



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

AS PHYSICAL EDUCATION

Unit 1 Opportunities for and the Effects of Leading a Healthy and Active Lifestyle

Tuesday 23 May 2017

Morning

Time allowed: 2 hours

Materials

You will need no other materials.

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or 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 part questions are shown in brackets.
- The maximum mark for this paper is 84.
- In **Section B**, you should answer in continuous prose.
- In **Section B**, you will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
TOTAL	



J U N 1 7 P H E D 1 0 1

IB/G/Jun17/E5

PHED1

Section A

Answer **all** questions in the spaces provided.

There are 12 marks for each question.

Applied Exercise Physiology

- 1 (a)** Flexibility and muscular endurance are important components of fitness when exercising.

Define flexibility and muscular endurance.

[2 marks]

Flexibility: _____

Muscular endurance: _____



Question 1 continues on the next page

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ANSWER IN THE SPACES PROVIDED**

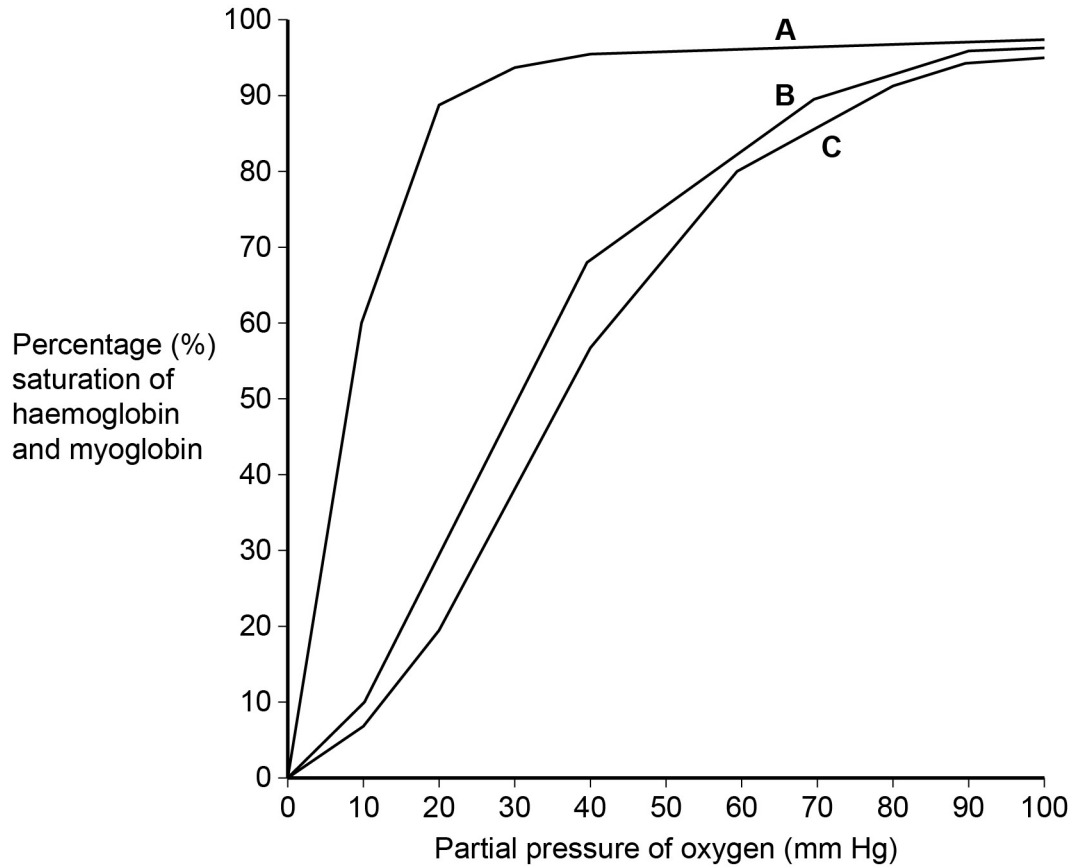
Turn over ►



1 (b)

Figure 1 shows the relationship between the partial pressure of oxygen and percentage oxygen saturation of:

- haemoglobin at rest
- haemoglobin during exercise
- myoglobin.

Figure 1

1 (b) (i)

Complete **Table 1** to identify curves **A**, **B** and **C** shown in **Figure 1**. Write either **A**, **B** or **C** in the box next to the relationship that it matches. Use each letter only **once**.

[3 marks]**Table 1**

Haemoglobin at rest	
Haemoglobin during exercise	
Myoglobin	



1 (b) (ii) Using **Figure 1**, explain the role of haemoglobin **and** myoglobin during exercise.

[4 marks]

Haemoglobin: _____

Myoglobin: _____

1 (c) The skeletal muscle pump and valves within veins are venous return mechanisms. They help return blood back to the heart.

Describe how the skeletal muscle pump and valves work together to return blood to the heart.

[3 marks]

12

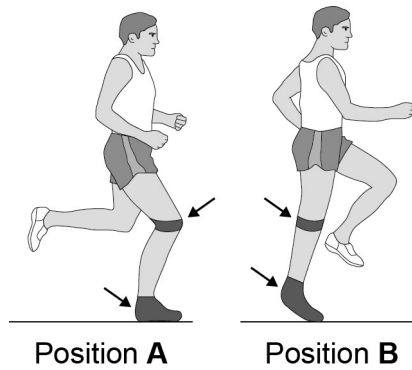
Turn over for the next question

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2 **Figure 2** shows a performer running.

Figure 2



2 (a) Using **Figure 2**, complete **Table 2** to identify the joint action, the main agonist and the antagonist at the **right ankle** and the **right knee** from Position **A** to Position **B**.
[6 marks]

Table 2

	Joint action	Main agonist	Antagonist
Right ankle			
Right knee			

2 (b) Explain the role of adrenaline on heart rate prior to **and** during a 400m race.
[3 marks]



2 (c) Explain the importance of haemoglobin for a long distance runner.

[3 marks]

12

Skill Acquisition

3 (a) Skilled performances are accurate, consistent and efficient.

Identify **three** other characteristics of a skilled performance.

[3 marks]

1 _____

2 _____

3 _____

Question 3 continues on the next page

Turn over ►



3 (b)

There are three types of skill: cognitive, perceptual and psychomotor.

Using sporting examples, explain the terms cognitive skill **and** perceptual skill.

[4 marks]

Cognitive skill: _____

Perceptual skill: _____

3 (c)

When learning new skills, performers may move from the cognitive stage to the autonomous stage of learning.

Identify **and** justify the different types of feedback used in the autonomous stage of learning.

[5 marks]

12



4 (a) (i) Identify the correct relationship between reaction time, response time and movement time.

Tick (✓) **one** box.

[1 mark]

A Reaction Time x Movement Time = Response Time

B Reaction Time + Movement Time = Response Time

C Response Time x Reaction Time = Movement Time

D Response Time + Movement Time = Reaction Time

4 (a) (ii) Define simple reaction time **and** choice reaction time.

[2 marks]

Simple reaction time: _____

Choice reaction time: _____

4 (b) Research shows that goal setting can have a positive effect on performance.

4 (b) (i) Identify the benefits of goal setting.

[3 marks]

Question 4 continues on the next page

Turn over ►



- 4 (b) (ii)** Explain why a coach would use performance goals **and** outcome goals for a performer.

[2 marks]

Performance goals: _____

Outcome goals: _____

- 4 (c)** During a game of badminton, a player will use spatial anticipation and temporal anticipation.

Using examples from the game of badminton, explain how a player would use spatial anticipation **and** temporal anticipation.

[4 marks]

Spatial anticipation: _____

Temporal anticipation: _____



Opportunities for Participation

5 (a) Schools offer games such as basketball as part of their physical education programme.

Identify **four** factors that influence the activities on offer within schools.

[4 marks]

1 _____

2 _____

3 _____

4 _____

5 (b) Describe the characteristics of Key Stage 4 of the National Curriculum for Physical Education.

[4 marks]

Question 5 continues on the next page

Turn over ►



5 (c) Outline the positive effects of developing school-club links.

[4 marks]

12

6 (a) Which **one** of the following definitions best describes the term discrimination?

Tick (✓) **one** box.

[1 mark]

A Commonly held ideas about a group of people

B Fairness in sport and equality of access

C The unfair treatment of a person, racial group or minority

D To form an unfavourable opinion of an individual often based on inadequate facts



6 (b) Lack of specialist coaches, equipment and role models can result in low participation rates in sport for people with a disability.

Identify **three** other barriers to participation for people with a disability.

[3 marks]

- 1. _____

- 2. _____

- 3. _____

6 (c) Each national governing body will produce a Whole Sport plan.

Identify the characteristics of a Whole Sport plan.

[3 marks]

- _____
- _____
- _____
- _____
- _____
- _____

Question 6 continues on the next page

Turn over ►



Section B

Answer this question.

There are 12 marks for this question.

In order to maximise your marks, you are advised to give equal weighting to all areas of the question.

7

You have been asked to deliver a block of coaching sessions. Before the coaching begins you will conduct a series of fitness tests.

Discuss the effectiveness of fitness testing **and** explain the factors you would consider before deciding whether to use massed practice when delivering your coaching sessions.

[12 marks]

You may use this space to plan your answer.

Turn over ►



There are no questions printed on this page

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