

A-level PHYSICAL EDUCATION

Paper 1 – Factors affecting participation in physical activity and sport

Additional specimen

Morning

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 bottom of this 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.

Please write clearly, in block capitals, to allow character computer recognition.

Centre number

Candidate number

Surname

Forename(s)

Candidate signature _____

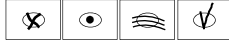
Section A**Applied anatomy and physiology**Answer **all** questions in this section.

For the multiple-choice questions, completely fill in the circle alongside the appropriate answer(s).

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'Tidal volume \times respiratory frequency' is an equation.Which **one** of these physiological measures does the equation allow you to calculate?

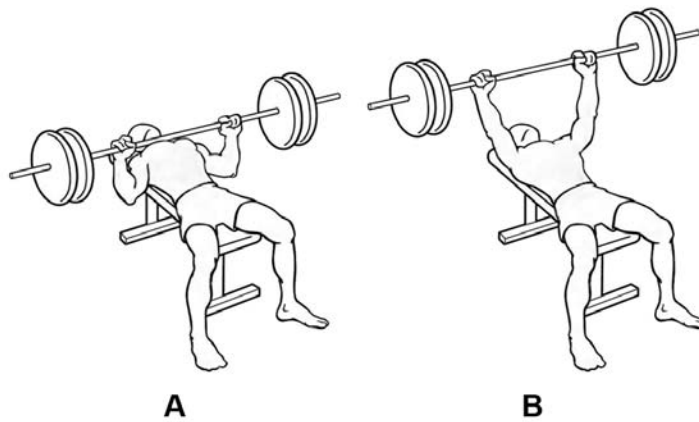
- A** Expiratory reserve volume
- B** Inspiratory reserve volume
- C** Minute ventilation
- D** Residual volume

[1 mark]**0 2**

Which of these are characteristics of a type I muscle fibre?

- A** High resistance to fatigue and high numbers of mitochondria
- B** Large motor neuron size and large capillary density
- C** Large muscle fibre diameter and high myoglobin count
- D** Low phosphocreatine stores and low glycogen content

[1 mark]

0 3**Figure 1** shows a person performing a bench press.**Figure 1****0 3****1**Identify the joint action and main agonist occurring at the **shoulder** as the performer in **Figure 1** moves from position **A** to position **B**.**[2 marks]**

Joint action:

Main agonist:

0 3**2**Identify the joint action and main agonist occurring at the **elbow** as the performer in **Figure 1** moves from position **A** to position **B**.**[2 marks]**

Joint action:

Main agonist:

0 4

Outline **three** factors that affect the rate at which a performer accumulates lactate.

[3 marks]

1.

2.

3.

0 5

. **1**

Define arteriovenous oxygen difference (A-VO₂ diff).

[1 mark]

0 5

. **2**

Explain what happens to arteriovenous oxygen difference (A-VO₂ diff) following the onset of exercise.

[2 marks]

0 6

Evaluate the appropriateness of plyometric training and interval training to games players who are trying to improve their level of performance.

[8 marks]

Extra space

Extra space

Section B**Skill acquisition**

Answer **all** questions in this section.

0 8

Which **one** of these is a characteristic of a performer in the cognitive stage of learning?

A Can interpret knowledge of performance easily

B Concentrates on fine details within performance

C Interprets kinaesthetic feedback easily

D Uses trial and error in approach to a task

[1 mark]

0 9

Armbands are used as a buoyancy aid when people are learning to swim.

This is an example of which type of guidance?

A Manual

B Mechanical

C Verbal

D Visual

[1 mark]

1 0

There will be a delayed response by a badminton player when their opponent's shot clips the top of the net, changing the flight path of the shuttlecock.

Use the single channel hypothesis to explain this.

[3 marks]

1 1

Baddeley and Hitch's working memory model consists of a central executive, which controls and coordinates three subsystems.

Outline the role of the three subsystems named below.

[3 marks]

Visuospatial sketchpad:

Phonological loop:

Episodic buffer:

Turn over for the next question

1 2

State **two** factors that determine whether a skill is classified as open or closed.

[2 marks]

1.

2.

1 3

Using your knowledge of Schmidt's schema theory, explain the importance of sensory consequences when executing a netball pass.

[2 marks]

Turn over for the next question

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

1 4

Figure 2 shows an athlete leaving the blocks at the start of a 100m race.

Figure 2



Analyse the stages of information processing that contribute to the success of an athlete's start to a race.

[8 marks]

You may use this space to plan your answer.

Extra space

Turn over for the next question

Extra space

Section C**Sport and society**Answer **all** questions in this section.

1 6

The 'Golden Triangle' describes the relationship between which three bodies?

A Coaches, media and sport**B** Coaches, performers and audience**C** Sport, media and commercialisation**D** Sport, performers and commercialisation**[1 mark]****1 7**

'An inequality where society is divided into different levels on the basis of a characteristic, such as wealth or status.'

Which **one** of these is the above statement describing?**A** Social control**B** Socialisation**C** Social processes**D** Social stratification**[1 mark]**

1	8
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Evaluate the importance of improved transport and urbanisation on the development of association football from the mid-19th century onwards.

[4 marks]

1	9
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State **two** characteristics of a modern amateur performer.

[2 marks]

1.

2.

2	0
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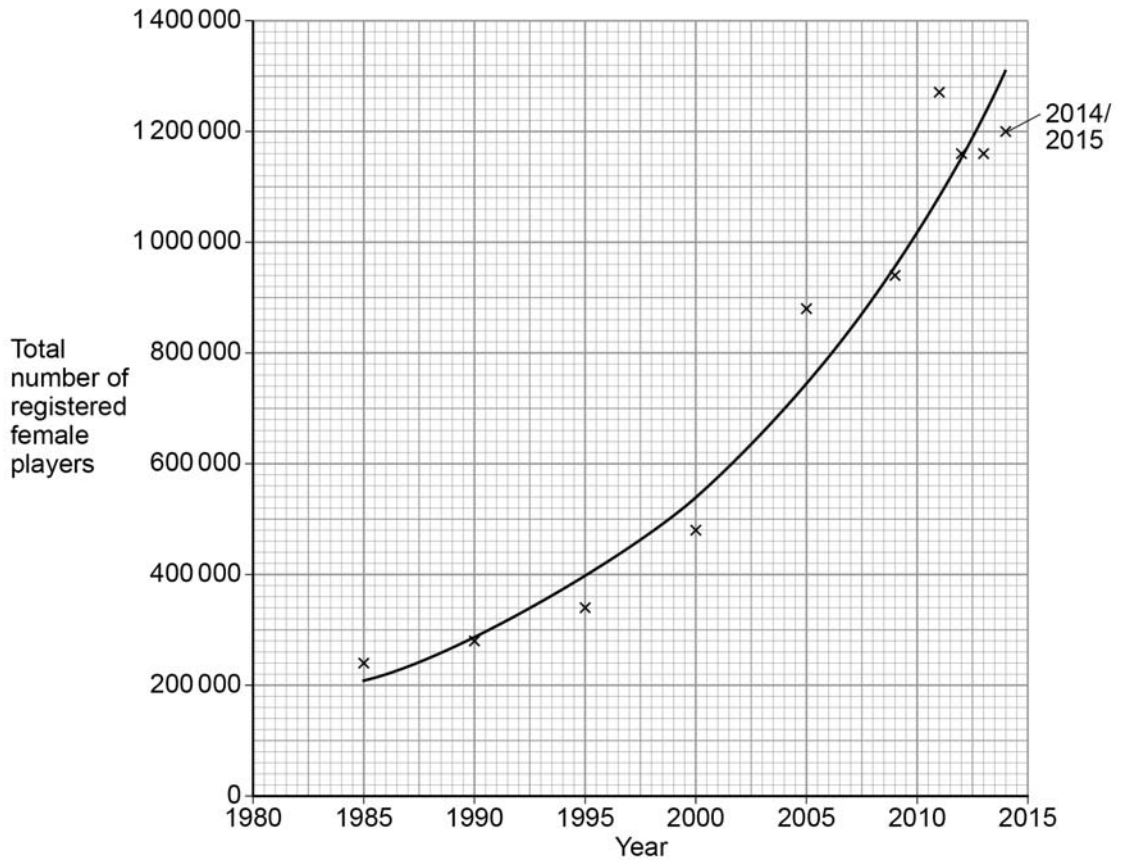
Evaluate the extent to which British rule over an 'empire' played in the spreading of sporting ideas throughout the world in the 19th century.

[4 marks]

2 1

Figure 3 shows the number of worldwide registered female footballers between 1980 and 2015.

Figure 3



Using your knowledge of the factors affecting the emergence of elite female performers, analyse **Figure 3** and suggest reasons for the results shown.

[8 marks]

Extra space

Turn over for the next question

Extra space

END OF QUESTIONS**There are no questions printed on this page****DO NOT WRITE ON THIS PAGE
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Figure 3 Graph drawn using data © UEFA 2015

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