

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

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
A	
B	
C	
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.

**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

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]

1 _____

2 _____

3 _____

Question 3 continues on the next page

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]

0 4 . 2

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

[2 marks]

1 _____

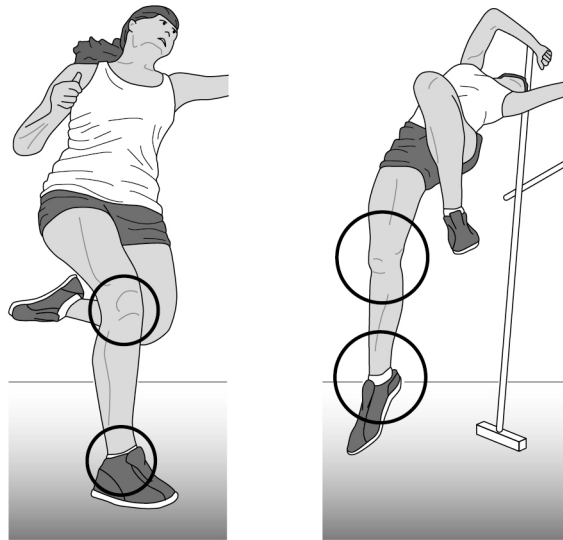
2 _____



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.

Blank space for planning the answer.



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 for the next question

Turn over ►

0	9
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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 _____

Punishment _____

1	0	.	1
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Define bilateral transfer.

[1 mark]

1	0	.	2
---	---	---	---

Give a sporting example of bilateral transfer.

[1 mark]



1	1
---	---

Discuss the effectiveness of using massed practice with performers in gymnastics.

[4 marks]

Extra space

Turn over for the next question

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

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