

General Certificate of Education Advanced Level Examination June 2015

Physical Education

PHED3

Unit 3 Optimising Performance and Evaluating Contemporary Issues within Sport

Thursday 11 June 2015 9.00 am to 11.00 am

For this paper you must have:

• an AQA 16-page answer book.

Time allowed

• 2 hours

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Write the information required on the front of your answer book. The **Paper Reference** is PHED3.
- Answer **nine** questions.
- In Section A, Section B and Section C, answer the first question and two other questions from this section.
- Do all rough work in your answer book. Cross through any work that you do not want to be marked.

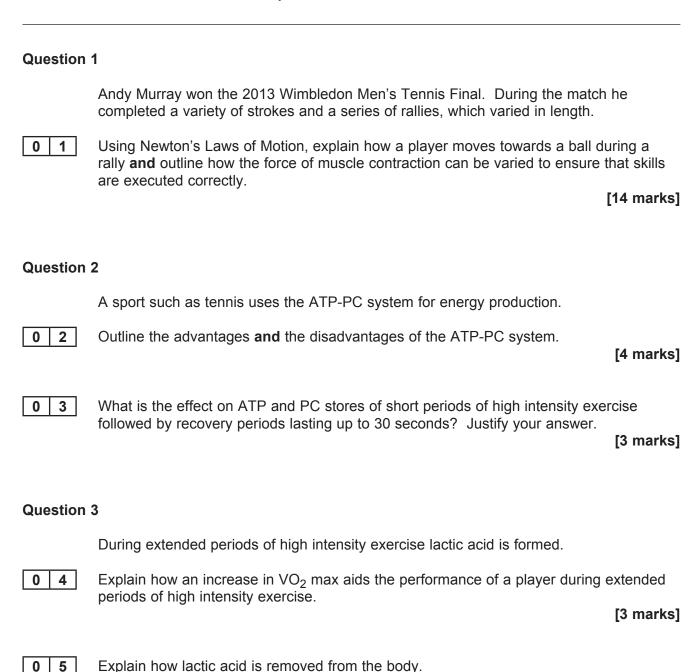
Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 84.
- Question 1, Question 5 and Question 9 should be answered in continuous prose.
- In these questions, you will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Section A

Answer **three** questions.

Answer Question 1 and any two from Question 2, Question 3 or Question 4.



[4 marks]

Explain how lactic acid is removed from the body.

Question 4

Elite performers need to use a variety of training methods and recovery techniques.

Plyometrics involves hopping and bounding to develop explosive power and speed.

0 6 Explain how the muscular and nervous systems work together during plyometric exercises.

[4 marks]

Name **and** explain **three** rehabilitation techniques elite athletes may use to recover from a soft tissue sports injury.

[3 marks]

Turn over for the next section

Section B

Answer **three** questions.

Answer Question 5 and any two from Question 6, Question 7 or Question 8.

Question 5

The performance of a team can be influenced by the attitudes of its players.

0 8 Explain how the negative attitude of players can impact on the cohesion of a team **and** using named psychological theories, describe how a negative attitude may be changed.

[14 marks]

Question 6

The leader of a team has an important role to ensure that the players work together.

0 9 Explain the term autocratic leader **and** outline when the autocratic style of leadership should be used.

[3 marks]

Elite performers often display approach behaviour.

1 0 How does the achievement motivation of a performer affect their approach behaviour?

[4 marks]

Question 7

During sporting contests, performers have to control their arousal levels and display assertive behaviour.

1 1 Explain the terms aggression **and** instrumental aggression.

[3 marks]

1 2 Apart from aggression, using appropriate psychological terms, explain the impact of over-arousal on the performer.

[4 marks]

Question 8

Elite performers have to maintain high levels of motivation to perform at their optimum level.

1 3 How can a coach use attributions to maintain high levels of motivation following a defeat?

[3 marks]

1 4 Identify **and** explain the different types of goals that a coach could use to motivate performers.

[4 marks]

Turn over for the next section

Section C

Answer **three** questions.

Answer Question 9 and any two from Question 10, Question 11 or Question 12.

Question 9

Elite sport has changed significantly since the 19th century.

1 5 Explain the 19th century codes of amateurism **and** professionalism, **and** their positive impact on 19th century and modern day sport.

[14 marks]

Question 10

England, Wales, Scotland and Northern Ireland all have national Institutes of Sport, providing high quality facilities and coaches.

1 6 What is the role and purpose of national Institutes of Sport?

[3 marks]

- 1 7 The contract to compete has the following four key components:
 - abide by the written rules
 - abide by the unwritten rules
 - give 100% effort
 - allow opponents to show skill.

Discuss the continued relevance of the contract to compete for elite performers in today's society.

[4 marks]

Question 11

- 1 8 Explain the impact of **each** of the following social and cultural factors on the development and spread of rational recreation during the 19th century:
 - urbanisation
 - public provision
 - communications.

[7 marks]

Question 12

Performance enhancing substances have been used in sport since the ancient times of Greece and Rome.

1 9 Suggest reasons to support the argument for legalising drugs in sport today.

[4 marks]

2 0 Explain why an elite performer **should** consider the nature of a sponsor and their products before accepting a sponsorship deal.

[3 marks]

END OF QUESTIONS

There are no questions printed on this page