

AQA qualification training

AS and A-level Physical Education

An introduction to the new specification

Written question exemplars and mark schemes

BOOKLET 3

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AS exemplar questions

Multiple choice question

0 2

During sprinting, flexion occurs at the hip.

Identify which plane and about which axis hip flexion occurs.

A Frontal plane and sagittal axis

B Sagittal plane and longitudinal axis

C Sagittal plane and transverse axis

D Transverse plane and longitudinal axis

[1 mark]

Mark scheme

02 During sprinting, flexion occurs at the hip.

Identify which plane and about which axis hip flexion occurs.

[1 mark]

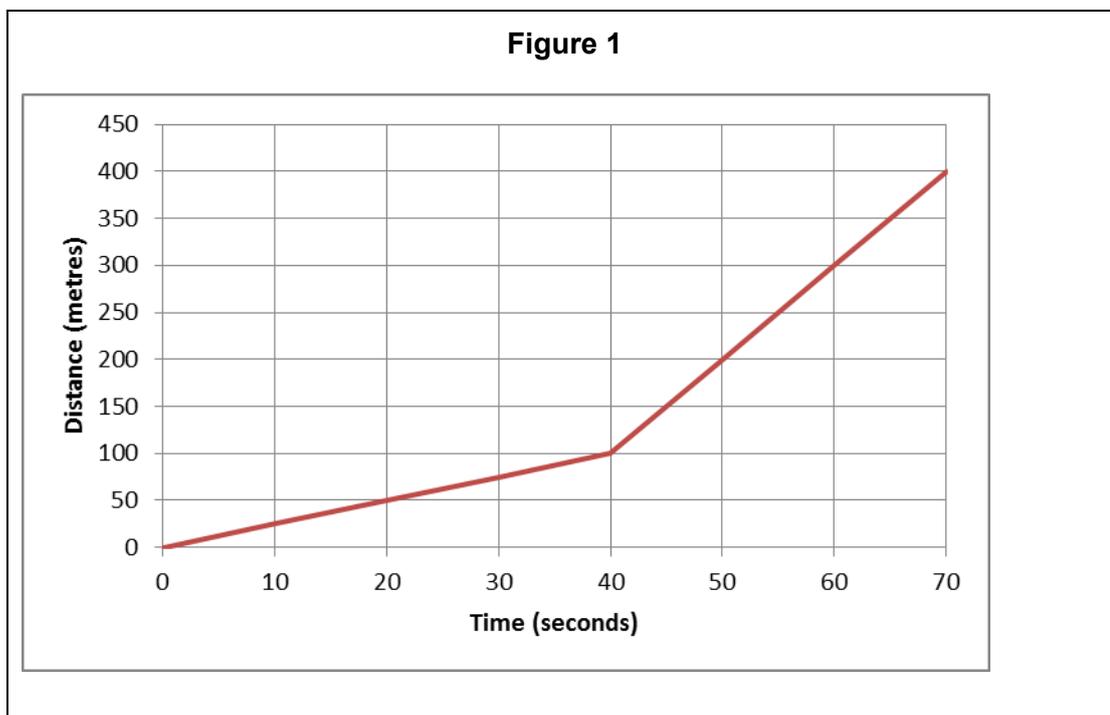
Marks for this question: AO1 = 1

C

Short answer question

0 4

Figure 1 is a distance time graph for a cycle sprint.



Using Figure 1, calculate the speed of the cyclist between 40 and 70 seconds.

[2 marks]

Mark scheme

04 Figure 1 is a distance time graph for a cycle sprint.

Using Figure 1, calculate the speed of the cyclist between 40 and 70 seconds.

[2 marks]

Marks for this question: AO2 = 1 and AO3 = 1

Award **one** mark for each of the following points.

AO2

- 300m/30s (1).

AO3

- 10m/s / $\text{m}\cdot\text{s}^{-1}$ metres per second (must show units) (1).

2	3
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Explain how the modern form of association football can match the concept of sport.

[6 marks]

Mark scheme

23	Explain how the modern form of association football can match the concept of sport.
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[6 marks]

Marks for this question: AO2 = 3 and AO3 = 3

Level	Marks	Description
3	5–6	Knowledge of the modern form of association football is clear and generally well detailed and applied to the concept of sport. Aspects of the modern form of association football are analysed to give appropriate and detailed links to the concept of sport. Relevant terminology is used and the answer demonstrates good reasoning, and is clear, coherent and focused.
2	3–4	Knowledge of the modern form of association football is evident with some application to the concept of sport. Some aspects of the modern form of association football are analysed to give some appropriate links to the concept of sport. Relevant terminology is used and the answer demonstrates some reasoning, and is mostly clear, coherent and focused.
1	1–2	Knowledge of the modern form of association football is limited with limited application to the concept of sport. Limited or no evidence of analysis of the modern form of association football linked to the concept of sport. Some relevant terminology may be used but the answer may lack clarity and coherence.
	0	No relevant content.

Possible content may include:

- Football has specific rules governing how it is played, which makes it highly structured therefore matching the concept of sport.
- Highly structured – time/space/rules.
- Rules externally enforced by officials.
- Winning taken seriously/serious end product.
- Skillful/refined skills.
- Training/specialisation/trials/selective.
- Administration – clubs/NGB's.
- Display/spectators/entertainment.
- Sophisticated facilities and equipment.
- Pre-planned strategies/tactics.

Accept other relevant explanations as to how the modern form of association football can match the concept of sport.

Extended writing – levels of response marking

1 | 8

A coach may use operant conditioning to improve the team's performance.

Explain the principles of operant conditioning **and** discuss its effectiveness when developing skills.

[8 marks]

Mark scheme

18 A coach may use operant conditioning to improve the team's performance.

Explain the principles of operant conditioning **and** discuss its effectiveness when developing skills.

[8 marks]

Marks for this question: AO1 = 2, AO2 = 3 and AO3 = 3

Level	Marks	Description
4	7-8	Knowledge of operant conditioning is comprehensive, accurate and generally well detailed. Application of breadth or depth of knowledge of the principles of operant conditioning is clearly evident. Evaluation of the effectiveness of operant conditioning is consistently made between different relevant factors and their impact. Relevant terminology is used and the answer demonstrates good reasoning, and is clear, coherent and focused.
3	5-6	Knowledge of operant conditioning is generally accurate and well detailed. Application of breadth or depth of knowledge of the principles of operant conditioning is often evident. Some evaluation of the effectiveness of operant conditioning is made between different relevant factors and their impact. Relevant terminology is used and the answer demonstrates some reasoning, and is mostly clear, coherent and focused.
2	3-4	Knowledge of operant conditioning is generally accurate with some detail. Application of breadth or depth of knowledge of the principles of operant conditioning is sometimes evident. Limited evaluation of the effectiveness of operant conditioning is made between different relevant factors and their impact. Some relevant terminology is used and the answer demonstrates some reasoning, but may lack clarity and coherence.
1	1-2	Knowledge of operant conditioning is limited. Application of breadth or depth of knowledge of the principles of operant conditioning is limited or not evident. No evaluation of the effectiveness of operant conditioning is made between different relevant factors and their impact. Some relevant terminology may be used but the answer may lack clarity and coherence.
	0	No relevant content.

Possible content may include:

AO1 - Knowledge

Principles of operant conditioning are identified and described, eg the theory aims to shape or modify behaviour by changing the environment by using reinforcement if the actions are correct/successful. Coaches may use positive reinforcement and negative reinforcement to strengthen the stimulus-response bond and punishment to weaken to the S-R Bond.

AO2 - Application

Application for skill development in physical activity and sport.

The coach will structure practices to use drills, targets, small-sided games to allow conditioned practices for trial and error learning to occur. They will provide positive reinforcement, eg praise, feedback or withdrawal of an adverse stimulus, stop shouting if using negative reinforcement.

AO3 – Analysis/Evaluation

Linked factors evaluating the effectiveness of operant conditioning (developed statements), eg the advantages of using operant conditioning may include points such as:

- actions developed quickly
- practice can be linked to the skill
- ability of the performers or team and immediate feedback is provided.

The disadvantages may include points such as

- performers/team do not have to develop understanding of their actions
- the skills may not be transferable to the competitive situation and performers may not be able to adjust/modify actions if the situation is slightly different.

Credit other relevant explanations of the principles of operant conditioning and discussions as to its effectiveness when developing skills.

A-level exemplar questions

Multiple choice question

0 1

Identify which **one** of the following statements defines expiratory reserve volume.

- A The amount of air breathed in or out per breath
- B The amount of air left in the lungs after maximal expiration has occurred
- C The amount of air that can be forcibly expelled after a normal breath
- D The amount of air that can be forcibly inspired at the end of a breath

[1 mark]

Mark scheme

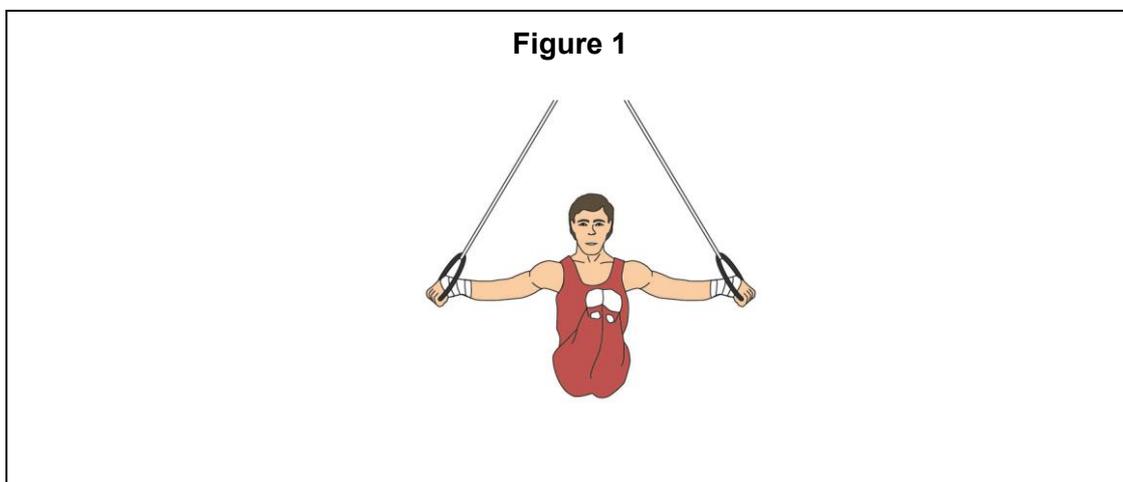
01 Identify which **one** of the following statements defines expiratory reserve volume.

[1 mark]

Marks for this question: AO1 = 1

C

03.1 Figure 1 shows a gymnast in a crucifix position on the rings.



Complete **Table 1** to identify the type of joint, the main agonist and the joint action at the gymnast's shoulder when in the crucifix position.

[3 marks]

Table 1

Type of joint	Main agonist	Joint action

Mark scheme

03.1 Figure 1 shows a gymnast in a crucifix position on the rings.

Complete **Table 1** to identify the type of joint, the main agonist and the joint action at the gymnast's shoulder when in the crucifix position.

[3 marks]

Marks for this question: AO1 = 1 and AO2 = 2

Type of joint	Main agonist	Joint action
Ball and socket (1)	Deltoid (1)	Abduction (1)

Extended writing – levels of response

1 | 9

Many elite sports are now commercialised and seen as a form of entertainment.

Discuss the suggestion that an increase in the commercialisation of sport has been beneficial for performers and the sport.

[8 marks]

Mark scheme

19 Many elite sports are now commercialised and seen as a form of entertainment.

Discuss the suggestion that an increase in the commercialisation of sport has been beneficial for performers and the sport.

[8 marks]

Marks for this question: AO1 = 2, AO2 = 3 and AO3 = 3

Level	Marks	Description
4	7-8	Knowledge of debate in relation to advantages of commercialisation is accurate and generally well detailed. Discussion of potential advantages and disadvantages is clearly evident. Relevant terminology is used and the answer demonstrates good reasoning, is clear, coherent and focused.
3	5-6	Knowledge of debate in relation to advantages of commercialisation is generally accurate and well detailed. Discussion of potential advantages is evident, with due consideration to potential disadvantages. Relevant terminology is used and the answer demonstrates some reasoning, and is mostly clear, coherent and focused.
2	3-4	Knowledge of debate in relation to advantages of commercialisation is generally accurate with some detail. Discussion of potential advantages is sometimes evident, but focus is mainly descriptive. Some relevant terminology is used and the answer demonstrates some reasoning, but may lack clarity and coherence.
1	1-2	Knowledge of debate in relation to advantages of commercialisation is limited. Discussion of potential advantages is limited, poorly focused or absent. Some relevant terminology may be used but the answer may lack clarity and coherence.
	0	No relevant content.

Possible content may include:

AO1- Knowledge

Identified the beneficial impact of commercialisation using simple statements, eg increase in wages/increase in exposure to the general public.

AO2 - Application

Identified and explained the impact of commercialisation (simple statements), eg increase in performers' wages means they can train full time which will improve performance levels/performers become role models and can attract more youngsters to the sport increasing participation levels.

AO3 - Evaluation

Linked explanations and discussion of the impact of commercialisation, eg increase in performers' wages means they can train full time which will improve performance levels but they may want the money too much and are therefore prepared to take deviant means to succeed such as doping.

Performers become role models and can attract more youngsters to the sport increasing participation levels but that also means they have to portray a positive image as their behaviour is always under the spotlight. Poor behaviour on or off the pitch can reduce participation and spectator levels, as they will become poor role models.

Credit other relevant points in relation to the suggestion that an increase in the commercialisation of sport has been beneficial for performers and the sport.

Extended writing – levels of response

1 3 Successful teams often display cohesion.

Explain the importance of cohesion on group productivity **and** suggest strategies a coach can use to improve the actual productivity of a team.

[15 marks]

Mark scheme

13 Successful teams often display cohesion.

Explain the importance of cohesion on group productivity **and** suggest strategies a coach can use to improve the actual productivity of a team.

[15 marks]

Marks for this question: AO1 = 4, AO2 = 5 and AO3 = 6

Level	Marks	Description
5	13-15	<p>Knowledge of the importance of cohesion on group productivity in relation to question context, accurate and well detailed.</p> <p>Application of strategies to improve actual productivity of a team showing breadth or depth of knowledge is clearly evident and relevant to the question context.</p> <p>Evaluation of the importance of cohesion and linking of the strategies to improve actual productivity of a team is consistently made between different relevant factors and their impact.</p> <p>Relevant terminology is used and the answer demonstrates a high level of reasoning, is clear, coherent and focused.</p>
4	10-12	<p>Knowledge of the importance of cohesion on group productivity is comprehensive, accurate and generally well detailed.</p> <p>Application of strategies to improve actual productivity of a team showing breadth or depth of knowledge is clearly evident and generally relevant to the question context.</p> <p>Evaluation of the importance of cohesion and linking of the strategies to improve actual productivity of a team is consistently made between different relevant factors and their impact.</p> <p>Relevant terminology is used and the answer demonstrates good reasoning, is clear, coherent and focused.</p>
3	7-9	<p>Knowledge of the importance of cohesion on group productivity is generally accurate and well detailed.</p> <p>Application of the strategies to improve actual productivity of a team showing breadth or depth of knowledge is often evident.</p> <p>Some evaluation of the importance of cohesion and linking of the strategies to improve actual productivity of a team is made between different relevant factors and their impact.</p> <p>Relevant terminology is used and the answer demonstrates some reasoning, and is mostly clear, coherent and focused.</p>
2	4-6	<p>Knowledge of the importance of cohesion on group productivity is generally accurate with some detail.</p> <p>Application of strategies to improve actual productivity of a team showing breadth or depth of knowledge is sometimes evident.</p> <p>Limited evaluation of the importance of cohesion and linking of the strategies to</p>

		improve actual productivity of a team is made between different relevant factors and their impact. Some relevant terminology is used and the answer demonstrates some reasoning, but may lack clarity and coherence.
1	1-3	Knowledge of the importance of cohesion on group productivity is limited. Application of strategies to improve actual productivity of a team showing breadth or depth of knowledge is limited or not evident. No evaluation of the importance of cohesion and linking of the strategies to improve actual productivity of a team made between different relevant factors and their impact. Some relevant terminology may be used but the answer may lack clarity and coherence.
	0	No relevant content.

Indicative content may include:

AO1 - Knowledge

Explanation of key terms such as cohesion – the tendency of a group to stay together to achieve their goal/task. Other key terms may include, task cohesion, social cohesion, social loafing and the Ringelmann effect.

Answers may also explain that cohesion depends on group members, the task, the leader and other team based factors. Expanded answers may refer to the equation ‘Actual productivity = potential productivity – losses due to faulty processes’ and then explain the cause of faulty processes.

AO2 - Application

Answers may include key terms and theories which are explained with examples.

The term ‘cohesion’ may be expanded linking the types of cohesion to sporting examples.

Similarly, other key terms are linked to examples, such as ‘co-ordination losses’ may be due to poor communication or misunderstanding of tactics.

AO3 – Analysis/Evaluation

Answers may include linked factors to show the impact of how cohesion can be developed and evaluation of the importance of cohesion.

The student is able to link different strategies together to explain the impact of each on sporting performance. For example, structured practice will ensure all players understand the tactics causing an improvement in task cohesion. Other points may include giving individuals specific responsibility or set goals, explaining specific roles within the team, providing feedback of performance. Similarly, strategies specifically linked to developing social cohesion can be outlined.

Evaluation of the importance of cohesion may include a reasoned discussion. For example, task cohesion is more important than social cohesion and a team can be successful with poor social cohesion. Social cohesion can undermine performance and the formation of cliques may be damaging as they may not challenge poor performance for fear of upsetting others.

Credit other relevant explanation points on the importance of cohesion on group productivity. Answers must suggest strategies a coach can use to improve the actual productivity of a team.