NB1. Accept answers in any order, but only one from each category of answers.*  
*NB2. DO NOT ACCEPT: over train/train too hard/cool down/warm down.*

- (d) (i) The amount of blood ejected from the heart in one minute/  
HR x SV/Heart Rate multiplied by Stroke Volume. 1  
*NB DO NOT ACCEPT: pumped around the body  
in one minute.*
- (ii) Increased stroke volume/increase amount of blood ejected from 1  
the heart in one beat.  
*Accept alternatives to increased, eg goes  
up/raised.*  
*NB DO NOT ACCEPT: increased cardiac  
hypertrophy/stronger heart.*
- (e) (i) Beta blockers. 1  
(ii) Stimulants. 1
- (f) (i) Increased breathing rate/heavy breathing/gasping for air/out of 1  
breath/panting.
- (ii) The amount of oxygen consumed during recovery above/more 1  
than/extra/that which would have ordinarily been consumed in  
the same time at rest/equiv.  
*NB1 DO NOT ACCEPT: reference to lactic acid  
removal/shortage of oxygen.*  
*NB2 DO NOT ACCEPT: lack of oxygen if stated  
on its own or  
Lack of oxygen to the working muscles if stated  
on its own.*
- (g) (i) Triceps/triceps brachii. 1  
If triceps and biceps on same line mark first answer only.
- (ii) Biceps/biceps brachii. 1  
If triceps and biceps on same line mark first answer only.

**[17]**

Mark out of 44.

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%