



**GCSE**

**3445U20-1B**

**MONDAY, 10 JUNE 2024 – MORNING**

**APPLIED SCIENCE (Double Award)  
UNIT 2: Space, Health and Life**

**RESOURCE FOLDER  
Text Booklet**

**FOR USE WITH:**

**GCSE APPLIED SCIENCE (D/A) UNIT 2  
FOUNDATION TIER (3445U20-1)**

**GCSE APPLIED SCIENCE (D/A) UNIT 2 HIGHER  
TIER (3445UB0-1)**

**EXAMINATION COPY.**

**TO BE GIVEN OUT AT THE START OF THE  
EXAMINATION.**

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USED.**



## **Preparing for a triathlon**

### **WHAT IS A TRIATHLON?**

**A triathlon is a race that consists of swimming, cycling, and running over various distances. Triathletes compete for the fastest overall completion time. Each leg of the race occurs one after the other. The time of the transitions between the legs is included.**

### **WHAT IS A TRANSITION?**

**These are the two parts of the race that get you from one sport to the next. The first transition is the switch from the swim to the cycle leg. This is where the wetsuit, cap and goggles are removed, and the helmet and cycle shoes are put on. The second transition is where the bike is placed in a rack, the helmet is removed and the shoes are changed. Competitors can then start the final section of the triathlon, which is the run leg.**

**There are different types of triathlons as shown in TABLE 1 in the separate diagram booklet.**



**TRAINING FOR A TRIATHLON**

In general, when aiming to complete a first sprint triathlon, plan for at least 12 weeks of training.

During training, Jake produced the data shown in **TABLE 2** in the separate diagram booklet.

The total airflow per minute can be found using the following equation:

$$\text{air breathed in} \\ \text{per minute} = \text{breathing} \\ \text{rate} \times \text{airflow per} \\ \text{breath}$$



**MAXIMUM HEART RATE**

During training, it is very important that the maximum heart rate for a person's age is not exceeded.

The maximum heart rate is calculated by the following equation:

$$\text{Maximum heart rate} = 220 - \text{age}$$

For example, if a person is 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the mean maximum number of times their heart should beat per minute during exercise.

**TABLE 3** in the separate diagram booklet shows maximum heart rates for selected ages, and what the heart rate would be if the heart is beating at different percentages of the maximum value.



## **EXERCISE HEART RATE ZONES**

Exercise heart rate zones are the training levels based on a person's maximum heart rate. As pace and workload increase, the demands on the heart increase.

- **LOW INTENSITY ZONE:** Exercise is at about 50% of maximum heart rate. In this zone, 85% of calories burnt are from fat.
- **AEROBIC ZONE:** Exercise is at 60% to 80% of the maximum heart rate. About 45% of the calories burnt are from fat. However, a higher number of calories is burnt compared to the other heart rate zones.
- **ANAEROBIC ZONE:** Exercise is above 80% of the maximum heart rate. A person will be unable to exercise for more than 120s until they have a burning feeling in their muscles.

## **TRIATHLETES**

**TABLE 4** in the separate diagram booklet shows information about 8 triathletes.

The triathletes each have a different body mass index (BMI). BMI is calculated by using the equation:

$$\text{BMI} = \frac{\text{mass}}{\text{height}^2}$$

In this equation, mass is measured in kg and height in m.

(Turn over)



**TRIATHLON TIMES**

The mean time to complete the IRONMAN triathlon is 12.8 h.

The swim leg lasts 10% of this time (or 1.28 h), the bike leg lasts 50% (6.40 h), the run leg lasts 38% (or 4.86 h), and finally, the transitions last 2% (0.26 h).

The mean time to complete the HALF IRONMAN triathlon is 6.08 h.

The swim leg lasts 11% of this time (0.67 h), the bike leg lasts 50% (3.04 h), the run leg lasts 36% (or 2.19 h), and finally, the transitions last 3% (0.18 h).

The mean time to complete the OLYMPIC triathlon is 2.88 h.

The swim leg lasts 18% of this time (0.52 h), the bike leg lasts 44% (1.27 h), the run leg lasts 33% (or 0.95 h), and finally, the transitions last 5% (0.14 h).

The mean time to complete the SPRINT triathlon is 1.67 h.

The swim leg lasts 18% of this time (0.30 h), the bike leg lasts 46% (0.77 h), the run leg lasts 28% (or 0.47 h), and finally, the transitions last 8% (0.13 h).



## TRIATHLON DATA FOR THE CYCLE LEG

**TABLE 5** in the separate diagram booklet shows the time to reach maximum cycle speed after leaving the transition zone, and how it is affected by gradient.

**GRAPH 1** in the separate diagram booklet shows the mean cycle speed in the Ironman triathlon for each age group in a race.

The dashed line shows the mean speed for the winner in each age group. The solid line shows the mean speed for all competitors in each age group.

## ANALYSING PERFORMANCE

Performance in triathlons can be analysed using the information below.

$$1 \text{ km} = 1000 \text{ m}$$

$$10 \text{ mph} = 16 \text{ km/h}$$

$$\text{speed in km/h} = 1.6 \times \text{speed in mph}$$

The speeds in different legs can be calculated using the equation:

$$\text{speed} = \frac{\text{distance}}{\text{time}}$$

Acceleration can be calculated using the equation:

$$\text{acceleration} = \frac{\text{change in speed}}{\text{time}}$$



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**TABLE 1: DISTANCES IN TRIATHLONS**

<b>Leg</b>	<b>Distance (km)</b>						
	<b>Super sprint</b>	<b>Sprint</b>	<b>Olympic</b>	<b>Middle distance</b>	<b>Half Ironman</b>	<b>Long distance</b>	<b>Ironman</b>
<b>Swim</b>	<b>0.4</b>	<b>0.75</b>	<b>1.5</b>	<b>2.5</b>	<b>1.9</b>	<b>4.0</b>	<b>3.8</b>
<b>Bicycle ride</b>	<b>10.0</b>	<b>20.0</b>	<b>40.0</b>	<b>80.0</b>	<b>90.0</b>	<b>120.0</b>	<b>180.0</b>
<b>Run</b>	<b>2.5</b>	<b>5.0</b>	<b>10.0</b>	<b>20.0</b>	<b>21.1</b>	<b>30.0</b>	<b>42.2</b>



**TABLE 2: HEART RATE, BREATHING RATE AND AIRFLOW BEFORE, DURING AND AFTER EXERCISE**

<b>Time (minutes)</b>	<b>Heart rate (beats per minute)</b>	<b>Breathing rate (breaths per minute)</b>	<b>Airflow per breath (units)</b>
<b>0</b>	<b>55</b>	<b>7.0</b>	<b>0.6</b>
<b>1</b>	<b>103</b>	<b>9.0</b>	<b>1.7</b>
<b>2</b>	<b>105</b>	<b>13.5</b>	<b>2.2</b>
<b>3</b>	<b>108</b>	<b>13.5</b>	<b>2.7</b>
<b>4</b>	<b>108</b>	<b>13.1</b>	<b>2.9</b>
<b>5</b>	<b>110</b>	<b>14.0</b>	<b>3.2</b>
<b>6</b>	<b>115</b>	<b>14.0</b>	<b>3.1</b>
<b>7</b>	<b>116</b>	<b>14.0</b>	<b>3.2</b>
<b>8</b>	<b>118</b>	<b>14.0</b>	<b>3.3</b>
<b>9</b>	<b>120</b>	<b>15.0</b>	<b>2.8</b>
<b>10</b>	<b>124</b>	<b>16.0</b>	<b>2.9</b>
<b>11</b>	<b>126</b>	<b>16.0</b>	<b>3.0</b>
<b>12</b>	<b>130</b>	<b>17.0</b>	<b>3.1</b>
<b>13</b>	<b>115</b>	<b>15.0</b>	<b>1.8</b>
<b>14</b>	<b>100</b>	<b>14.0</b>	<b>1.6</b>
<b>15</b>	<b>85</b>	<b>10.0</b>	<b>1.2</b>



**TABLE 3**

<b>Age (years)</b>	<b>Maximum heart rate (beats per minute)</b>	<b>50% of maximum heart rate (beats per minute)</b>	<b>60% of maximum heart rate (beats per minute)</b>	<b>80% of maximum heart rate (beats per minute)</b>
<b>20</b>	<b>200</b>	<b>100</b>	<b>120</b>	<b>160</b>
<b>25</b>	<b>195</b>	<b>98</b>	<b>117</b>	<b>156</b>
<b>30</b>	<b>190</b>	<b>95</b>	<b>114</b>	<b>152</b>
<b>35</b>	<b>185</b>	<b>93</b>	<b>111</b>	<b>148</b>
<b>40</b>	<b>180</b>	<b>90</b>	<b>108</b>	<b>144</b>
<b>50</b>	<b>170</b>	<b>85</b>	<b>102</b>	<b>136</b>
<b>60</b>	<b>160</b>	<b>80</b>	<b>96</b>	<b>128</b>
<b>70</b>	<b>150</b>	<b>75</b>	<b>90</b>	<b>120</b>



**TABLE 4**

<b>Triathlete</b>	<b>Age (years)</b>	<b>Body mass (kg)</b>	<b>Height (cm)</b>
<b>Sharon</b>	<b>33</b>	<b>75</b>	<b>175</b>
<b>Robert</b>	<b>29</b>	<b>60</b>	<b>166</b>
<b>Malcolm</b>	<b>23</b>	<b>76</b>	<b>170</b>
<b>Helen</b>	<b>25</b>	<b>72</b>	<b>175</b>
<b>Llinos</b>	<b>25</b>	<b>66</b>	<b>177</b>
<b>Karen</b>	<b>30</b>	<b>68</b>	<b>170</b>
<b>Brian</b>	<b>38</b>	<b>80</b>	<b>185</b>
<b>Steve</b>	<b>24</b>	<b>82</b>	<b>175</b>



**TABLE 5**

<b>Gradient (%)</b>	<b>Maximum speed (m/s)</b>	<b>Time to reach maximum speed (s)</b>
<b>-5 (downhill)</b>	<b>8.1</b>	<b>20</b>
<b>0 (level ground)</b>	<b>6.2</b>	<b>26</b>
<b>5 (uphill)</b>	<b>4.3</b>	<b>24</b>



**GRAPH 1**

**Speed (mph)**

