



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

Paper 1 Factors affecting participation in physical activity and sport

Friday 17 May 2019

Morning

Time allowed: 2 hours

Materials

For this paper you may use:

- 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 84.
- 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	



J U N 1 9 7 5 8 1 W 0 1

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Section A

Applied 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.



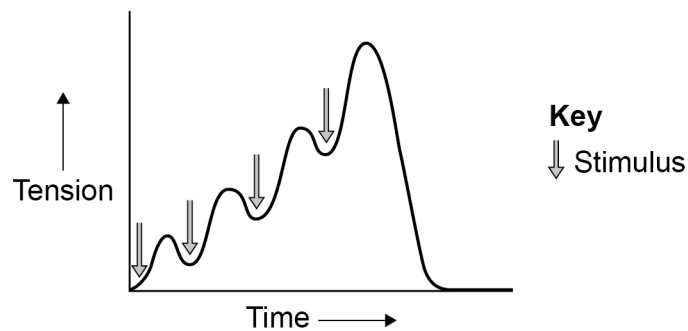
If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



0 1

Which type of summation is shown in **Figure 1**?

Figure 1



A Spatial

B Tetanic

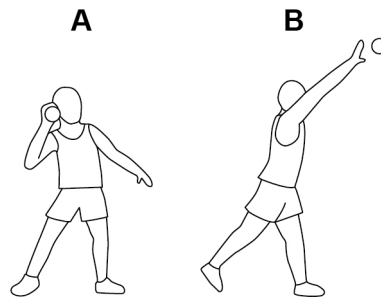
C Wave

[1 mark]



Figure 2 shows an athlete performing the shot put.

Figure 2



0 2

Identify the plane and axis of motion for the action occurring at the elbow joint from position A to position B.

- A Frontal plane/Sagittal axis
- B Frontal plane/Transverse axis
- C Sagittal plane/Transverse axis
- D Transverse plane/Longitudinal axis

[1 mark]

Table 1 shows tidal volumes and respiratory rates when exercising at different intensities.

Table 1

Exercise Intensity	Tidal volume (L)	Respiratory rate (breaths / min)
low	1	17
medium	2	30
high	2.4	35

0 3

Calculate minute ventilation during medium intensity exercise.

[2 marks]

Turn over for the next question

Turn over ►



0	4
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Describe how the body redistributes blood to the skeletal muscles during exercise.

[4 marks]

Extra space



0 5

A tennis player is about to begin a weight training programme.

0 5 . 1

Describe how the tennis player can use the principles of specificity **and** progressive overload in his/her weight training programme.

[3 marks]

0 5 . 2

Discuss the impact of a weight training programme on the performance of the tennis player.

[3 marks]

Turn over for the next question

Turn over ►



0 6 . 2 Figure 3 shows a 110 m hurdles race.

Figure 3



Suggest how PNF could improve the performance of the hurdler.

[2 marks]

Turn over for the next question

Turn over ►

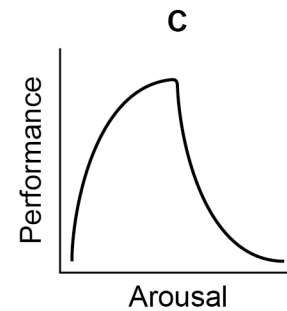
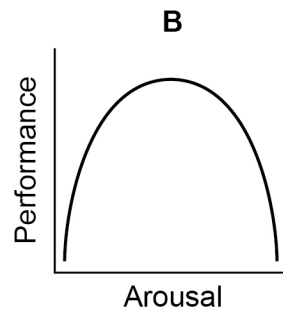
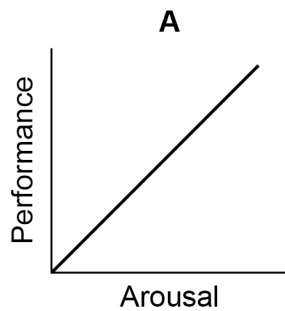


Section B**Skill acquisition and sports psychology**Answer **all** questions in this section.**0 8**

Which stage of learning is a performer at if they are creating a mental picture of the skill?

A Associative B Autonomous C Cognitive **[1 mark]****0 9**

Which one of these represents the catastrophe theory of arousal?

A B C **[1 mark]****Turn over ►**

1 0

A hockey team has lost its last few matches and the coach is worried that faulty processes are preventing them from reaching their potential.

1 0 . 1

Explain how co-ordination losses could be the cause of the team's recent defeats.

Use practical examples to support your answer.

[3 marks]

1 0 . 2

Explain how the hockey coach could overcome co-ordination losses within the team.

Use practical examples to support your answer.

[3 marks]



1 1

Figure 5 shows a basketball player about to perform a free throw.

Figure 5



1 1 . 1

Justify the classification of a free throw on the following three continua:

[3 marks]

1 Open or closed _____

2 Self-paced or externally paced _____

3 Discrete, serial or continuous _____

Turn over ►



1 1 . 2

Discuss whether massed practice is suitable for a basketball player wanting to develop the skill of a free throw.

[4 marks]

1 2

Operant conditioning is based upon developing a stimulus-response bond.

Explain how a coach could strengthen the stimulus-response bond for a player passing a ball in a game of football.

[2 marks]



1 3

Figure 6 shows a bad tackle during a football match.

Figure 6



1 3 . 1

Describe the frustration-aggression hypothesis.

[1 mark]

1 3 . 2

Suggest why a bad tackle may take place. Refer to the frustration-aggression hypothesis.

[2 marks]

Turn over ►



Section C**Sport and society and technology in sport**Answer **all** questions in this section.**1 5**

Identify the correct timeline of events that influenced the development of rational recreation.

- A** Development of National Governing Bodies, industrial revolution, emergence of middle classes, urbanisation
- B** Industrial revolution, urbanisation, development of National Governing Bodies, emergence of middle classes
- C** Industrial revolution, urbanisation, emergence of middle classes, development of National Governing Bodies
- D** Urbanisation, emergence of middle classes, industrial revolution, development of National Governing Bodies

[1 mark]**1 6**

Identify the correct combination of characteristics that represent real tennis.

- A** Moral codes, rules, regular
- B** Moral codes, simple, wagering
- C** Moral codes, unruly, violent

[1 mark]

1 7

The nineteenth century saw the emergence of the middle classes, who had a social conscience with regard to the development of sport.

Explain how the middle classes contributed to the development of lawn tennis during this period.

[2 marks]

1 8

Explain how the church promoted sport and recreation among their local communities during the mid-to-late nineteenth century.

[3 marks]

Turn over for the next question

Turn over ►



1 9

Cristiano Ronaldo is one of the most followed athletes on Twitter. In 2015 he was the first athlete on social media to pass 50 million likes on his Facebook page.

Discuss the impact this exposure could have upon professional athletes.

[3 marks]

2 0 . 1

Define social stratification.

[1 mark]

2 0 . 2

Some schools have skiing clubs. They take students on skiing trips abroad in the winter.

Explain why social stratification can affect participation rates in skiing.

[2 marks]



2 1

Table 2 shows an extract of physical activity levels by ethnicity from Sport England's Active Lives Survey (2017).

Table 2

Ethnicity	Physically active
Asian	54%
Chinese	55%
Black	55%
White British	61%

2 1 . 1

Analyse the factors that might influence the participation rates of the under-represented ethnic groups shown in **Table 2**.

[4 marks]

2 1 . 2

Identify **three** possible solutions that could help to increase participation rates of the under-represented ethnic groups.

[3 marks]

1 _____

2 _____

3 _____

Turn over ►

There are no questions printed on this page

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2 4



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