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Centre number	Candidate number	
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A-level PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Thursday 21 May 2020

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 this page.
- 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.

For Examiner's Use		
Section	Mark	
Α		
В		
С		
TOTAL		



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.				
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				



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 far	t as their main energy source?	[1 mark]
	A Performer 1	0	
	B Performer 2	0	
	C Performer 3	0	
0 3	Runners in the London Marathon will their race.	mainly use the aerobic energy system	during
0 3.1	Name and describe the three key prowhen using glucose as an energy sou		system [3 marks]
	1		
	2		

Question 3 continues on the next page

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0 3.2	State one long-term effect of smoking regularly on the structures of a runner's respiratory system.	
0 3.3	Explain how smoking regularly would impact the performance of the runners in t marathon.	mark]
0 4.1	Describe how heart disease can result in a heart attack.	marks]
0 4.2	Outline two ways an active lifestyle can reduce the risk of heart disease.	
	1	narks]



0 5	Analyse how changes in venous return occurring during exercise help perfo aerobic events such as a triathlon.	
		[8 marks]
	You may use this space to plan your answer.	





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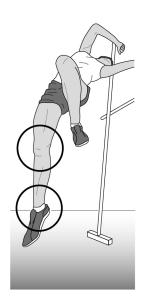


0 6

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.		





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Section B

Skill acquisition					
	Answer all questions	s in this section.			
0 7	All sports skills can be placed on a corother.	ntinuum from open at one end to closed	at the		
	Which of the following would sit neare	st to the closed end of the continuum?	[1 mark]		
	A Bowling in cricket	0			
	B Centre pass in netball	0			
	C Long shot in golf	0			
	D Shot put in athletics	0			
0 8	Which of the following is the correct or Information Processing Model?	der of the central mechanisms in Whitin	ıg's		
	_	!	[1 mark]		
	A Effector – Perceptual – Translatory	0			
	B Effector – Translatory – Perceptual	0			
	C Perceptual – Translatory – Effector	0			
	D Translatory – Effector – Perceptual	0			
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0 9	Negative reinforcement and punishment are key aspects of operant condition	ning.			
	Define the terms negative reinforcement and punishment.				
	Give a sporting example of each.	[4 marks]			
	Negative reinforcement				
	Punishment				
1 0 . 1	Define bilateral transfer.	[1 mark]			
1 0.2	Give a sporting example of bilateral transfer.	[1 mark]			



Extra space Turn over for the next question	1	Discuss the effectiveness of using massed practice with performers in gyr	nnastics. [4 marks
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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.				



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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]				
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	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	0		
	B UK Sport	0		
	C Youth Sport Trust	0		
1 5	Which of the following was not a characteristic of society period (pre-1780)?	during the pre-industrial		
	, , , , , , , , , , , , , , , , , , ,	[1 mark]		
	A Harsh lifestyle	0		
	B Rural	0		
	C Three-tier class system	0		
	D Widespread illiteracy	0		



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. answer.	Use the data to support your
	[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]		
	Chate and providing affect that made and days (amortos micros) has an amount. City and		
1 7 . 2	State one positive effect that modern-day 'amateurism' has on sport. Give an example.		
	[1 mark]		
1 8	Describe the main concepts of social action theory. [4 marks]		
	[



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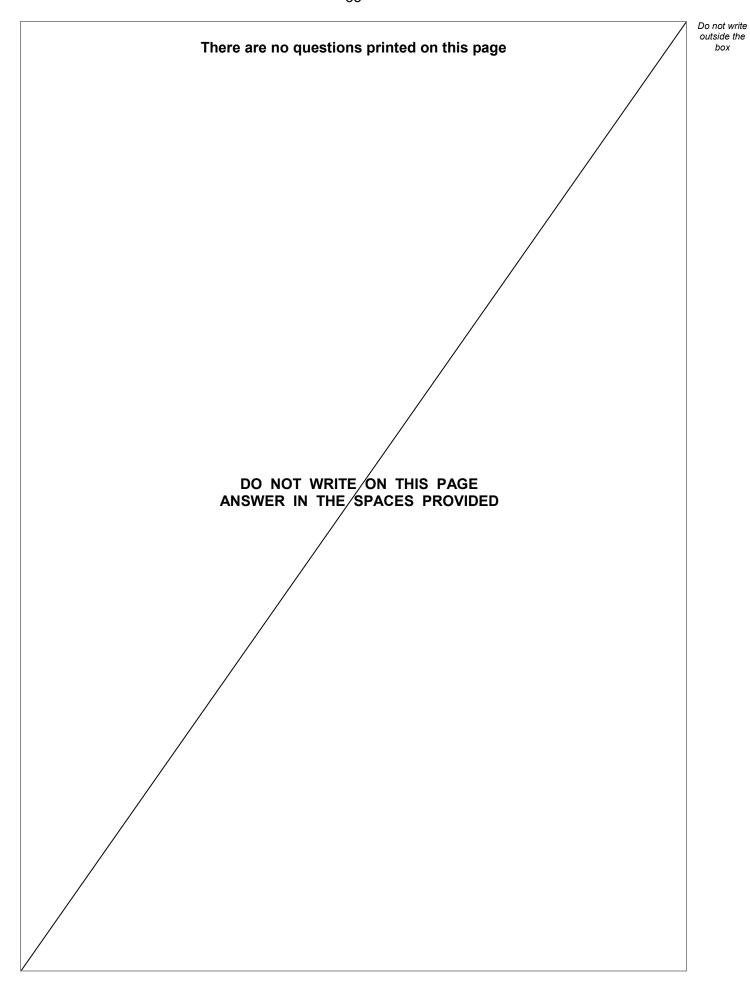
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