

**Fitness and Performance**

4. Copy and complete Table 1 in your answer booklet. Complete Column B by selecting from the list below the table the BEST definition of EACH term listed in Column A.

( 3 marks)

**TABLE 1**

<b>Column A</b>	<b>Column B</b>
Hypermobility	
Shin splint	
Condylloid joint	

- Pain in the front of the tibia
- One bone slides on top of the other.
- The ability to extend the knee, elbow, thumb or wrist joint past a straight line
- Allows movement in two planes (directions)

5. Copy the terms labelled A, B and C in your answer booklet. Match the definition of EACH term by writing the correct number of the definition next to the term.

<b>Terms</b>	<b>Definitions</b>
(A) Force	1. The ability to exercise the entire body for long periods of time 2. Tendency of the body to remain at rest
(B) Mass	3. The body's ability to start or stop, or alter the state of motion, and is proportional to the body's mass
(C) Inertia	4. The amount of material of which an object is made

( 3 marks)

**Health and Nutrition**

6. (a) Name ONE food high in fibre. ( 1 mark )
- (b) Give TWO benefits of fibre in an athlete's diet. ( 2 marks)

GO ON TO THE NEXT PAGE

Column A

Column B

High mobility

the ability to extend the knee,  
elbow, thumb or wrist joint past  
a straight line

Shin splint

pain in the front of the tibia

Condylar joint

allows movement in two planes  
(directions)

5. (A) Force

3

(B) Mass

4

(C) inertia

2

6a. One good high in fibre is lettuce.

6. Two benefits of fibre in an athlete's diet are:

1. stays in the alimentary canal and slows down the release of <sup>energy</sup> sugars which leads to a slow, constant release of energy.
2. adds bulk which would make the athlete feel full and not eat too much to become overweight.

7i. One food that is high in saturated fats is butter.

# Physical Education and Sport

## Paper 01 – May 2011

### Comments

#### Question 4:

Columns were correctly matched

#### Question 5:

Pairs were correctly matched

#### Question 6(a):

The candidate correctly identified 'spinach' as a high fibre food (from green leafy vegetables).