

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
		[2]
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
		[3]
18.	(i) Sprinting / hurdles / relay / equiv (1500m or less?)	1
	(ii) 1. Work hard/anaerobically/maximally/ intensely / flat out / sprint	3
	DO NOT accept burst of quick running/burst of energy	
	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%