The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

OCR A-level PE - Paper 1

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd and published within the 2024 infographics. Please, note the following:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No-one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited, as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision sessions in April/May/June.

This paper contains:

- Questions in the format of OCR A-level PE Paper 1
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms in April/May/June 2024.

Mark schemes and model answers will be published on the following dates:

- **Mark scheme**: Early March
- **Model answers**: April
- **Revision**: 29th of April, 15:00-16:30

All questions are available on **ExamSimulator**, where they can be practised multiple times in both online and printable format. **ExamSimulator** is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

James Simms

The EverLearner

Subject	Physical Education
Course	OCR Linear GCE PE Paper 1: Physiological Factors
Time allowed	2 hours

First name	
Last name	
Class	
Teacher	

Title	OCR A-level (H555) Paper 1: Physiological Factors National Mock Exam 2024

Guidance	• This paper is marked out of 90 marks. • You have 120 minutes (plus additional time for those who have Exam Access Arrangements). • Answer all questions. • A calculator is permitted for this exam. • This paper contains one 20-mark question. • Good luck.

Total marks	90

1. Identify **two** functions of protein in a balanced diet.

Function 1: _____

_____

Function 2: _____

_____

Marks: [2]

2. Explain why a table tennis player may use caffeine as a nutritional ergogenic aid.

_____

_____

_____

_____

_____

_____

Marks: [2]

3. Identify **two** sporting activities where a high percentage of fast oxidative glycolytic muscle fibres would be beneficial.

Activity 1: _____

_____

Activity 2 _____

_____

Marks: [2]

4. Using a sporting example, describe what is meant by tapering.

Marks: [2]

5. Stability is defined as "the ability of the body to remain in a balanced position".
Describe factors that affect stability.

Marks: [2]

6. Complete the table to analyse the press-up action at the elbow. Ensure your responses are correctly linked to the relevant letter in your answer.

Joint	Phase	Joint movement	Agonist	Type of contraction
Elbow	Upward	A	B	C
	Downward	D	E	F

A is: _____

B is: _____

C is: _____

D is: _____

E is: _____

F is: _____

Marks: [6]

7. Explain how venous return mechanisms assist in the return of blood back to the heart.

Marks: **[5]**

8. Describe the ATP- PC energy system.

Marks: [6]

9. Explain why a coach would encourage an endurance athlete to attend a high altitude training camp.

Marks: [3]

10. Dynamic flexibility and maximum strength are both fitness components important in sport. Describe a sporting situation where **each** would be used.

Dynamic flexibility: _____

_____

_____

Maximum strength: _____

_____

_____

Marks: **[2]**

11. Identify **three** tests which assess aerobic capacity.

Test 1: _____

Test 2: _____

Test 3: _____

Marks: **[3]**

12. Evaluate the use of continuous training as part of a training programme for a triathlete.

Marks: **[4]**

13. Describe the process of glycogen loading.
Evaluate the effectiveness of glycogen loading as an ergogenic aid.

Description

Evaluation

Marks: [5]

14. Name and describe two types of fracture that could occur when playing sport.
Give sporting examples of the possible cause of each type of fracture.

Fracture type 1: _____

Description: _____

_____

Example: _____

_____

Fracture type 2: _____

Description: _____

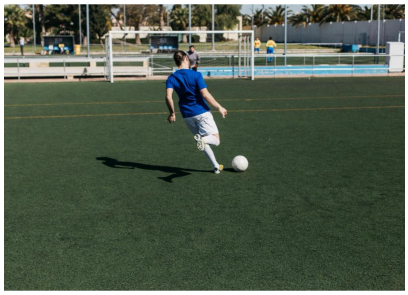
_____

Example: _____

_____

Marks: **[6]**

15. Look closely at this image. Explain how Newton's three laws of motion could be applied to the footballer when taking a shot.



Marks: [6]

16. Explain how a tennis player creates topspin on the ball when playing a forehand shot.

Marks: **[4]**

17. Identify **two** factors that affect the magnitude of drag acting on a body moving through water.

Factor 1: _____

Factor 2: _____

Marks: **[2]**

18. For a sport of your choice, describe a piece of biomechanical technology that is used to analyse performance.

Marks: [2]

19. Explain why a hard-hit shuttlecock follows a non-parabolic flight path.

Marks: [2]

20. Look closely at this image. Explain how the ice skater manipulates their body shape to spin on the ice.

Marks: [4]

21. Analyse the regulation of heart rate during exercise.
Describe the different types of cardiovascular disease that could occur as a result of long-term physical inactivity.

Marks: [20]

END OF PAPER