

MARK SCHEME

1.1.5

- |     |  |     |
|-----|--|-----|
| 1.  | D  | [1] |
| 2.  | A  | [1] |
| 3.  | C  | [1] |
| 4.  | D  | [1] |
| 5.  | A  | [1] |
| 6.  | C  | [1] |
| 7.  | A  | [1] |
| 8.  | (a) C  | [3] |
|     | (b) A  |     |
|     | (c) B  |     |
| 9.  | (a) C  | [2] |
|     | (b) A  |     |
| 10. | (a) C  | [3] |
|     | (b) B  |     |
|     | (c) D  |     |
| 11. | D  | [1] |
| 12. | (a) (iii)(iv) Accept in any order:   |     |
|     | Carbohydrates  | 1   |
|     | Vitamins   | 1   |
|     | Minerals   | 1   |
|     | Fibre/roughage   | 1   |
|     | (b) (i) Water Reduces chance of dehydration/keeps body hydrated / helps regulate body temperature                        | 1   |
|     | (ii) Fats Provides energy for physical work  | 1   |
|     | (c) Role   | 1   |
|     | Growth & repair (of cells)/muscle hypertrophy/increase muscle size   |     |
|     | Advantage  | 1   |
|     | If the role is incorrect then the advantage should not be credited.  |     |
|     | Advantage must link to stated role, insufficient to say improved performance as answer on own.                           |     |
|     | Reference to can continue to perform/get back to training/doesn't lose too much time due to injury/heals quickly / equiv |     |
|     | Increased strength so improved performance   |     |

**[8]**

13. (a)

8

	(i) Nutritional requirements	(ii) How this helps John participate in sport
1	Carbohydrates	Provides energy
2	Fats	Provides energy
3	Proteins	Growth and repair, therefore repairs damaged tissue (or equivalent); increase in muscle size/ (or equivalent)
4	Water	Prevents dehydration/replaces water lost through exercise

*NB: accept answers in any order; ensure that (ii) matches the food group given in (i)*

**[8]**

14. (i) Ball and socket (joint) 1  
(ii) Hinge (joint) 1

*Accept gliding if given by candidates as correct response, not given as expected answer to question as not on our specification*

**[2]**

15. (i) Dehydration 1  
(ii) Sprain 1  
(iii) Strain 1

**[3]**

16. (a) (i) Carbohydrates 1  
*Do not allow 'Fats/Protein/ carbs'*  
(ii) Fats/protein - allow Carbohydrates if not given in (i) 1  
*Do not allow 'carbs'*  
(b) Protein 1

**[3]**

17. (a) (i) To provide energy 1  
(ii) To prevent dehydration 1

- (b) So he has enough energy to compete / participate 1

- (c) Eating more than you need to eat for the amount of energy that you are likely to expend 1

**[4]**

18. (i) More protein/more carbohydrate/more fluids/less fat. 1  
(ii) Should give explanation of 'role' of food group in relation to performance. 1

Protein – muscle growth and repair / equivalent.  
Carbohydrate – increased energy useage / equivalent.  
Fluids – more fluid lost through sweating / equivalent.  
Fat – do not want additional weight, energy stores not easily accessible / equivalent.

**[2]**

19. (a) Carbohydrate. 1  
 (b) Can be used in either aerobic or anerobic activity/energy is released more rapidly/equivalent. 1

[2]

20. (a) (i) 1. No alternation of body parts/ all arm actions/only works arms. 3  
 2. All skill based therefore won't improve fitness/no fitness stations.  
 3. All the skills don't relate to badminton/basketball/not all sport specific.

*NB1. Accept answers in any order, but only one from each category of answers.*

*NB2. DO NOT ACCEPT: reference to reps or time at stations or number of stations/lack of variety.*

*NB3. DO NOT ACCEPT: stations relating to use of weight/CV machines/fitness tests/continuous running/small sided games.*

(ii)

3

Press ups	Squats
Bicep curls	Burpees
Tricep dips	Pull ups on the beams
Bench press	
Sit ups	Agility/ ladder runs
Star jumps	Step ups
Skipping	Bench astrides
Shuttle runs	

*NB1. Accept any three, in any order.*

*NB2. DO NOT ACCEPT: stations relating to use of weight/CV machines/fitness tests/continuous running/small sided games.*

	<b>Station in circuit</b>	<b>Component of fitness</b>
1	Dribbling in and out of cones	Agility/speed/ Coordination/CV endurance/cardio vascular endurance/ stamina
2	Chest passes	Coordination/ Muscular endurance
3	Shooting	Coordination
4	Student station (category 1) sit ups	Muscular endurance
5	Student station (category 2)  press ups/ Squats/ Bicep curls/Burpees/Pull ups on the beams/Tricep dips/ Bench press	Muscular endurance/strength/ power
6	Student station (category 3) Agility/ladder runs	Agility/speed/ Coordination
7	Student station (category 4) Star jumps/Step ups/ Bench astrides	Muscular/CV endurance/ cardiovascular endurance/stamina
8	Student station (category 5) Skipping	CV endurance/ cardiovascular endurance/stamina Co-ordination
8	Student station (category 6) Shuttle runs	Speed

*NB1. If fitness station not described in first column then no mark for associated component of fitness.*

*NB2. No mark for stating station already credited.*

(ii) IF BADMINTON Selected:

3

<b>Station in circuit</b>	<b>How performance would be improved</b>
1/Dribbling in and out of cones.	Increased speed of movement around court to chase shuttle/opponent/reach shuttle.
2/Hitting ball against a wall.	More consistent/accurate strikes of shuttle/equivalent.
3/Serving.	Better placement of serves making it harder for opponent to return/equivalent.

IF BASKETBALL Selected:

<b>Station in circuit</b>	<b>How performance would be improved</b>
1/Dribbling in and out of cones.	Increased speed of movement around court to chase ball/opponent/break free/dodge free/change direction. Better marking/better ball control.
4/Chest passes against a wall.	More consistent/ better/more accurate passing.
5/Stationery shots at a basket.	Increased number of baskets scored.

*NB1. If no sport selected or obvious from answer no mark.*

*NB2. No mark for stating the activity.*

- (c) 1. Can be used to improve any component of fitness/ more than one/improve skill and fitness/wide range of muscle groups 3
2. Can be carried out with limited equipment/cheap to organise/easy to set up
3. Can be used with large numbers
4. Can be completed in a relatively small space/variety of spaces/can take place indoors or outdoors
5. Easy to individualise/easily adapted to different sports/work on target sport/work on game skills
6. Easy to alter intensity
7. Motivating/variety/not always the same/lots of different activities/not so boring because of change of activity/more fun/easy to measure progress.

*NB Accept answers in any order, but only one from each category of answers.*

- (d) (i) Carbohydrates. 1
- (ii) Can be used in either aerobic or anaerobic activity/energy is released more rapidly (than fats) (or equivalent). 1

*NB1 DO NOT ACCEPT: releases large amounts of energy/more energy.*

*NB2 if (i) incorrect no marks for (ii).*

**[20]**

21. (a) Obese 1
- (b) Burning off a lot of calories during their training/have a carefully planned diet to make sure they do not gain weight  
Burning off fat (or equivalent) 1
- (c) Increased muscle mass/Hypertrophy/Bigger muscles which weigh more/Bone structure 1

**[3]**

22. (a) Obese 1
- (b) Maintaining calorie input, but not using as much, remainder is stored as fat/equiv 1

**[2]**

Mark out of .

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