

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 | | |
| | (b) A | | |
| | (c) B | | [3] |
| 9. | (a) C | | |
| | (b) A | | [2] |
| 10. | (a) C | | |
| | (b) B | | |
| | (c) D | | [3] |
| 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.

	Station in circuit	Component of fitness
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

Station in circuit	How performance would be improved
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:

Station in circuit	How performance would be improved
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%