A

AQA

Surname _____

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I declare this is my own work.

A-level

PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

7582/1

Thursday 21 May 2020 Morning

Time allowed: 2 hours

At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.

[Turn over]

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For this paper you may use:
- **a calculator.**

INSTRUCTIONS

- **Use black ink or black ball-point pen. Pencil should only be used for drawing.**
- **Answer ALL questions. You must answer the questions in the spaces provided. Do NOT write on blank pages.**
- **If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).**
- **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.

DO NOT TURN OVER UNTIL TOLD TO DO SO

SECTION A

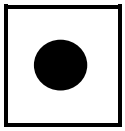
APPLIED ANATOMY AND PHYSIOLOGY

Answer ALL questions in this section.

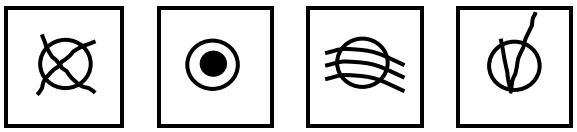
Only ONE answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

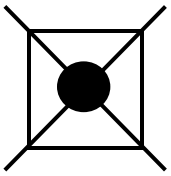
CORRECT METHOD



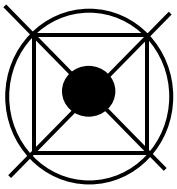
WRONG METHODS



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 of the following athletes would be MOST likely to incorporate Speed Agility Quickness (SAQ) sessions into their training routine? [1 mark]**

○ **A 100 m sprinter**

○ **B Football goalkeeper**

○ **C High jumper**

[Turn over]

0 2 **Respiratory Exchange Ratio (RER) is a method for measuring the energy expenditure of an athlete.**

TABLE 1 shows the RER values of three performers.

TABLE 1

	RER
Performer 1	1.00
Performer 2	0.70
Performer 3	0.85

Which of these performers is using fat as their main energy source? [1 mark]

○ **A Performer 1**

○ **B Performer 2**

○ **C Performer 3**

0 3 **Runners in the London Marathon will mainly use the aerobic energy system during their race.**

0 3 . 1 **Name AND describe the THREE key processes involved in the aerobic energy system when using glucose as an energy source. [3 marks]**

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2 _____

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[Turn over]

0 3 . 2 **State ONE long-term effect of smoking regularly on the structures of a runner's respiratory system. [1 mark]**

0 3 . 3 **Explain how smoking regularly would impact the performance of the runners in the marathon. [2 marks]**

0 4 . 1 **Describe how heart disease can result in a heart attack. [2 marks]**

[Turn over]

0 4 . 2 **Outline TWO ways an active lifestyle can reduce the risk of heart disease. [2 marks]**

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2 _____

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[Turn over]

0 5 **Analyse how changes in venous return occurring during exercise help performance in aerobic events such as a triathlon. [8 marks]**

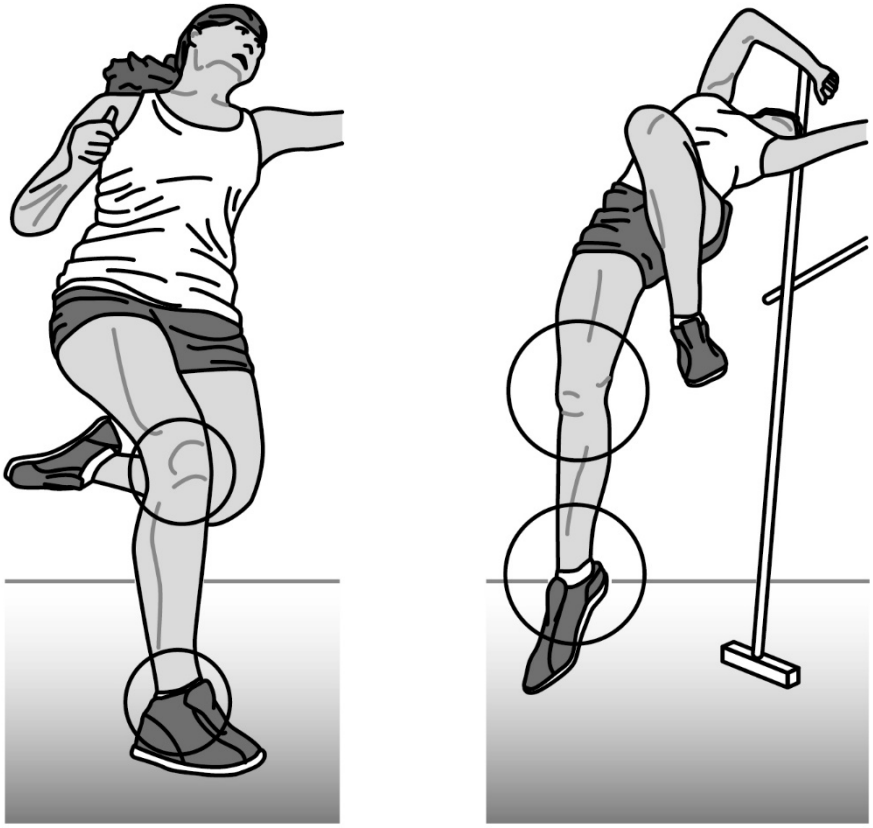
You may use this space to plan your answer.

[Turn over]

[Turn over]

0 6 **FIGURE 1 shows an athlete moving upwards at take-off during the high jump.**

FIGURE 1



Analyse how the musculo-skeletal AND lever systems operating at the knee AND ankle of the take-off leg contribute to gaining maximum height in the high jump. [15 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

35

SECTION B

SKILL ACQUISITION

Answer ALL questions in this section.

0 7 All sports skills can be placed on a continuum from open at one end to closed at the other.

Which of the following would sit NEAREST to the closed end of the continuum? [1 mark]

- ○ A Bowling in cricket
- ○ B Centre pass in netball
- ○ C Long shot in golf
- ○ D Shot put in athletics

0 8 **Which of the following is the correct order of the central mechanisms in Whiting's Information Processing Model? [1 mark]**

- ○ **A Effector – Perceptual – Translatory**
- ○ **B Effector – Translatory – Perceptual**
- ○ **C Perceptual – Translatory – Effector**
- ○ **D Translatory – Effector – Perceptual**

[Turn over]

0 9 **Negative reinforcement and punishment are key aspects of operant conditioning.**

Define the terms negative reinforcement AND punishment.

Give a sporting example of each. [4 marks]

Negative reinforcement _____

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Punishment _____

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[Turn over]

1 0 . 1 **Define bilateral transfer. [1 mark]**

1 0 . 2 **Give a sporting example of bilateral transfer. [1 mark]**

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[Turn over]

1 1 **Discuss the effectiveness of using massed practice with performers in gymnastics.**
[4 marks]

[Turn over]

1 2 **Developments in video and analysis programmes have changed how coaches provide feedback to performers.**

Evaluate the impact of these developments on a coach's ability to provide effective feedback to an athlete in the cognitive stage of learning. [8 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

1 3 **Baddeley and Hitch's memory model operates within the general information processing model.**

Analyse how Baddeley and Hitch's model allows a performer to make effective decisions when passing in a game of basketball.
[15 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

35

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[Turn over]

SECTION C

SPORT AND SOCIETY

Answer ALL questions in this section.

1 4 **Which of the following national partners of Sport England has the biggest focus on increasing participation at grassroots level? [1 mark]**

○ **A SportsAid**

○ **B UK Sport**

○ **C Youth Sport Trust**

1 5 **Which of the following was NOT a characteristic of society during the pre-industrial period (pre-1780)? [1 mark]**

- ○ **A Harsh lifestyle**
- ○ **B Rural**
- ○ **C Three-tier class system**
- ○ **D Widespread illiteracy**

[Turn over]

1 6 **TABLE 2 shows the percentages of inactive adults by socio-economic group according to data collected in the Active Lives Adult Survey 2016/17.**

TABLE 2

Socio-economic group	Percentage of inactive adults (less than 30 minutes of physical activity per week)
Groups 1–2: high-earning professionals, eg chief executives, doctors etc	17
Group 3	23
Group 4	25
Group 5	27
Groups 6–7	32
Group 8: long-term unemployed/never worked	38

Analyse the trend shown in TABLE 2 AND its causes. Use the data to support your answer. [4 marks]

1 7 . 1 **State ONE way the characteristics of a modern-day amateur differ from those of an amateur in the 1800s. [1 mark]**

1 7 . 2 **State ONE positive effect that modern-day 'amateurism' has on sport. Give an example. [1 mark]**

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[Turn over]

1 8 **Describe the main concepts of social action theory. [4 marks]**

[Turn over]

1 9 **In 2016 the Football Association (FA) estimated the number of qualified female football officials to be 850. This is a relatively small number and does not reflect the increase in the number of female football players.**

Evaluate the effectiveness of the strategies being used to overcome specific barriers that may prevent women from becoming football officials. [8 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

2 0 **Analyse how the changes in society between 1780 and 1900, driven by the Industrial Revolution, improved the sporting opportunities available to the working classes in Great Britain. [15 marks]**

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

END OF QUESTIONS

35

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Section	Mark
A	
B	
C	
TOTAL	

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