Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____

A-level
PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Thursday 23 May 2019 Afternoon Time allowed: 2 hours

Materials

For this paper you may have:
- a calculator.

Instructions
- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of the page.
- Answer **all** questions. You must answer the questions in the spaces provided. Do **not** write on blank pages.
- 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 105.
- 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.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

Do not write outside the box

Section A

Applied anatomy and physiology

Answer **all** questions in this section.

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 Which **one** of these muscles causes horizontal abduction at the hip?

A Abdominals ⬭

B Gluteus Minimus ⬭

C Hamstrings ⬭

D Iliopsoas ⬭

[1 mark]

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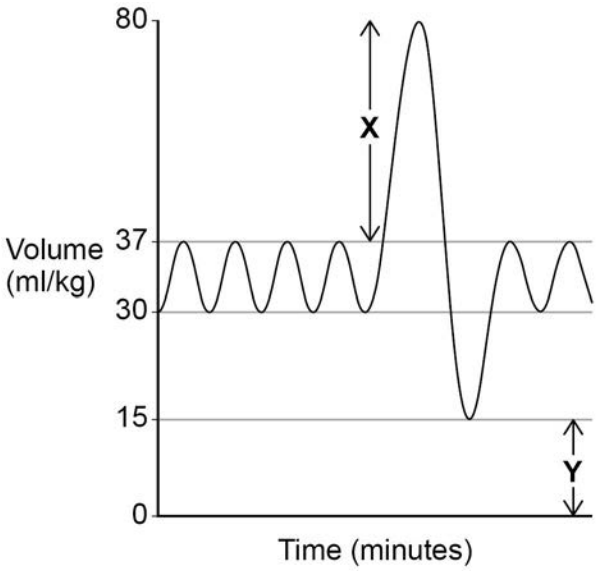
0 2 How does exercise affect the lung volumes labelled **X** and **Y** in **Figure 1**?

Figure 1



A **X**: Decreases **Y**: Decreases ⬭

B **X**: Decreases **Y**: Stays the same ⬭

C **X**: Stays the same **Y**: Decreases ⬭

D **X**: Stays the same **Y**: Stays the same ⬭

[1 mark]

0 3 State **one** positive effect that high density lipoproteins have on the body.

[1 mark]

_____

_____

Turn over for the next question

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0 4 High Intensity Interval Training (HIIT) involves alternating short periods of intense exercise with lower intensity periods of recovery.

Discuss the effectiveness of HIIT as a training method for a games player.

[4 marks]

0 5 . 1 Describe the process of gas exchange which occurs at a muscle.

[3 marks]

0 5 . 2 Gas exchange at the muscle will change during exercise as the Bohr shift will occur.

Describe the Bohr shift.

[2 marks]

Do not write outside the box

0 6 **Figure 2** shows an athlete leaving a cryotherapy chamber.

Figure 2

Analyse how cryotherapy aids recovery from exercise by causing the body to redistribute blood flow.

[8 marks]

You may use this space to plan your answer.

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0 7 Wayde van Niekirk set a new world record in the 400m at the 2016 Summer Olympics in Rio de Janeiro. **Table 1** shows his 50m split times from the race.

Table 1

Distance	Split time (seconds)
0-50m	6.0
50-100m	4.7
100-150m	4.8
150-200m	5.0
200-250m	5.1
250-300m	5.4
300-350m	5.8
350-400m	6.2

Analyse the use of the anaerobic energy systems during the 400m race and their impact on the split times.

[15 marks]

You may use this space to plan your answer.

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Section B

Skill acquisition

Answer **all** questions in this section.

0 8 The third stage of Bandura's observational learning model is motor reproduction.

Which **one** of these best describes this stage?

A The performer is aware of what the skill should look like ⬭

B The performer is physically capable of copying the skill ⬭

C The performer is willing to practise the skill repeatedly ⬭

[1 mark]

0 9 . 1 Which **one** of these skills will benefit from positive transfer if the performer is already able to perform a serve in tennis?

A Backhand serve in table tennis ⬭

B Forehand serve in badminton ⬭

C Overarm serve in volleyball ⬭

[1 mark]

0 9 . 2 State **two** ways a coach can encourage positive transfer of learning.

[2 marks]

1 _____

_____

2 _____

_____

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1 0 Define the **two** types of anticipation. Give a sporting example for each type.

[4 marks]

1 1 An athletics coach will use feedback to improve the performance of an athlete.

1 1 . 1 Give **one** example of positive feedback and **one** example of negative feedback in athletics.

[2 marks]

Positive

Negative

1 1 . 2 Evaluate whether positive or negative feedback is most effective when coaching an athletics performer in the cognitive stage of learning.

[2 marks]

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1 2 **Figure 3** shows two golfers trying to hit successful shots.

Figure 3

Analyse how Schmidt's schema theory can be applied to a single shot **and** the implications of this theory for the golfer's coach when trying to maximise performance.

[8 marks]

You may use this space to plan your answer.

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1 3 A batsman in cricket may face a bowler who can deliver the ball at over 90mph. The batsman therefore needs to take in information and process it very quickly.

Analyse how the input stage of information processing will differ between an international and a local club batsman **and** explain how a coach can adapt the strategies to improve selective attention to each player's level of ability.

[15 marks]

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Section C

Sport and society

Answer **all** questions in this section.

1 4 Which **one** of these is a **fitness benefit** of regular participation in low intensity continuous training, such as jogging?

A Decreased risk of heart disease

B Increased aerobic endurance

C Increased flexibility

D Increased levels of serotonin

[1 mark]

1 5 Which **one** of these is **not** a characteristic of modern day professionalism?

A All classes can compete

B All athletes demonstrate high morality

C Can achieve celebrity status

D High rewards are available

[1 mark]

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1 6 Sport England works closely with local partners, such as the network of County Sports Partnerships.

Explain how the services provided by these partners allow Sport England to develop sport at a local level.

[4 marks]

1 7 During the industrial and post-industrial period (1780 – 1900) rapid changes occurred in sport reflecting the changes occurring in society. One such change was the development of improved transport and communication.

1 7 . 1 Suggest how the improvements in transport and communication during this period led to an increase in the standard of performance in sport.

[4 marks]

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1 7 . 2 In 1850 Dr William Penny Brookes founded the Wenlock Olympian Games.

Identify **two** aims of the Wenlock Olympian Games.

[2 marks]

1 _____

_____

_____

2 _____

_____

_____

Turn over for the next question

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1 8 Social stratification can impact on the sports participation of an individual. One example of social stratification may be the class that an individual belongs to.

Evaluate the different sporting experiences that upper class and working class 15-year-olds may have **and** how this might impact on their life-long participation in sport.

[8 marks]

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1 9 ‘This Girl Can’ is an example of a Sport England campaign that tries to increase female participation in sport by changing attitudes. **Figure 4** shows two posters from this campaign.

Figure 4

Analyse how campaigns such as ‘This Girl Can’ might overcome barriers to female participation in sport and change attitudes.

[15 marks]

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END OF QUESTIONS

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