



Rewarding Learning

General Certificate of Education
2011
Sports Science & The Leisure Industry

Unit A2 2: The Healthy Body

SPECIMEN PAPER

2 hours

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.
Answer **all** questions.

The total mark for this paper is 100.

Section A

Answer all questions

- 1** As an assistant coach at a Sports Camp you notice children possess a range of skills in games activities. Some are competent in basic skills while others have achieved success in more complex skills.

a) Define the term skill and describe the factors which determine where a skill is placed on a continuum. (4 marks)

b) As a games player many skills are needed to complete a successful performance. Compare the open – closed continuum with gross – fine continuum by relating to examples from games activities. (6 marks)

2 Northern Ireland has almost 60 athletics clubs whose members compete in many events throughout the season.

- a) As amateur runners, performers will notice changes in their body during and as a result of exercise. Discuss what these changes might be both short and long term in relation to their cardiovascular system. How will these changes benefit their performance?

(5 marks)

- b) Athletes who train regularly would have a strong heart. Compare and contrast a trained and untrained heart and discuss how the heart rate increases during exercise.

(8 marks)

5 The local leisure centre has recently introduced a session to facilitate members in gaining their optimum weight. This involves dietary education and appropriate activities suited to each individual.

a) Discuss the main food groups while referring to their function during physical activity.

(7 marks)

6 marks

b) Diet and health are essential factors in contributing to a healthy lifestyle and optimum performance. What do you understand by these two terms and discuss the association between them.

4 marks

Section B

Synoptic Questions

Complete **two of three** questions

6

As a coach you have been asked to assess and monitor the performance of an athlete. Describe the format you would follow to assess, monitor and implement a training program for a chosen activity. Explain how you would ensure an optimum learning experience and ensure evaluation of the programme.

(12 marks)

7

You have been asked to organise a sports event for a local primary school. Choose the type of event and explain the reasons for your choice. Describe the planning and implementation stages for the event. Also, consider the preparations of the performers to ensure they are adequately prepared to reduce their risk of injury.

(12 marks)

8

Discuss how you would analyse and evaluate the performance of a games player. Describe the performance you have chosen and explain the process of analysing to acquire sufficient information and optimise performance.

(12 marks)