Questions

Q1.

Which one of the following would be most important to a rower 8 minutes into a 12-minute race?

A Muscular strength

- **B** Muscular endurance
- **C** Flexibility
 - **D** Body composition

Q2.

As a result of adopting an active lifestyle an individual may improve aspects of health-related exercise. Which of the following is **not** an aspect of health-related exercise? (1)

- Α Cardiovascular endurance
- В Muscular strength
- С Power
- D Muscular endurance

Q3.

Identify three components of skill-related fitness that would be relevant to all the performers in Figure 1.

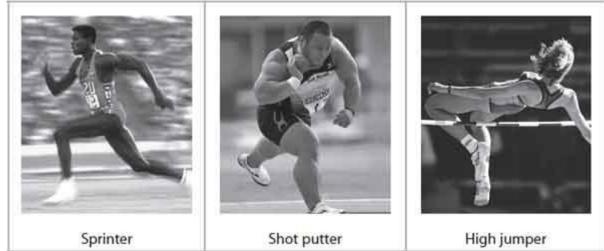


Figure 1

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Fitness requirements vary for different activities. The performers in **Figures 3** and **4** need power, muscular endurance, strength and cardiovascular fitness for their activity, but the importance of each component varies depending on the activity. In the table:

- identify the **two** most important components for each performer (select from: power, muscular endurance, strength and cardiovascular fitness) (4)
 - explain how your first chosen component for each performer is used in his/her activity. (2)

	Figure 3 Long Distance Runner	Figure 4 Sprinter
Important component used by performer	Choice 1	Choice 1
Important component used by performer	Choice 2	Choice 2
How first chosen component (Choice 1) for each performer is used in his/her activity		

Q4.

Q1.

No Examiner's Report available for this question

Q2.

No Examiner's Report available for this question

Q3.

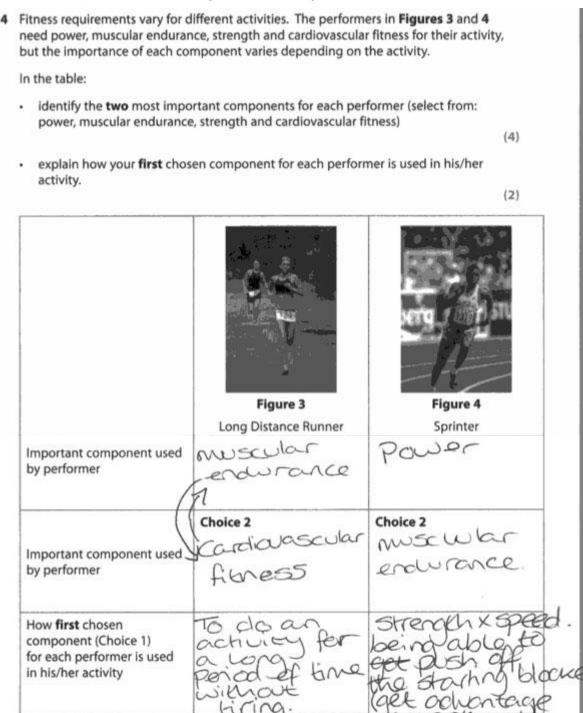
Candidates were only required to name the appropriate components of fitness for this question as identified by the command word 'Identify'. However, some gave further elaboration, explaining how the component was used by each performer. Whilst the majority of candidates identified a minimum of two correct components, often stating speed and coordination, others gave components of health-related exercise or methods of training that would be used by the performers in the images and thus failed to gain credit.

In questions, such as this one, where a specific number of responses are asked for, candidates should be advised to limit their answers to the number stated, as additional responses will not gain credit.

This question has two distinct tasks. The first is to identify relevant components of fitness from a given list; the second to explain how the selected component is used by the performer.

Most candidates correctly allocated the components to either the long distance runner or the sprinter and therefore gained four marks. However, unsuccessful candidates failed to gain four marks where they used the same component twice, for example using cardiovascular fitness for both runners, or substituted another component not present on the list in the question, for example, flexibility.

The first part of the question was clearly designed to be the more accessible; to gain the remaining two marks candidates had to apply their knowledge. Successful candidates correctly explained how each performer used the selected component. Unsuccessful candidates often placed cardiovascular fitness as first choice for the long distance runner but omitted to state that this allowed them to continue for the length of the race without undue levels of fatigue. Candidates experienced less difficulty with the explanation for the sprinter, often relating answers to a 'good start'.



Q4.

Results Plus: Examiner Comments

This candidate achieves 5 out of 6 possible marks. The incorrect response is muscular endurance as choice 2 for the sprinter.

Results Plus: Examiner Tip

It is perfectly acceptable for candidates to change their mind when reviewing their responses. This candidate probably completed the first part of the question and then read the second part deciding at that point that cardiovascular endurance would be easier for them to apply

	Choice 1	Choice 1
Important component used by performer	Cardiovascular fitness	Power
Important component used by performer	Choice 2 Muscular endwance	Choice 2 Strength

Results Plus: Examiner Comments

This is a 'typical' successful candidate response. Four out of four marks were gained for correct responses to the first part of this question

Mark Scheme

Q1.

Answer	Mark
Q - would be most important	
to a rower 8 minutes into a	
12 minute race B -	
(Muscular endurance)	(1)

Q2.

Answer	Mark
C Power	(1)

Q3.

Answer	Do not accept	Additional Guidance	Marks	Total
Any three of the following components from: • Power • Speed • Balance • Coordination	Anything else	Accept - Phonetic spelling: Responses in any order: FIRST response per line.	3×1	3
			sponse per line.	

Q4.

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Only credit eac	ch component once				
	Long Distance Runn	er	Sprinter		
Component used by performer	Cardiovascular fitness/Muscular end CV / stamina if given		Power/Strength		
Component used by performer	Cardiovascular fitnes endurance (accept (given)		Power/Strength		
How one of components is used by performer	CV Maintain pace/ allows them to run long distances without <u>tiring</u> / oxygen delivery/CO2 removal	ME Repeated muscle contractions <u>to</u> maintain performance/speed / work <u>musc</u> les for a <u>long</u> time <u>without tiring</u>	Power For effective / good start/ leave blocks quickly / generate force to move quickly/ run faster Do not accept answers related to energy	Strength Combine with speed to provide power/ equiv / push off blocks harder	
	incorrect, no access t on does not match fir	o explanation st choice, no credit given.	energy	(6 × 1)	