



**Surname** \_\_\_\_\_

**Other Names** \_\_\_\_\_

**Centre Number** \_\_\_\_\_

**Candidate Number** \_\_\_\_\_

**Candidate Signature** \_\_\_\_\_

**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]**



**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**



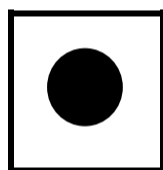
**SECTION A****APPLIED ANATOMY AND PHYSIOLOGY**

**Answer ALL questions in this section.**

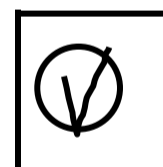
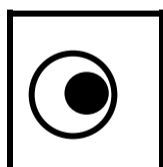
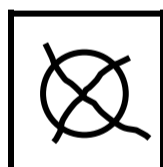
**Only ONE answer per question is allowed.**

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

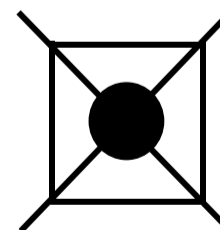
**CORRECT METHOD**



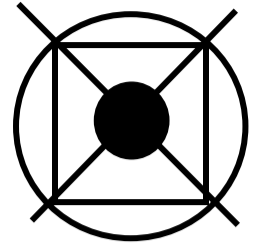
**WRONG METHODS**



**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.**



**[Turn over]**



0	1
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**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**



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**[Turn over]**



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**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**

	<b>RER</b>
<b>Performer 1</b>	<b>1.00</b>
<b>Performer 2</b>	<b>0.70</b>
<b>Performer 3</b>	<b>0.85</b>





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

**A Performer 1**

**B Performer 2**

**C Performer 3**

**[Turn over]**



03

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

03.1

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

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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**[Turn over]**



03.2

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

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03.3

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

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**[Turn over]**



04.1

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

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04.2

**Outline TWO ways an active lifestyle can reduce the risk of heart disease.**

**[2 marks]**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**[Turn over]**



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**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.**







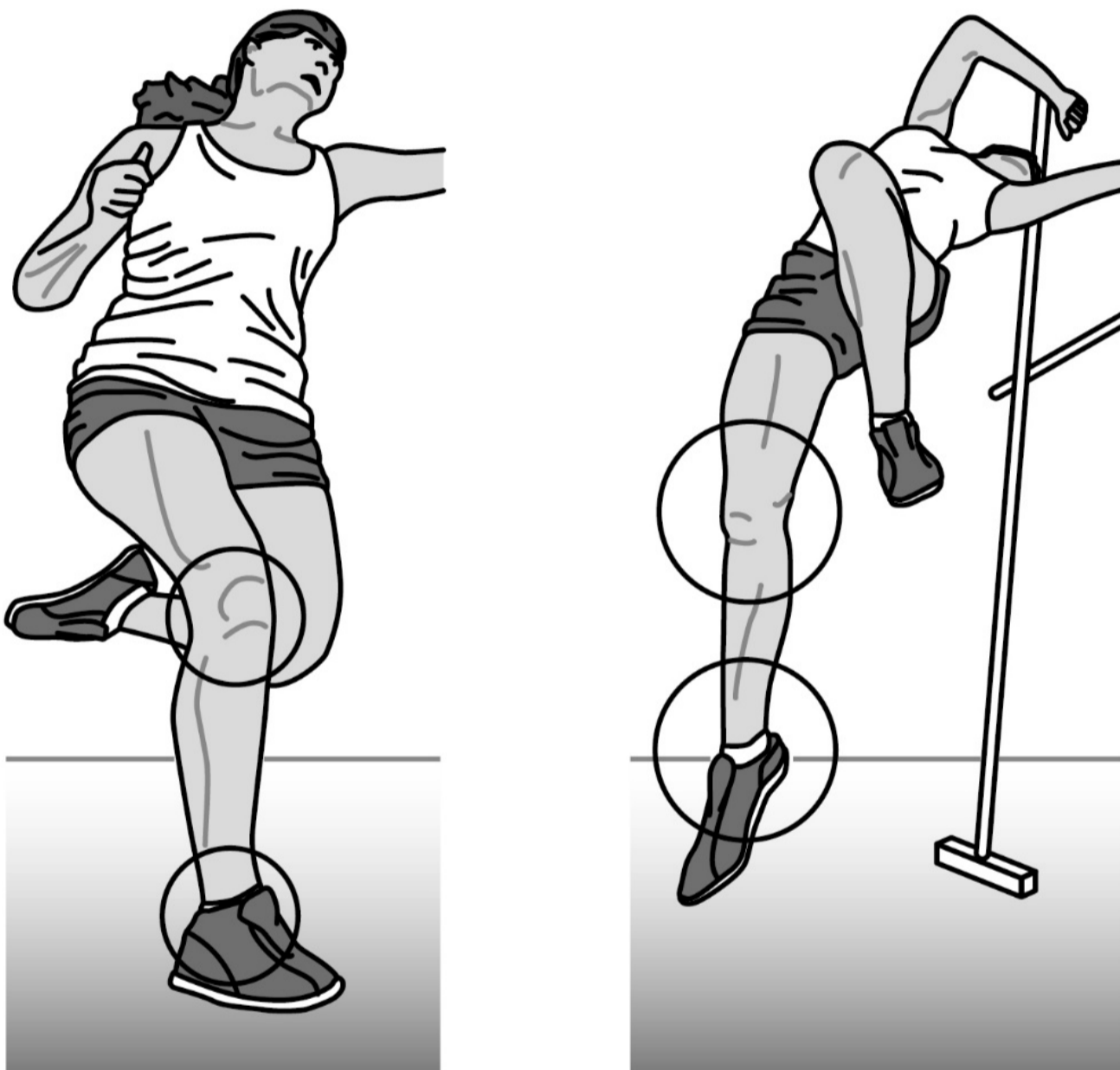




06

**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]**



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Handwriting practice lines consisting of 18 horizontal black lines spaced evenly down the page.



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**[Turn over]**



**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
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**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]**









10.1

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

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10.2

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

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**[Turn over]**







1	2
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**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.**











1	3
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**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.**

















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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
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**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]**



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

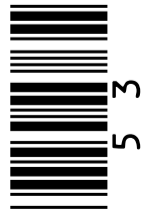
**TABLE 2**

<b>Socio-economic group</b>	<b>Percentage of inactive adults (less than 30 minutes of physical activity per week)</b>
<b>Groups 1–2: high-earning professionals, eg chief executives, doctors etc</b>	<b>17</b>
<b>Group 3</b>	<b>23</b>

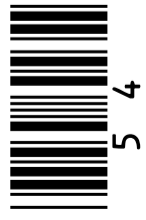
<b>Group 4</b>	<b>25</b>
<b>Group 5</b>	<b>27</b>
<b>Groups 6–7</b>	<b>32</b>
<b>Group 8: long-term unemployed/ never worked</b>	<b>38</b>

**Question 16 continues on page 55.**

**[Turn over]**



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**17.1**

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

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**17.2**

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

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**[Turn over]**







1	9
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**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.**









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**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.**





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For Examiner's Use	
Section	Mark
A	
B	
C	
<b>TOTAL</b>	

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## IB/M/CH/Jun20/7582/1/E3

