Please write clearly in block capitals.				
Centre number		Candidate number		
Surname				
Forename(s)				
Candidate signature				

## A-level PHYSICAL EDUCATION

Paper 2 Factors affecting optimal performance in physical activity and sport

Wednesday 5 June 2019

Afternoon

#### Time allowed: 2 hours

Materials
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For this paper you may have:

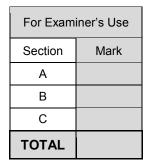
• a calculator.

#### 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.







	Section A		Do no outsic bo
	Exercise physiology and biomechanics		
	Answer <b>all</b> questions in this section.		
Only one	answer per question is allowed.		
	question completely fill in the circle alongside the appropriate answe	er.	
CORRECT ME			
lf you wan	t to change your answer you must cross out your original answer a	is shown.	
	n to return to an answer previously crossed out, ring the answer you		
0 1	A runner completes 400m at an average speed of 5 m/s.		
	How long does it take the runner to complete 400m?		
	A 1 minute 10 seconds	0	
	<b>B</b> 1 minute 20 seconds	0	
	C 1 minute 30 seconds	0	
	<b>D</b> 1 minute 40 seconds	0	
		[1 mark]	
02	Which <b>one</b> of these is an exercise-related function of sodium?		
	A Helps regulate body fluid levels	0	
	B Important for strong bones	0	
	C Needed for the formation of haemoglobin	0	
		[1 mark]	



0 3	When conducting field tests, data can be objective or subjective.	Do not write outside the box
	What is subjective data? Identify <b>one</b> way that it can be collected. [2 marks]	
	[	
04	As a sprinter accelerates along the track at the start of a 100m race, an impulse is generated.	
04.1	Define impulse. State the units of measurement. [2 marks]	
	Question 4 continues on the next page	



2 Sketch <b>and</b> label a graph to show the impulse generated at the start of	f a 100m race. [3 marks



		Do not outsid
0 5	Screening elite performers is a technique used by coaches for a variety of reasons.	bc
	Outline three purposes of screening.	
	[3 marks]	
	1	
	2	
	3	
	Turn over for the next question	

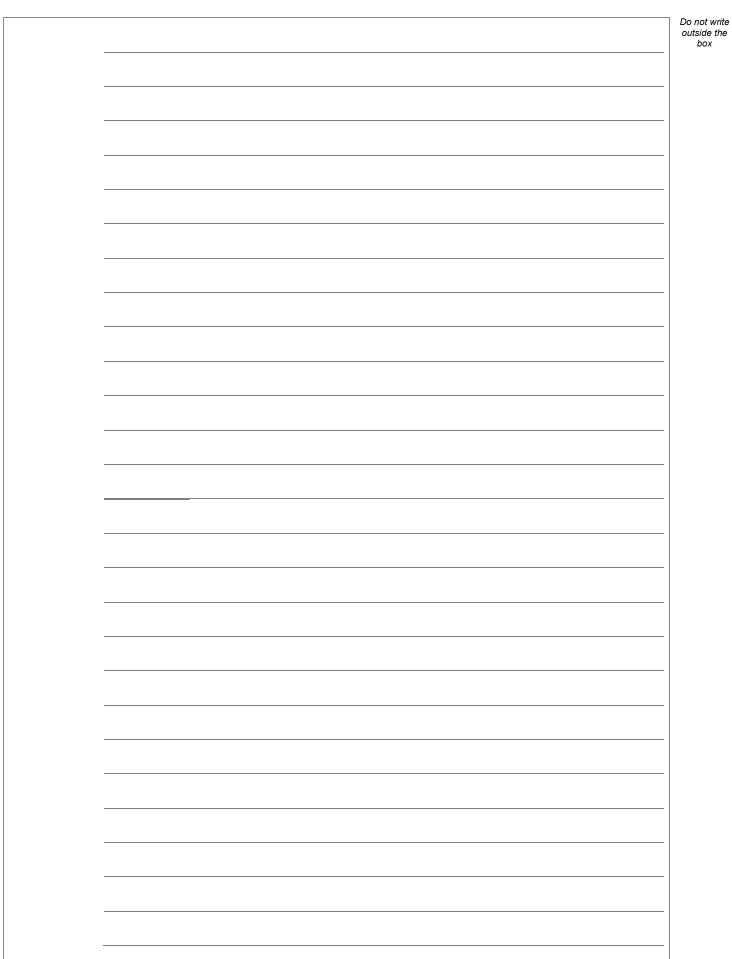
Figure 1 shows an athlete taking part in one type of strength training as part of his injury rehabilitation.



Evaluate the use of different types of strength training during injury rehabilitation. [8 marks]

You may use this space to plan your answer.







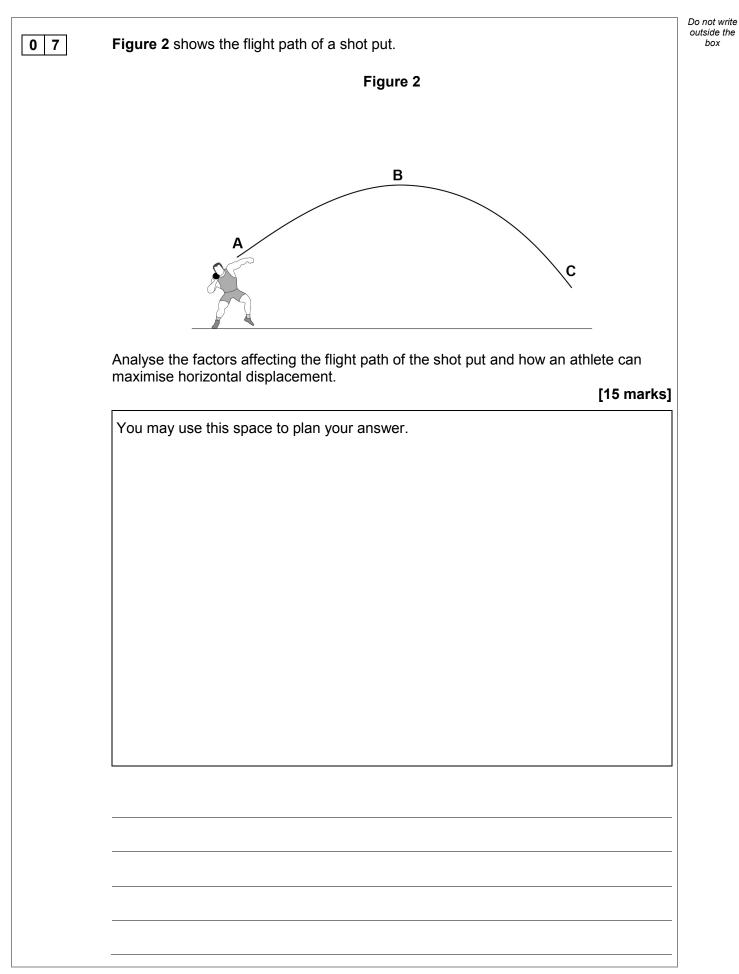








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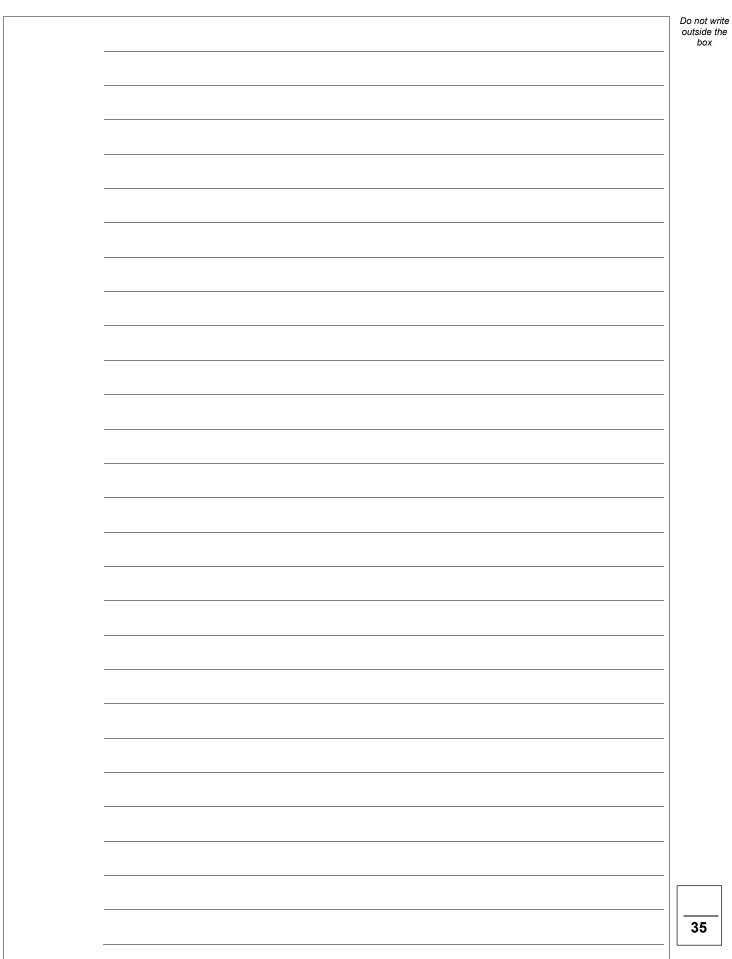














	Section B		Do not wi outside ti
	Sports psychology		box
	Answer <b>all</b> questions in this section.		
0 8	'A nervous response to a specific sporting situation.'		
	Which type of anxiety does this statement best describe?		
	A Cognitive anxiety	0	
	B Competitive state anxiety	0	
	<b>C</b> Competitive trait anxiety	0	
	D Somatic anxiety	0	
		[1 mark]	
09	Which <b>one</b> of these is an example of an intangible reward?		
	A Certificate	0	
	B Money	0	
	C Praise	0	
	D Trophy	0	
		[1 mark]	



1 0	Zajonc developed a model to show the effect of the presence of others on performance.	Do not writ outside the box
10.1	Explain the possible impact of an audience on a performer in the cognitive stage of learning.	
	[3 marks]	
10.2	Explain the strategies a coach may use to reduce the negative effects of the presence	
	of others on performance. [4 marks]	
	Turn over for the next question	



11.1	Describe an outcome-orientated goal. [1 mark]	Do not write outside the box
11.2	Evaluate the impact of an outcome-orientated goal on the confidence of a 100m sprinter. [2 marks]	

_	Do not write
	outside the
	box

have had on their performance at that point in the season.

Crystal Palace are a professional football club. The team lost their first seven games of the 2017-2018 English Premier League season.

Analyse how the players may have attributed those defeats and the effect this may

1 2

	[8 marks
You may use this space to plan your answer.	
	Turn over
	IB/M/ Jun19/7







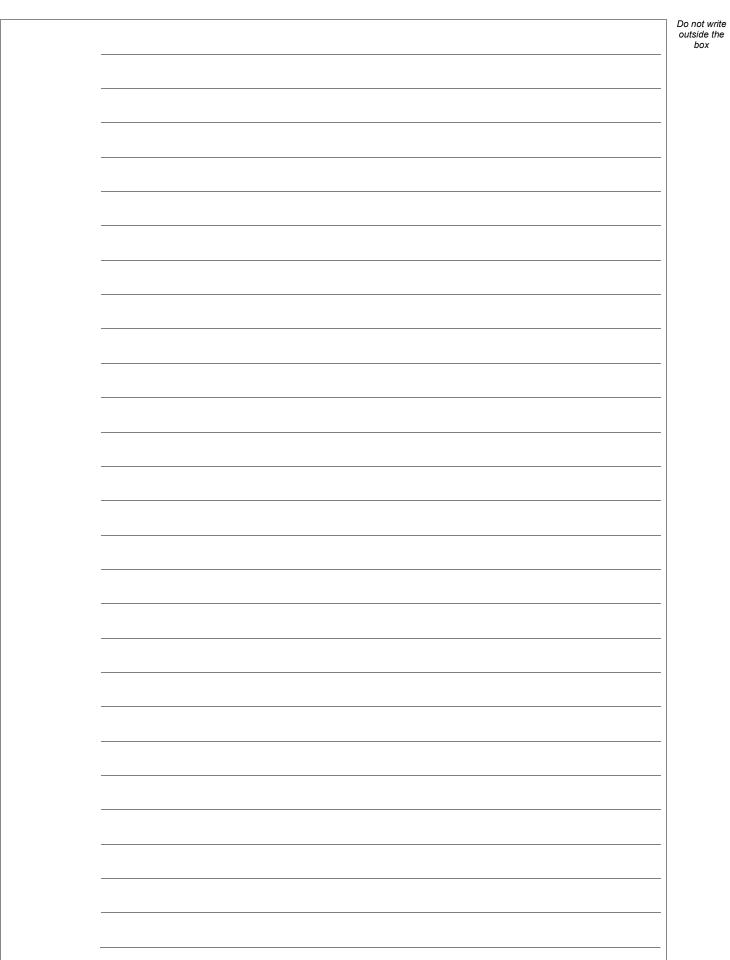


1 3	A golf coach believes the most important aim of a warm-up is stress management.
	A rugby coach believes the most important aim of a warm-up is injury prevention.
	Evaluate these two statements.

[15 marks]

You may use this space to plan your answer.





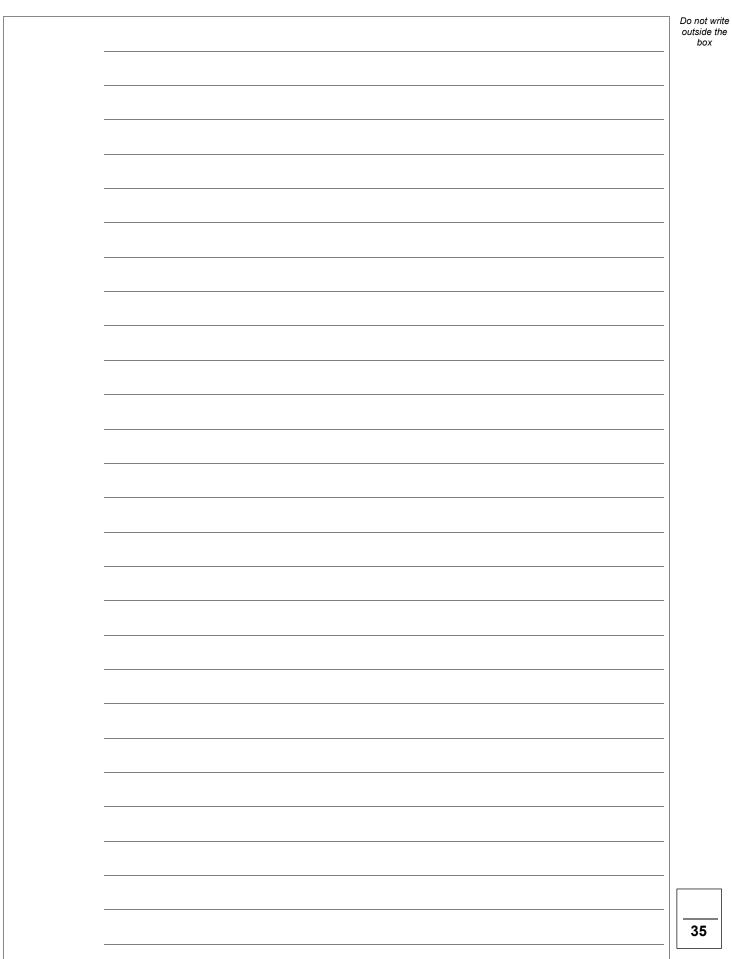














	Section C				
	Sport and society and technology in sport				
Answer <b>all</b> questions in this section.					
1 4	Which organisation is responsible for creating the World Class Performance Programme?				
	A National Institute of Sport	0			
	B National Governing Body	0			
	C Sport England	0			
	D UK Sport	0			
			[1 mark]		
1 5	Which athlete would benefit the most from taking beta blockers?				
	A 100m sprinter	0			
	B Golfer	0			
	<b>C</b> Road cyclist	0			
	D Weight lifter	0			
			[1 mark]		



1 6 State **four** reasons why sports legislation is important for performers. [4 marks] 1 2 3 4 \_\_\_\_\_ State two forms of technology a coach could use in sports analytics. 1 7 1 [2 marks] 1 2 \_\_\_\_\_ Turn over for the next question



Do not write outside the

box

1 7.2	Discuss the role of technology for a coach in the analysis of team games.	[4 marks]	Do not w outside t box



		Do not write
1 8	Amy plays badminton with her friends at the school lunchtime session. She is also a member of her local badminton club where she plays in the local league every weekend.	outside the box
	Compare Amy's experience of badminton as recreation and her experience of badminton as sport, and explain how these might impact on her performance. [8 marks]	
	You may use this space to plan your answer.	













### **19** Russia did not compete in the 2018 Winter Olympic Games due to allegations of drug taking.

Analyse the social, physiological **and** psychological reasons for an athlete to take drugs and the short term and long term implications this could have.

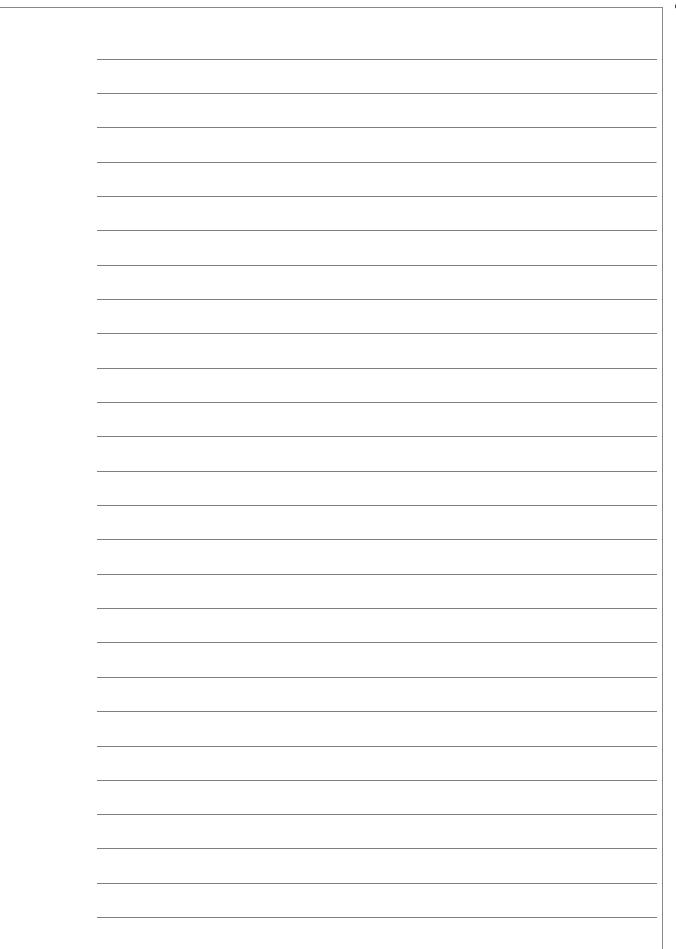
[15 marks]

You may use this space to plan your answer.

















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#### END OF QUESTIONS

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