



RUGBY SCHOOL

## Sixth Form Entrance Examination

### Physical Education

***Time allowed: 1 hour***

**Instructions to candidates:**

- There are three sections to this paper:
  - Section A - Applied Anatomy and Physiology
  - Section B - Health, Fitness & Well Being
  - Section C – Socio-cultural Issues & Sports Psychology
- Each section is worth 20 marks.
- Marks for each question are indicated in brackets at the end of the question.

Equipment Required: **Pen**

There are **60 marks** available in total.

Name: \_\_\_\_\_

**November 2021**

## Section A - Applied Anatomy and Physiology

Answer all questions

1. Which **one** of the following is the correct classification of the knee joint?

(1)

- A** Pivot
- B** Ball and socket
- C** Condylloid
- D** Hinge

2. Which **one** of the following correctly states the role of ligaments?

(1)

- A** Join bone to bone
- B** Join muscle to bone
- C** Join tendons to muscles
- D** Join muscle to muscle

3. Which **one** of the following blood vessels takes oxygenated blood away from the heart to the body?

(1)

- A** Pulmonary vein
- B** Pulmonary artery
- C** Aorta
- D** Vena cava

4. Identify where gas exchange takes place.

(1)

- A** Bronchi
- B** Alveoli
- C** Bronchioles
- D** Diaphragm

5. Components of fitness help us to perform well in sport.

Complete **Table 4** by:

(a) Stating the component of fitness being described.

(b) Giving a specific example of how the component of fitness is used in a sport of your choice.

<b>Description</b>	<b>(a) Component of fitness being described</b>	<b>(b) Specific example of use in sport</b>
The ability to exercise the entire body for long periods of time without tiring	(1)	(1)
The ability to change the position of the body quickly while maintaining control of the movement	(1)	(1)
The ability to retain the body's centre of mass above the base of support	(1)	(1)

6. Which one of the following is an example of a long term effect of exercise on the heart?

- Increase in tidal volume (1)
- Decrease in resting heart rate
- Increase in heart disease
- Decrease in stroke volume



## Section B - Health, Fitness & Well Being

Answer all questions

10 Which one of the following is a suitable test for flexibility?

- 30 metre sprint test
- Sit and reach test
- Grip dynamometer test
- Sit-up test

[1]

11. Frequency is one of the FITT principles for training effectively.

Which one of the following is an example of the frequency aspect of the FITT principle?

- Training at 70% of maximum heart rate
- Training three times a week
- Training with few rest intervals
- Training by using a variety of methods

[1]

12. Which one of the following best describes circuit training?

- Travelling to different venues to train
- Training using the perimeter of the games pitch for running
- A series of exercises or skill activities which are repeated
- Exercises that are aerobic and involve dance movements

[1]

13. Which one of the following is the best measure of health and well-being?

- How much money a person has
- Only drinking five units of alcohol per day
- The frequency of public transport in the area
- The level of satisfaction you have in life

[1]

14. What is meant by the term 'fitness'?

.....  
..... [1]

15. Obesity, Type 2 diabetes and a decrease in physical fitness can be consequences of a sedentary lifestyle.

Describe other physical consequences of a sedentary lifestyle.

.....  
.....  
.....  
..... [2]

16. Describe **one** practical example of how sport or physical activity might provide the social benefit of belonging to a group.

.....  
..... [1]

17. Explain how the physical and emotional benefits of physical activity can help young people to manage stress.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

18. Complete **Table 1** below by giving **one** example of a food that is a good source of each named nutrient.

**Table 1**

<b>Carbohydrate</b>	<b>Protein</b>	<b>Fibre</b>

[3]

19. What is meant by a balanced diet?

.....  
..... [1]

20. Why might a long distance athlete consume water regularly during competition?

.....  
..... [1]

21. Many elite performers in sport are aware of the need to follow a diet that enables them to train and compete at the highest level.

(i) Why is fibre an important component of a balanced diet?

.....  
..... [1]

(ii) Which component of a balanced diet is essential for growth and repair?

..... [1]

(iii) Complete this sentence:

Carbohydrates are a particularly important component of a balanced diet because they are the main source of .....

[1]

**20 marks**

## Section C – Socio-cultural Issues & Sports Psychology

Answer all questions

22. Describe **two** strategies which can be used to improve participation in sport by disabled people.

.....  
.....  
.....  
..... [2]

23. (a) Identify **one** recent trend in sports participation for women aged over sixteen.

..... [1]

(b) Tick **two** of the following statements that are true for participation in physical activity and sport within the UK.

- (i) Cycling and dance are the most popular physical activities for adults
- (ii) Swimming and walking are the most popular physical activities for adults
- (iii) Football is more popular with younger age groups than older age groups
- (iv) Golf is more popular with those from an ethnic minority background

[2]



24. Personal factors such as an individual's age can affect participation in sport and physical activity.

(a) State **two** other personal factors that can affect participation rates.

(2)

1.....

.....

2.....

.....

(b) Explain **two** reasons why a person's age may affect their participation in sport and physical activity.

(4)

1.....

.....

.....

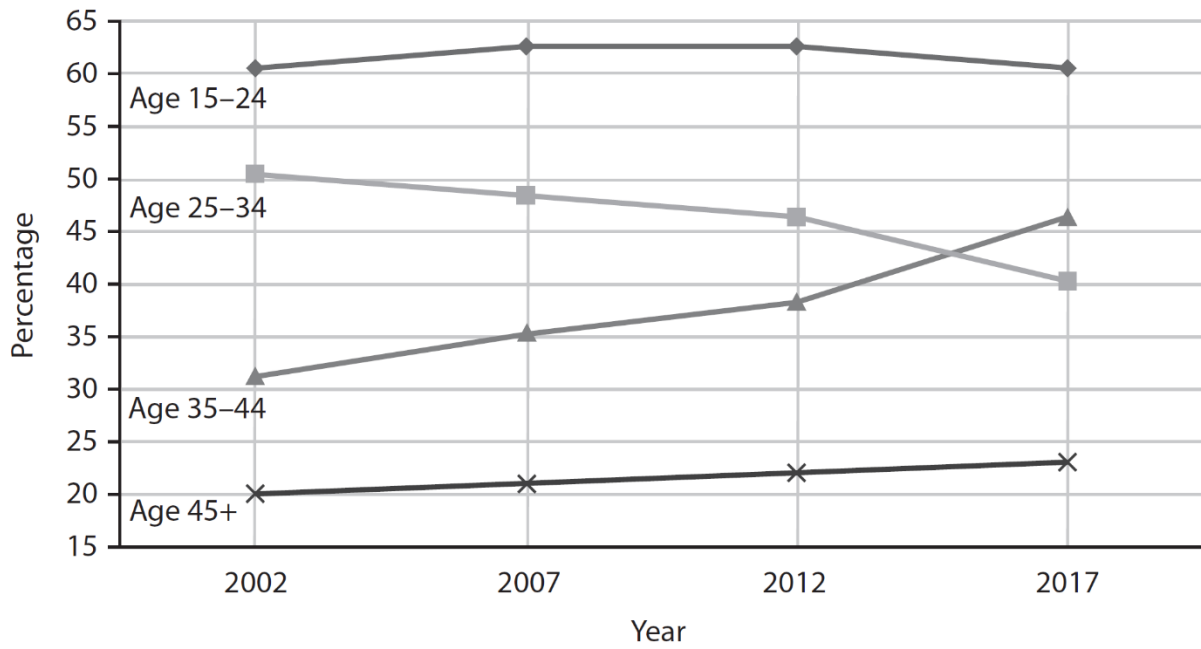
2.....

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25. **Figure 5** shows the participation rates by age group in sport and physical activity in the North of England, from 2002 to 2017.



**Figure 5**

(a) Analyse the data in **Figure 5** to compare the changing patterns in participation rates from 2002 to 2017 for the following age groups:

(i) 25-34

..... [1]

(ii) 35-44

..... [1]

(b) Using the data in **Figure 5**, predict the **most** likely trend in the participation rates of adults aged 45+ in 2022.

..... [1]

(c) Justify your answer to (b) using the data in **Figure 5**.

..... [2]

26. Describe **one** practical example of sportsmanship.

.....  
.....

**[1]**

27. Explain how imagery can help a sports performer mentally prepare for effective performance.

.....  
.....  
.....  
.....  
.....  
.....

**[3]**

**20 marks**

Additional Answer Space

A series of 25 horizontal dotted lines providing space for writing answers.



