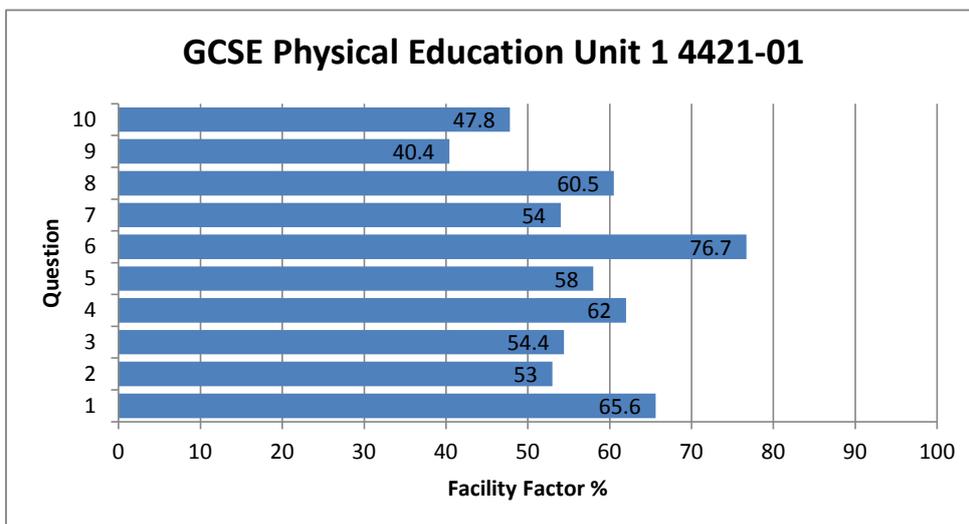


GCSE Physical Education Unit 1 4421-01

All Candidates' performance across questions

Question Title	N	Mean	SD	Max Mark	FF	Attempt %
1	6027	11.8	3.5	18	65.6	100
2	6027	7.4	2.7	14	53	100
3	6027	9.8	2.7	18	54.4	100
4	6027	2.5	1.3	4	62	100
5	6027	4.6	1.9	8	58	100
6	6027	6.9	2.3	9	76.7	100
7	6027	4.3	1.7	8	54	100
8	6027	5.4	2	9	60.5	100
9	6027	2.4	1.6	6	40.4	100
10	6027	2.9	1.2	6	47.8	100



(d) Discuss the factors which have influenced **your** participation in sport/physical activity. [6]

Many factors have affected my participation in sport. Friend, family, school and age have been the biggest factors. When I was six/seven I wanted to join a kango club in the local kango leisure centre, but it was only for 14 years plus and there wasn't any other kango clubs in my area. Friend's friends affected my participation of sport in school as in year 7 one of my friend started hockey club, one day I followed along and now I have never stopped playing. I believe that school has been one of the biggest factor that affected my participation as it offered loads of different clubs through a institutes e.g. Dragon sports and Sx60. Family also affects my participation in sport as many of my family members ~~also participate~~ ^{don't participate} ~~at all~~ ~~and because of this I had~~ ~~to ~~participate~~ in sport~~, so I found it hard to ~~find~~ get lifts to clubs in the ~~leisure~~ leisure centre and my family found it hard to find for kit and equipment that I needed to participate.



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(d) Discuss the factors which have influenced **your** participation in sport/physical activity. [6]

The factors that influenced me in sport are the better facilities, it makes the experience more professional and helps with a safer environment. Also good coaches have influenced me because they can motivate you to do well and to be more committed. The weather has influenced me as well because here in Britain we don't have any snow so I can't go skiing unlike people in the Arctic. They cannot go and play rugby because there is no snow.

However money has influenced my participation in a bad way. Most clubs are just too expensive so I can't afford to attend them. Tradition has stopped me playing some sports like windsurf because where I live it is traditional to play rugby and my family has brought me up to play it.



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Examiner
only

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(d) Discuss the factors which have influenced **your** participation in sport/physical activity. [6]

I have been influenced by many different factors for my participation in sport. I have been intrinsically motivated by the want to improve and better myself, physically, mentally and socially, and get healthier. I also participate because I enjoy sport and love to continue doing it. I also do sport because I want to be the best that I can be.

However I have also been extrinsically motivated also to do sport because of family, friends, teachers praise to me. This allows me to know that I am doing great. I have also been motivated by the sense of trophies, winning and fame, this makes me want to do more and earn myself a better life. I also participate in sport because ~~my friends do~~ ^{of the crowd} it, this encourages me to impress them and make them cheer my name. Finally I participate in sport because my friends do it as well. To conclude many factors have influenced me in my participation in sport and will continue influencing me throughout my life.



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(e) Discuss the risks associated with a sedentary lifestyle.

[6]

If you have a sedentary lifestyle you won't be able to keep up with the demands that your environment places on the body like carrying shopping or ~~run~~ running for a bus. Also, you are likely to become obese and you could even get diabetes or certain cancers which could result in death. ~~It~~

As well as this, you may become stressed or ~~depp~~ depressed or even anxious in your life and by not doing exercise you won't be able to reduce that feeling which could put strain on your health.

Also, you may ~~to~~ not be able to meet new people or feel like you belong to something.

By exercising you will have a happier life because if you look good then you ~~to~~ will feel good about yourself which will allow you to gain confidence.



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(e) Discuss the risks associated with a sedentary lifestyle.

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people with a sedentary lifestyle can be at risk of many health problems, in the long term and short term. Firstly a sedentary lifestyle can mean not participating in physical activity. This can cause health problems like diabetes and above all obesity. Obesity is caused by build up of body fat and for someone with a sedentary lifestyle, intake of food will be greater than exercise done. In addition, someone with a sedentary lifestyle may experience stress problems or confidence problems due to lack of socialising, which sport can provide. Also, a sedentary lifestyle can lead to the use of drugs or smoking which can further lead to health problems. These health problems could be cancer or heart disease. ~~Through~~ Doing exercise can reduce the chance of these risks.

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(e) Discuss the risks associated with a sedentary lifestyle.

[6]

Examiner
only

The risks associated with a sedentary lifestyle is that the individual becomes very unfit and ~~may~~ possibly not able to complete everyday tasks like ~~go~~ going down the stairs, sedentary people are not fit for their environment.

There are some health risks as well, ~~per their arteries~~ ~~might~~ they will put on weight if they are eating more calories than they are burning ~~off~~ off. Their arteries might clog up with cholesterol and this can have major consequences like a heart attack ~~if your coronary arteries~~ if your coronary arteries are blocked.

More and more people are being labelled as obese with a lot of excess weight to carry around.

Also a sedentary person may not use his joints at it full range of motion often enough, so they will become stiff and not very flexible.

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9. Describe the IMMEDIATE EFFECTS OF EXERCISE on the body.

[6]

An immediate effect of exercising on the body is, muscle strain. Immediately, ~~at~~ your muscles start to hurt and ache. You also have oxygen debt, hands on your knees, gasping for air. Your heart rate would also go down a bit because it would be calmer and slower after a ~~very long~~ exercise. Your skin goes ~~so~~ red because the blood is going to all the different muscles. You start to sweat a lot because your body is heating ~~is~~ up.

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The immediate effects of exercise on the body are you begin to sweat. You begin to sweat because your body opens the skins pores to allow moisture to come out, that cools down the skin, and then is evaporated which gets rid of the heat energy. Another immediate effect of exercise on the body is you become red in the face. This is because your capillaries become closer to the skins surface so they can cool down. They vasodilate. You also become out of breath because you need to re-pay oxygen debt, because you have use to much oxygen, more than your body could supply. To repay oxygen debt ~~at~~ you just breath in.

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10. "Taking part in physical activity can help a person's mental and social well-being." Discuss. [6]

It can help in a persons mental well-being because it makes their confidence go up.

It makes them feel better about about their body because they are improving it.

It makes them feel better about themselves because they are getting out of the house and exercising.

It can help in a persons social well-being because it makes them meet new people when they go to clubs.

It makes them talk to their coaches because they want to improve.

It makes them go to different places because of different competitions they will be doing.

END OF PAPER

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Taking part in physical activity can help a person's mental and social well-being because, if you are taking part in physical activity you will become fitter and ~~they~~ that might make you feel good about yourself. Also, taking part in sport can take your mind of other things, such as bullying etc. Taking part in physical activity can help a person's social well-being because if they are in a team, they will go to competitions, games and events. There they will meet new people and make friends. Also if you like sport and you enjoy playing it then you will feel good about what you are doing.

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10. "Taking part in physical activity can help a person's mental and social well-being." Discuss. [6]

It can help a person's physical, mental and social well-being as after taking part in a activity you mentally feel more confident in yourself because you know that if you continue to take part in physical activities you will become fitter and healthier & socially it can help as you can talk to more people doing the activity and feel less ~~embarrassed~~ more confident in the way you look ~~and~~ as you don't have to worry that your weight. It can also mentally help as you feel more prepared in yourself and to perform the activity to a good standard, you also don't become mentally worried about how people may perceive you if you ~~weight~~ or ~~fat~~ as if you continue to take part in physical activity you can ~~then~~ have better self-esteem and the ~~time~~ to finish a sport that you have never ~~tried~~ before.

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