

## Questions

Q1.

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

(1)

- 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)

- A Cardiovascular endurance
- B Muscular strength
- C 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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.....



.....

.....

**Q4.**

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)

	 <p style="text-align: center;"><b>Figure 3</b> Long Distance Runner</p>	 <p style="text-align: center;"><b>Figure 4</b> Sprinter</p>
Important component used by performer	<b>Choice 1</b>	<b>Choice 1</b>
Important component used by performer	<b>Choice 2</b>	<b>Choice 2</b>
How <b>first</b> chosen component (Choice 1) for each performer is used in his/her activity		

**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.

**Q4.**

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'.

**4** 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)

	 <p><b>Figure 3</b> Long Distance Runner</p>	 <p><b>Figure 4</b> Sprinter</p>
Important component used by performer	muscular endurance	Power
Important component used by performer	Choice 2 Cardiovascular fitness	Choice 2 muscular endurance.
How <b>first</b> chosen component (Choice 1) for each performer is used in his/her activity	To do an activity for a long period of time without tiring.	Strength x speed. being able to get push off the starting blocks (get advantage over others)

**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

Important component used by performer	<b>Choice 1</b> Cardiovascular fitness	<b>Choice 1</b> Power
Important component used by performer	<b>Choice 2</b> Muscular endurance	<b>Choice 2</b> 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 <b>three</b> of the following components from: <ul style="list-style-type: none"> <li>• Power</li> <li>• Speed</li> <li>• Balance</li> <li>• Coordination</li> </ul>	<i>Anything else</i>	Accept - Phonetic spelling:  Responses in any order:  <b>FIRST</b> response per line.	<b>3×1</b>	<b>3</b>
<b>Total for Question 3</b>					<b>3</b>

**Q4.**

	Answer	Mark																						
	<p>Only credit each component once</p> <table border="1"> <tr> <td></td> <td>Long Distance Runner</td> <td>Sprinter</td> </tr> <tr> <td>Component used by performer</td> <td>Cardiovascular fitness/Muscular endurance (accept CV / stamina if given)</td> <td>Power/Strength</td> </tr> <tr> <td>Component used by performer</td> <td>Cardiovascular fitness/ Muscular endurance (accept CV / stamina if given)</td> <td>Power/Strength</td> </tr> <tr> <td>How one of components is used by performer</td> <td> <table border="1"> <tr> <td>CV</td> <td>ME</td> </tr> <tr> <td>Maintain pace/ allows them to run <u>long</u> distances without <u>tiring</u> / oxygen delivery/CO2 removal</td> <td>Repeated muscle contractions <u>to</u> maintain performance/speed / work <u>muscles</u> for a <u>long</u> time <u>without tiring</u></td> </tr> </table> </td> <td> <table border="1"> <tr> <td>Power</td> <td>Strength</td> </tr> <tr> <td>For effective / good start/ leave blocks quickly / generate force to move quickly/ run faster</td> <td>Combine with speed to provide power/ equiv / push off blocks harder</td> </tr> <tr> <td>Do not accept answers related to energy</td> <td></td> </tr> </table> </td> </tr> </table> <p>NB If choice is incorrect, no access to explanation NB If explanation does not match first choice, no credit given.</p> <p style="text-align: right;">(6 × 1) <b>(6)</b></p>		Long Distance Runner	Sprinter	Component used by performer	Cardiovascular fitness/Muscular endurance (accept CV / stamina if given)	Power/Strength	Component used by performer	Cardiovascular fitness/ Muscular endurance (accept CV / stamina if given)	Power/Strength	How one of components is used by performer	<table border="1"> <tr> <td>CV</td> <td>ME</td> </tr> <tr> <td>Maintain pace/ allows them to run <u>long</u> distances without <u>tiring</u> / oxygen delivery/CO2 removal</td> <td>Repeated muscle contractions <u>to</u> maintain performance/speed / work <u>muscles</u> for a <u>long</u> time <u>without tiring</u></td> </tr> </table>	CV	ME	Maintain pace/ allows them to run <u>long</u> distances without <u>tiring</u> / oxygen delivery/CO2 removal	Repeated muscle contractions <u>to</u> maintain performance/speed / work <u>muscles</u> for a <u>long</u> time <u>without tiring</u>	<table border="1"> <tr> <td>Power</td> <td>Strength</td> </tr> <tr> <td>For effective / good start/ leave blocks quickly / generate force to move quickly/ run faster</td> <td>Combine with speed to provide power/ equiv / push off blocks harder</td> </tr> <tr> <td>Do not accept answers related to energy</td> <td></td> </tr> </table>	Power	Strength	For effective / good start/ leave blocks quickly / generate force to move quickly/ run faster	Combine with speed to provide power/ equiv / push off blocks harder	Do not accept answers related to energy		
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