



**Rugby
School**

Sixth Form Entrance Examination

Specimen Paper

PHYSICAL EDUCATION

Time allowed: 60 minutes

Answer all questions on the paper

There are three sections to this paper

Marks for each question is indicated in brackets at the end of each question

Each section is worth 20 marks

Total marks for the paper is 60 marks

Section 1 Applied Anatomy and Physiology

Section 2 Health, Fitness & Well Being

Section 3 Social Cultural Issues of Sport on Society

16 + Specimen paper for Physical Education

Section 1: Applied Anatomy and Physiology

1a) Identify FOUR functions of the Skeleton (4)

i)

ii)

iii)

iv)

1b) Identify the major muscles, bones and joints involved in a javelin throw. (5)



1c) Explain the mechanics of breathing in an 800 metres race (5)

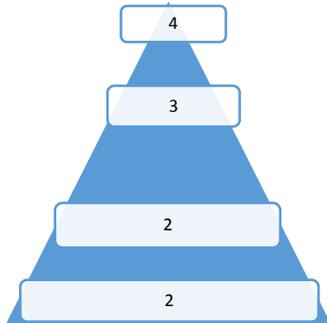
1d) The risk of injury is always present when taking part in Physical Activity and Sport. With reference to a named activity / sport of your choice, explain the possible outcome if a performer does not warm up properly. Discuss the possible outcome, (injury) and the physiological effects upon the body. (6)

Section 2: Health, Fitness & Well Being

- 2a) Define 'Health related' and 'Skill related' fitness (4)
- i) Health related fitness
 - ii) Skill related fitness
- 2b) For a named team sport of your choice, describe the positive and negative effects of motivation upon team members. (5)
- 2c) Identify the components of a balanced diet. Explain how one of these components can improve the health and performance of a teenage boy or girl who is participating in Sport. (5)
- 2d) There are several training principles, each influencing the training of the performer in a different way. Good training takes into account all of the principles and their effects on the body.
- Identify the principles of training, (either F.I.T.T. or S.P.O.R.T.) and for a named sport of your choice, explain how a knowledge of the principles of training would help an individual improve their performance. (6)

Section 3: Social Cultural Issues of Sport on Society

- 3a) The pursuit of sporting excellence in the UK follows a hierarchical structure. Identify the four stages in the diagram below. (4)



- 3b) Name any 'special interest group' that is involved in promoting both participation and excellence in sport. Describe how it has promoted both aspects and whether it has been successful. Give reasons for your answer. (5)

- 3c) The media and television in particular, has a profound influence on sport. Explain how a named sport of your choice has adapted to meet the increased demands of the viewing public over recent years. (5)

- 3d) Despite the advancements in technology and Sport Science, some performers are still prepared to take prohibited substances to enhance their performance.

With reference to one prohibited category of banned substance outlined by WADA, (World Anti-Doping Agency) critically evaluate the physiological and psychological effects it has upon the human body. (6)

END OF PAPER