



**Edexcel GCSE PE  
Physical Training  
Mark Scheme 3.5  
A**

Question Number	Answer AO1 - 1 mark	Mark
1(a)	<b>Correct answer is Physical Activity Readiness Questionnaire</b>	(1)

Question Number	Answer AO2 - 2 marks	Mark
1(b)	<b>For example:</b> <ul style="list-style-type: none"> <li>Helps to decide what exercise to do or not do (1)</li> <li>Identifies health problems that should be considered (1)</li> </ul> <b>Accept other appropriate responses</b>	(2)

Question Number	Answer AO3 - 5 marks	Mark
1(c)	<b>For example:</b> <ul style="list-style-type: none"> <li>How old are you? / How tall are you? / How much do you weigh? / How long have you been exercising for?</li> </ul> <p>One mark for each correct question (1)</p> <b>Accept other appropriate responses</b>	(5)

Question Number	Answer AO1 - 1 marks; AO2 - 3 marks	Mark
2(a)	<ul style="list-style-type: none"> <li>Progressive overload means gradually increasing training load overtime (1)</li> <li>It allows time for fitness adaptations to occur (1)</li> <li>Examples - such as stronger muscles (1) / stronger bones (1)</li> </ul> <b>Accept other appropriate responses</b>	(4)

Question Number	Answer AO1 - 3 marks; AO2 - 3 marks	Mark
2(b)	<p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Warm up (1) - to get your muscles flexible to prevent strains (1)</li> <li>• Use boxing gloves (1) - To protect your hands from fractures (1)</li> <li>• Follow the rules (e.g. fight at your weight class) (1) - To prevent mismatches (1)</li> <li>• Use a mouthguard (1) - to prevent teeth injuries (1)</li> </ul> <p>One mark for strategy (1) and one mark for justification (1)</p> <p><b>Accept other appropriate responses</b></p>	(6)

Question Number	Answer AO1 - 4 marks	Mark
3(a)	<p><b>Correct answers are fracture, tennis elbow, concussion, golfer's elbow (from left to right)</b></p>	(4)

Question Number	Answer AO1 - 3 marks; AO2 - 3 marks	Mark
3(b)	<p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Wear a helmet (1) to prevent concussions (1)</li> <li>• Warm up (1) to improve tendon elasticity (1)</li> <li>• Stay hydrated (1) to prevent cramps (1)</li> <li>• Skate with correct form (1) to prevent collisions (1)</li> </ul> <p>One mark for strategy (1) and one mark for justification (1)</p> <p><b>Accept other appropriate responses</b></p>	(6)

Question Number	Answer AO1 - 4 marks; AO2 - 2 marks	Mark
3(c)	<ul style="list-style-type: none"> <li>• RICE - Rest (1) Ice (1) Compression (1) Elevation (1)</li> <li>• Examples - <b>any two soft tissue injuries</b> (2)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(6)

Question Number	Answer AO1 - 1 mark	Mark
4(a)	<b>Correct answer is WADA/World Anti-Doping Agency</b>	(1)

Question Number	Answer AO1 - 4 marks	Mark
4(b)	<b>For example:</b> <ul style="list-style-type: none"> <li>• Anabolic steroids (1)</li> <li>• Narcotic analgesics (1)</li> <li>• Diuretics (1)</li> <li>• Stimulant (1)</li> <li>• Human Growth Hormone/HGH (1)</li> <li>• Erythropoietin/EPO (1)</li> <li>• Beta blockers (1)</li> <li>• Blood doping (1)</li> </ul>	(4)

Question Number	Answer AO3 - 4 marks	Mark
4(c)	<b>For example:</b> <ul style="list-style-type: none"> <li>• Advantages - More strength (1) / Quicker recovery (1)</li> <li>• Disadvantages - heart disease (1) / Death (1)</li> </ul> <b>Accept other appropriate responses</b>	(4)