



Surname _____

Forename(s) _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

I declare this is my own work.

GCSE

PHYSICAL EDUCATION

**Paper 1 The human body and movement in physical
activity and sport**

8582/1

Wednesday 22 May 2024 Afternoon

Time allowed: 1 hour 15 minutes

**At the top of the page, write your surname and
forename(s), your centre number, your candidate
number and add your signature.**

[Turn over]



JUN248582101

MATERIALS

For this paper you must have:

- **a ruler.**

INSTRUCTIONS

- **Use black ink or black ball-point pen. Pencil should only be used for drawing.**
- **Answer ALL questions.**
- **You must answer the questions in the spaces provided. Do not write on blank pages.**
- **If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).**
- **Do all rough work in this book. Cross through any work you do not want to be marked.**



INFORMATION

- **The marks for questions are shown in brackets.**
- **The maximum mark for this paper is 78.**
- **Questions should be answered in continuous prose. You will be assessed on your ability to:**
 - **use good English**
 - **organise information clearly**
 - **use specialist vocabulary where appropriate.**

DO NOT TURN OVER UNTIL TOLD TO DO SO

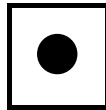


Answer ALL questions.

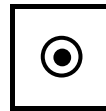
Only ONE answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

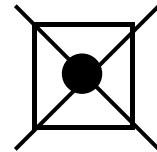
CORRECT METHOD



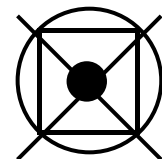
WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



0	1
---	---

What happens to the diaphragm during inhalation?
[1 mark]

A It contracts

B It extends

C It expands

D It remains the same

[Turn over]



0	2
---	---

Which ONE of the following is the correct unit of measurement for the Illinois Agility Test? [1 mark]

A Centimetres

B Levels

C Metres

D Seconds



0	3
---	---

Which ONE of these will air pass through immediately before entering the alveoli? [1 mark]

A Bronchi

B Bronchioles

C Mouth

D Trachea

[Turn over]



0	4
---	---

Which ONE of these is the maximum heart rate for a 14-year-old girl? [1 mark]

A 204

B 206

C 208

D 210



0	5
---	---

Which **ONE** of the following would a netballer be **MOST** likely to take part in during the post-season? [1 mark]

A High intensity interval training

B Light jogging

C Netball fixtures

D Passing drills

[Turn over]

5



06

Define health AND fitness. [2 marks]

Health _____

Fitness _____

2



BLANK PAGE

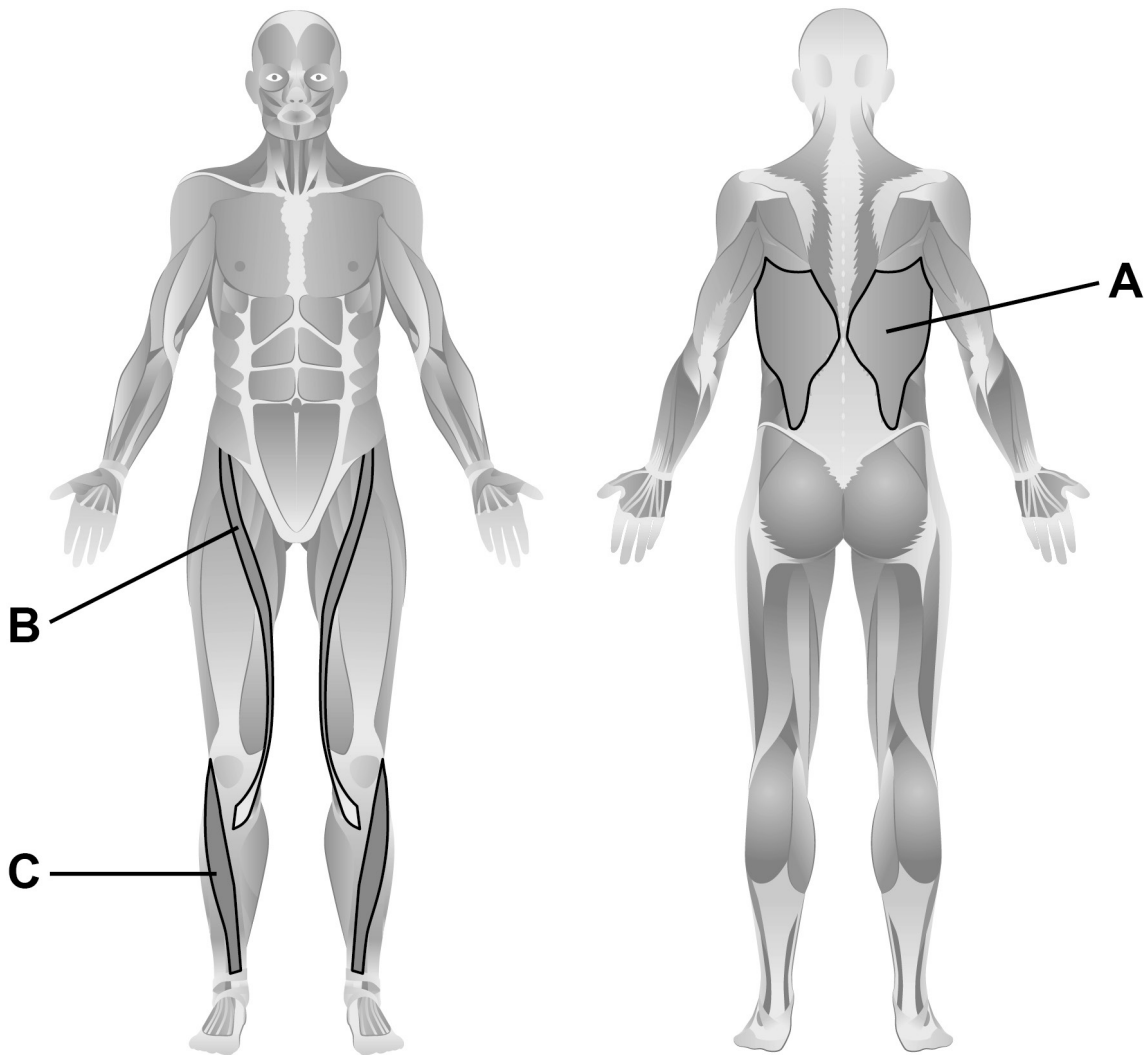
[Turn over]



07

FIGURE 1 shows muscles in the body.

FIGURE 1



07.1

Identify the muscles labelled A, B and C in FIGURE 1, on the opposite page. [3 marks]

A _____

B _____

C _____

[Turn over]



07.2

Name TWO bones located at the head/neck. [2 marks]

1 _____

2 _____

07.3

Explain how muscles AND bones work to produce movement. [3 marks]



[Turn over]

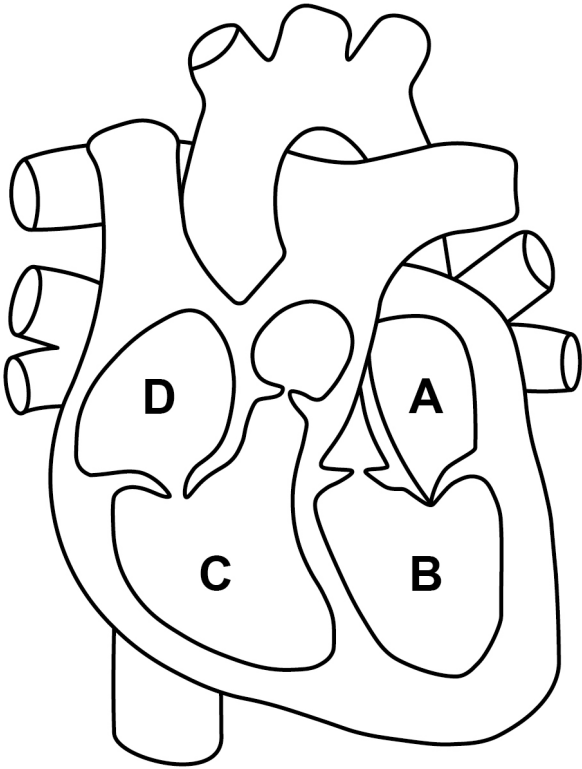
—
8



08

FIGURE 2 shows a diagram of the heart.

FIGURE 2



Name the FOUR chambers labelled A, B, C and D in FIGURE 2, on the opposite page. [4 marks]

A _____

B _____

C _____

D _____

[Turn over]

4



09

Explain how the function of arteries AND veins in the cardiovascular system allows an athlete to complete a marathon. [4 marks]

Arteries

Veins

4



BLANK PAGE

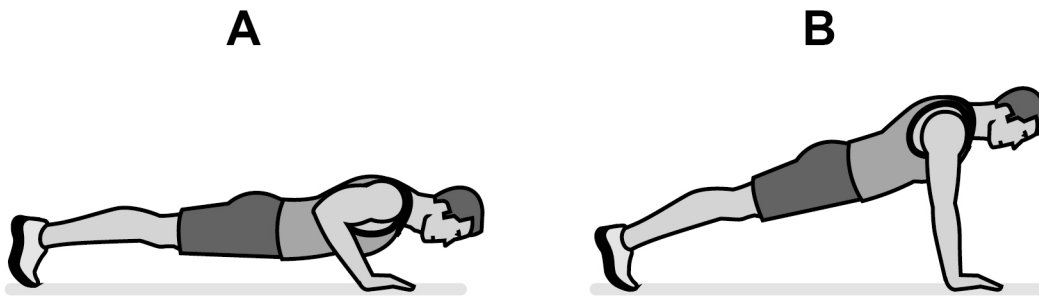
[Turn over]



10

FIGURE 3 shows an individual performing a push-up.

FIGURE 3



Use FIGURE 3 to help you answer QUESTIONS 10.1 to 10.3.

10.1

Identify the joint action taking place at the ELBOW during the UPWARD phase (A to B) of the push-up. [1 mark]



10.2

Identify the main agonist at the ELBOW during the UPWARD phase (A to B) of the push-up. [1 mark]

10.3

Identify the type of isotonic muscle contraction taking place at the ELBOW during the UPWARD phase (A to B) of the push-up. [1 mark]

[Turn over]

3



1 1

Rizwan is aiming to perform 40 push-ups.

Identify the type of muscular strength that Rizwan uses to perform 40 push-ups.

Justify your answer. [3 marks]

Type of strength _____

Justification _____

3



1	2	.	1
---	---	---	---

Identify **THREE** components of fitness which can be improved using weight training. [3 marks]

1 _____

2 _____

3 _____

[Turn over]



1 2 . 2

State THREE ways to minimise the risk of injury when weight training. [3 marks]

1 _____

2 _____

3 _____



BLANK PAGE

[Turn over]



13.1

Define plantar flexion.

Give a sporting example. [2 marks]

Definition _____

Example _____

13.2

Define adduction.

Give a sporting example. [2 marks]

Definition _____

Example _____

[Turn over]

4



1 4

Define balance.

Justify why balance is important for a football or hockey player. [5 marks]

Definition _____

Justification _____

1	5
---	---

Milo is competing in a 1000m rowing race.

TABLE 1 shows his cardiac output in litres per minute (l/min) at rest and during the 1000m race.

TABLE 1

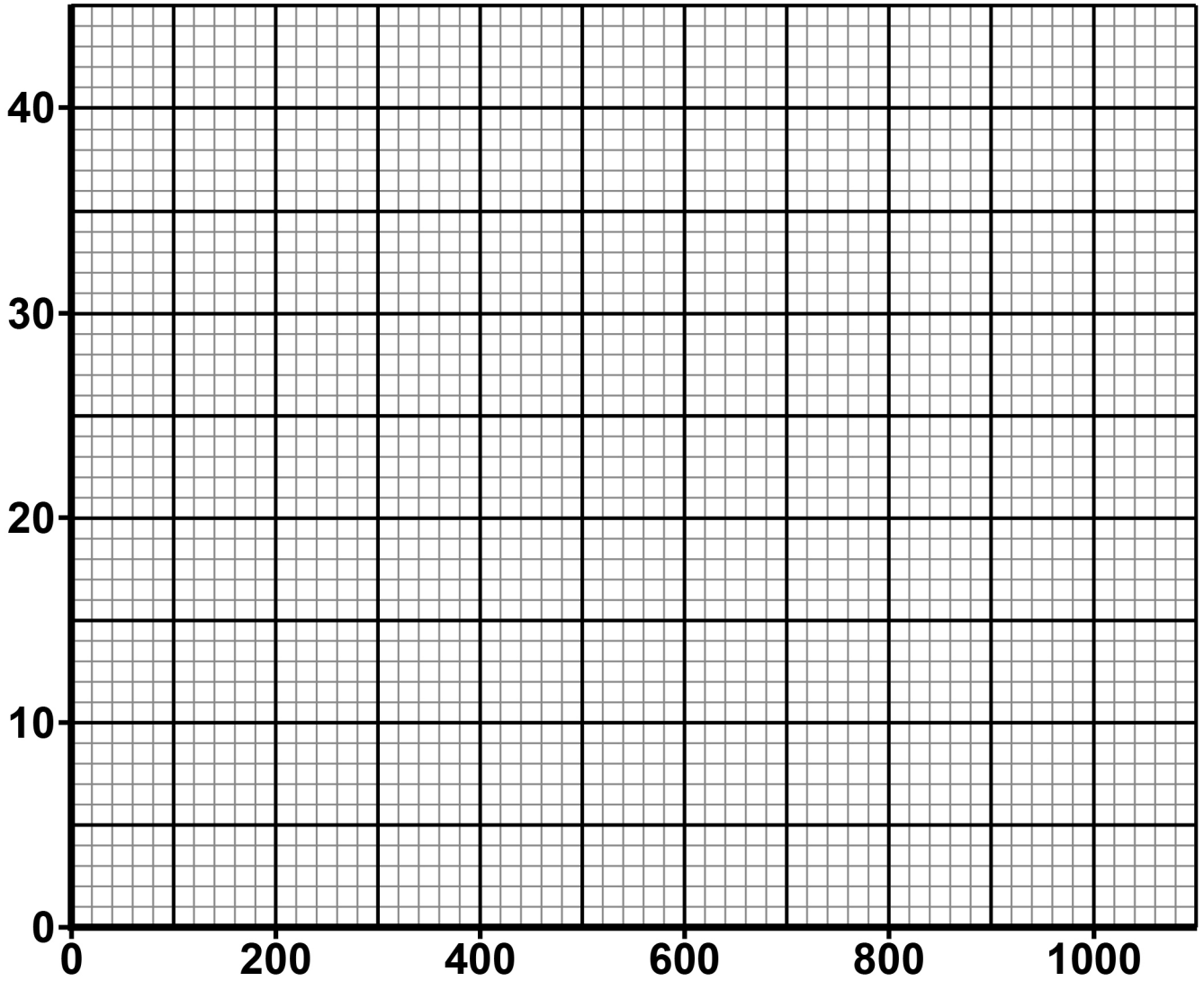
DISTANCE (m)	CARDIAC OUTPUT (l/min)
0	5
200	9
400	16
600	25
800	27
1000	32

Using the graph paper on the opposite page:

- Draw a line graph to show Milo's cardiac output in litres per minute (l/min) at the start and during the 1000m rowing race.
- Label the axes.

[2 marks]





[Turn over]

$\frac{\quad}{2}$



16.1

Identify **THREE** short term effects of exercise.
[3 marks]

1 _____

2 _____

3 _____

16.2

A cool down and stretching are two ways to recover from vigorous exercise.

Explain TWO OTHER ways to improve recovery from vigorous exercise. [4 marks]

1 _____

2 _____

[Turn over]

7



17

Javeria is an ice skater.

FIGURE 4 shows Javeria performing a 360° twist (ice skating spin).

FIGURE 4



Identify the plane AND axis of movement when Javeria performs the 360° twist. [2 marks]

Plane _____

Axis _____

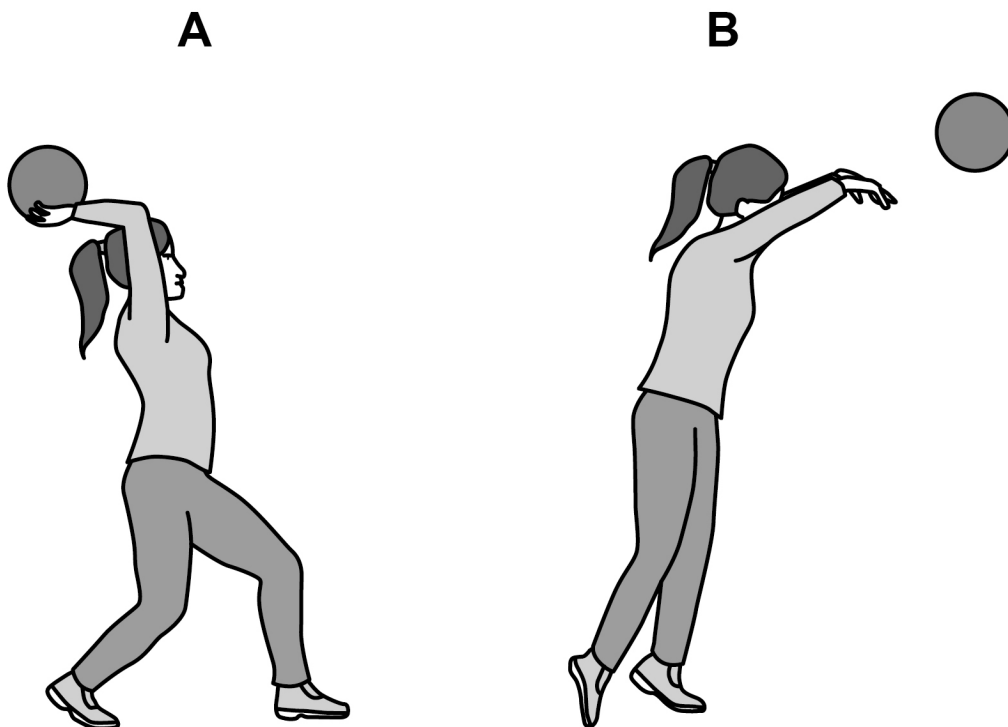
[Turn over]

2



1 8

FIGURE 5 shows a netball player in two different positions (A and B) as they perform a throw.

FIGURE 5

Use **FIGURE 5** to help answer the following questions, on the opposite page.



18.1

Identify the class of lever system used at the ELBOW as it moves from A to B. [1 mark]

18.2

Draw a fully labelled diagram to show the class of lever identified in QUESTION 18.1. [2 marks]

[Turn over]



END OF QUESTIONS

<hr/>
9



BLANK PAGE

For Examiner's Use	
Question	Mark
1 to 5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
TOTAL	

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2024 AQA and its licensors. All rights reserved.

WP/M/MW/Jun24/8582/1/G4004/V4

