A-level
PHYSICAL EDUCATION
Paper 1 Factors affecting participation in physical activity and sport

Specimen 2018 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 □□□□□□□□□□□□ □□□□□□□□□□□□
Surname □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□❑
Section A
Applied anatomy and physiology
Answer all questions in this section.

For questions with four responses only one answer per question is allowed.
For each answer completely fill in the circle alongside the appropriate answer.

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.

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

Identify two functions of the fast component of Excess Post-Exercise Oxygen Consumption (EPOC).

A Break down lactic acid and normalise body temperature
B Resaturate myoglobin with oxygen and normalise body temperature
C Restore phosphocreatine (PC) and break down lactic acid
D Restore phosphocreatine (PC) and resaturate myoglobin with oxygen
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.

<table>
<thead>
<tr>
<th>Type of joint</th>
<th>Main agonist</th>
<th>Joint action</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Explain how wave summation allows a gymnast to gain the required height in a floor routine.
04.1 Fast twitch glycolytic muscle fibres (type IIx) are used to produce powerful contractions.

Identify two characteristics of fast twitch glycolytic muscle fibres (type IIx).

[2 marks]

04.2 Explain how the characteristics of fast twitch glycolytic muscle fibres (type IIx) you identified in question 04.1 are suited to producing ATP anaerobically during powerful contractions.

[2 marks]
In relation to energy transfer, evaluate the use of altitude training to increase fitness for performance in a 1500m running event.

[8 marks]
Table 2 shows the times of an elite athlete for a 100m, 400m and 3000m race. Figure 2 shows the relative contribution of the energy systems on the energy continuum.

<table>
<thead>
<tr>
<th>Event</th>
<th>100m</th>
<th>400m</th>
<th>3000m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>10.49 secs</td>
<td>47.40 secs</td>
<td>8:06.11</td>
</tr>
</tbody>
</table>

Using Figure 2, analyse and evaluate the contribution of each energy system for each event identified in Table 2.

[15 marks]

You may use this space to plan your answer.
Section B
Skill acquisition
Answer all questions in this section.

07 Which one of the following classifications accurately describes the skills of a dive at the start of a swimming race?

A Closed, externally-paced, complex and discrete
B Closed, externally-paced, simple and discrete
C Closed, self-paced, complex and discrete
D Closed, self-paced, simple and discrete

[1 mark]

08 Which one of the following statements describes the term ‘response time’?

A The time taken from the onset of the stimulus to the end of the movement
B The time taken from the onset of the stimulus to the start of the movement
C The time taken from the start of the movement to the end of the movement
D The time taken from the start of the movement to the onset of the stimulus

[1 mark]

Turn over for the next question
Figure 3 shows Whiting’s information processing model.

State the function of each of the central mechanisms during a game situation.

[3 marks]
Selective attention allows the performer to detect relevant cues from the display.

Suggest three strategies that can be used to improve selective attention. [3 marks]

Effective decision making is an important factor in the execution of skills.

Outline the terms chunking and chaining and explain how they can improve the decision making process. Use examples to support your answer. [4 marks]

Turn over for the next question
A coach may use different approaches to improve the team’s performance.

Explain the principles of insight learning and discuss its effectiveness when developing skills. [8 marks]
Explain different types of feedback and evaluate their effect on information processing.

You may use this space to plan your answer.
Section C

Sport and society

Answer all questions in this section.

1.4 Which one of the following definitions best describes the term socialisation?

A A collection of people living in a defined geographical area

B Studying how the social groups people belong to influence their actions and beliefs

C The learning of cultural values in society

D The learning of society's social norms and values

[1 mark]

1.5 Which one of the following terms best describes a professional performer?

A One who believes 'the end justifies the means'

B One who participates in sport 'for the love of it'

C One who receives direct payment for their participation in sporting activities

D One who receives no payment for competing in sport

[1 mark]

Turn over for the next question
16

Explain two characteristics of nineteenth century lawn tennis. [4 marks]

Using an example from sport, describe the term 'social change'. [3 marks]

‘Kick it out’ was established as a campaign with the brand name ‘Lets Kick Racism Out of Football’.

Explain the impact of this type of campaign on society. [3 marks]
The Church encouraged the post-industrial game of football.

Explain how they achieved this and their reasons for encouraging the development of football.

[8 marks]
Raising participation in physical activity should deliver both individual health benefits and a positive impact on society.

Analyse and evaluate this statement.

You may use this space to plan your answer.