



General Certificate of Secondary Education  
June 2013

## **Physical Education**

**48905/PM**

**Unit 5 Knowledge and Understanding for the Involved Participant**

## **Preliminary Material**

**To be opened and issued to candidates on or after Monday 14 January 2013**

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**Section B of the summer examination will consist of questions linked to the scenario below.**

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Chris, a 42-year-old builder, regularly participated in many physical activities until two years ago when he sustained a back strain whilst at work. He has since put on a considerable amount of weight and is now looking to regain his fitness by participating in circuit training and weight training.

His wife, Claire, takes part in two exercise classes a week at her local leisure centre but now wants to do more as a family. Recent media campaigns have made her aware that it is important for families to spend time together as well as to improve their general health. She is considering a family membership at a local health club.

Jo, their 15-year-old daughter, has represented Great Britain in international swimming competitions in the 800 m freestyle event. This is a demanding event and she is now increasing her training because she is due to compete in the European Junior Swimming Championships in six months' time. She has to balance this increase in training with her GCSE studies, which include Physical Education and Home Economics: Food and Nutrition.

Alex, Jo's younger brother, feels that he cannot match his sister's achievements and has stopped playing competitive sport. He is becoming increasingly addicted to computer games and, as a result, he is becoming isolated from his friends. His health is also suffering due to a lack of physical activity and inconsistent sleep patterns.