A

AQA

Surname _____

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I declare this is my own work.

A-level
PHYSICAL EDUCATION

Paper 2 Factors affecting optimal performance in physical activity and sport

7582/2

Wednesday 3 June 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 must have:
- **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

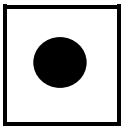
EXERCISE PHYSIOLOGY AND BIOMECHANICS

Answer ALL questions in this section.

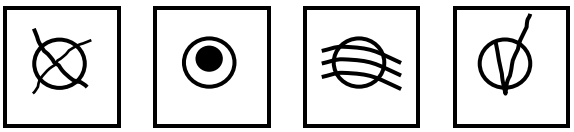
Only ONE answer per question is allowed.

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

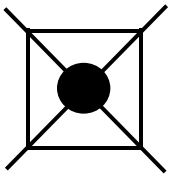
CORRECT METHOD



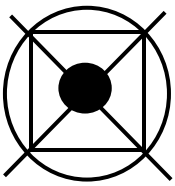
WRONG METHODS



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 vitamin is used for energy release during exercise? [1 mark]**

- ○ **A Vitamin B-12**
- ○ **B Vitamin C**
- ○ **C Vitamin D**

0 2 **Which of the following is used for calculating angular velocity? [1 mark]**

- ○ **A Angular displacement × time**
- ○ **B** $\frac{\text{Angular displacement}}{\text{time}}$
- ○ **C Angular momentum × time**
- ○ **D** $\frac{\text{Angular momentum}}{\text{time}}$

[Turn over]

0 3 **Describe how using a hyperbaric chamber can aid recovery. [3 marks]**

0 4 **Explain the benefits of including weight training as part of a rugby player's training regime. [3 marks]**

[Turn over]

0 5 **Discuss the importance of fat intake to an endurance athlete. [4 marks]**

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[Turn over]

0 6 **Adam Peaty has set multiple new world records in the 100 m breaststroke.**

TABLE 1 shows his performances in some major championships over a two-year period.

TABLE 1

Year and competition	Time (seconds)	Position
2016 Olympic Games	57.13 (world record)	1st
2018 European Championships	57.00 (world record)	1st

Analyse how Adam Peaty would use Macro, Meso and Micro cycles to achieve these performances. [8 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

[Turn over]

0 7 **FIGURE 1 shows a gymnast performing a leap as part of a beam routine.**

FIGURE 1

Analyse how the gymnast is able to perform this explosive movement successfully.

Refer to Newton's Laws of linear motion AND the recruitment of muscle fibres in your answer. [15 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

35

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[Turn over]

SECTION B

SPORT PSYCHOLOGY

Answer ALL questions in this section.

0 8 **According to Fiedler's contingency theory, the most appropriate leadership style is influenced by the situation the leader is in.**

Which situation would a person-orientated leadership style be MOST EFFECTIVE in? [1 mark]

○ **A Least favourable**

○ **B Moderately favourable**

○ **C Most favourable**

0 9 **In the build-up to an important competition, athletes often experience stress.**

Which of the following is classed as a cognitive stress management technique? [1 mark]

- ○ **A Biofeedback**
- ○ **B Centering**
- ○ **C Imagery**
- ○ **D Progressive Muscular Relaxation**

[Turn over]

1 0 **Learned helplessness can be general or specific.**

Define BOTH of these terms. [2 marks]

General learned helplessness _____

_____

_____

_____

Specific learned helplessness _____

_____

_____

_____

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[Turn over]

1 1 **The work of Hollander and Lewin are examples of an interactionist perspective of personality.**

Explain how interactionist perspectives account for the varied behaviour of a netballer who is repeatedly fouled during two different games. [4 marks]

[Turn over]

1 2 **TABLE 2 shows the England cricket team's home and away results in matches between 2012 and 2018.**

TABLE 2

	Wins	Losses
Home	23	11
Away	7	23

Evaluate the impact of home field advantage on the England cricket team's results.

Use the information in TABLE 2 in your answer.
[4 marks]

[Turn over]

1 3 **In the 2011 Masters, Rory McIlroy was four shots ahead going into the final round. However, due to a sudden decline in performance, he finished 10 shots behind the eventual winner.**

Analyse the factors linked to arousal which led to such a dramatic and sudden decline in performance. [8 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

[Turn over]

1 4 **England, ranked 11th in the world, were knocked out of the 2016 European Championships by Iceland, a team ranked 34th in the world.**

Losing the match 2–1 represented a significant under-achievement for the England football team.

Analyse the faulty group processes which could have caused this defeat AND the strategies which can be used to address specific faulty processes. [15 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

35

SECTION C

SPORT AND SOCIETY AND TECHNOLOGY IN SPORT

Answer ALL questions in this section.

15 In which of the following situations would a performer need assistance from the law as a result of an incident occurring outside of competition? [1 mark]

- ○ **A** Contractual issues
- ○ **B** Spectators attacking a player
- ○ **C** Referee negligence
- ○ **D** Opponents being violent

1 6 **Maintaining the integrity of data can be difficult.**

Which of the following issues relates specifically to manual data entry? [1 mark]

- ○ **A Bugs or viruses**
- ○ **B Hardware malfunction**
- ○ **C Human error**
- ○ **D Transmission from one computer to another**

[Turn over]

1 7 **Positive forms of deviance can sometimes be seen during sporting contests.**

1 7 . 1 **Define the term positive deviance. [1 mark]**

1 7 . 2 **Give a sporting example of positive deviance. [1 mark]**

1 8 **State TWO causes of performer violence. Give a sporting example for each. [4 marks]**

1 _____

_____

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_____

_____

_____

2 _____

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_____

[Turn over]

1 9 **The Olympic Oath was introduced in the 1920 Summer Olympics. Since then, the Olympic Oath has been taken by all competitors in the games.**

Discuss whether the Olympic Oath is still relevant in the modern-day Olympic Games. [4 marks]

[Turn over]

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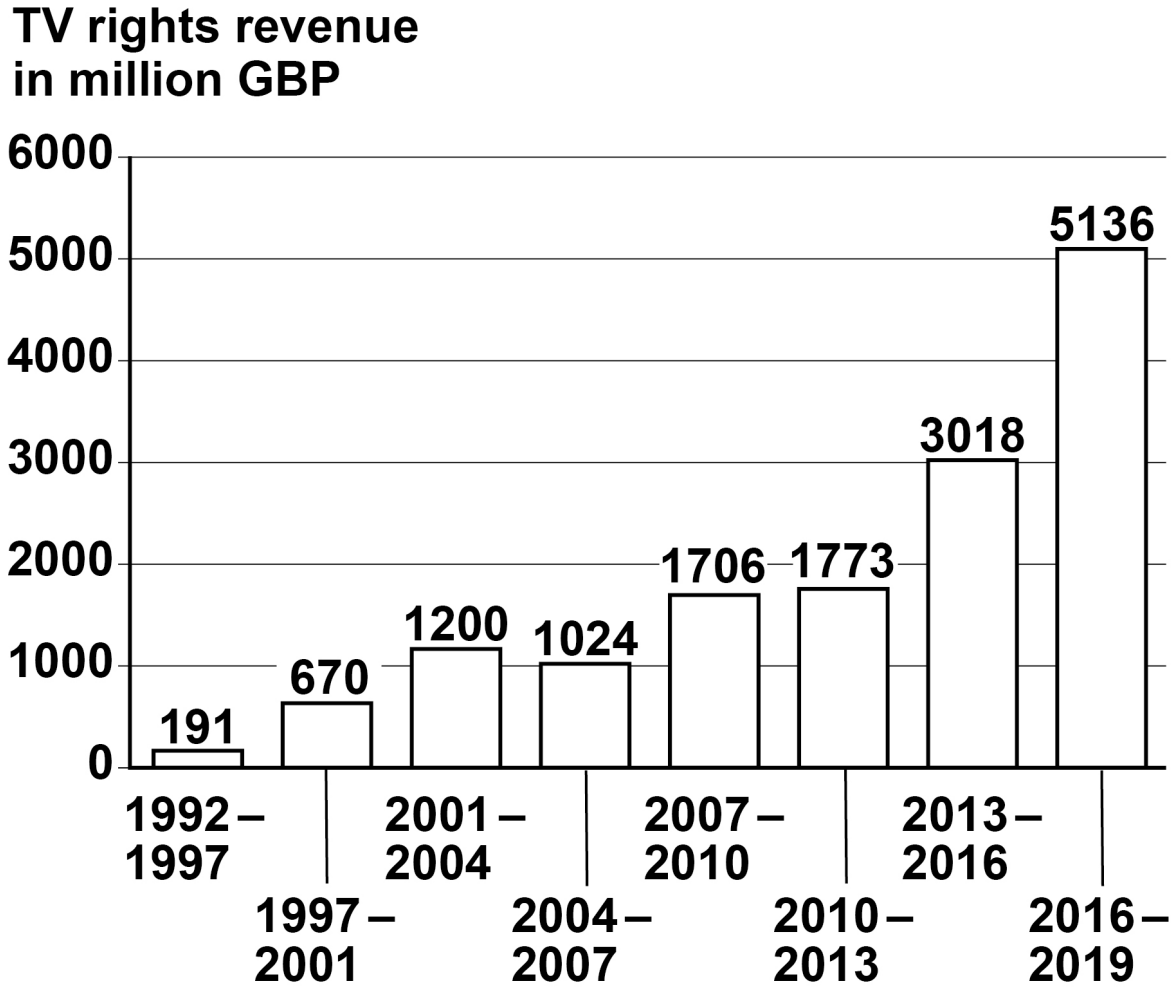
[Turn over]

2 0 **Income from commercialisation has made an impact on sport.**

FIGURE 2 shows the income from Premier League television broadcasting rights over a 27-year period.

FIGURE 2



Evaluate the impact of commercialisation on professional football since the Premier League was formed in 1992. Refer to FIGURE 2 in your response. [8 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

2 1 **By August 2019, 69 athletes had failed drugs tests using samples taken during the London 2012 Olympics.**

Evaluate the effectiveness of strategies used for eliminating the use of performance enhancing drugs in sport. [15 marks]

You may use this space to plan your answer.

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

[Turn over]

END OF QUESTIONS

35

Additional page, if required.

Write the question numbers in the left-hand margin.

Additional page, if required.

Write the question numbers in the left-hand margin.

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For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

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