

A

**AQA** 

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

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

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

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

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

**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]**



J U N 2 0 7 5 8 2 2 0 1

**For this paper you may 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**



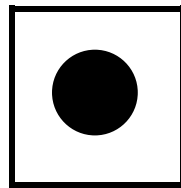
**SECTION A****EXERCISE PHYSIOLOGY AND  
BIOMECHANICS**

**Answer ALL questions in this section.**

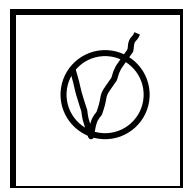
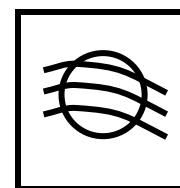
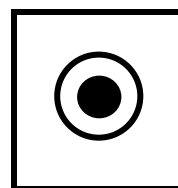
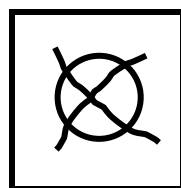
**Only ONE answer per question is  
allowed.**

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

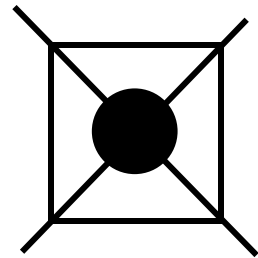
**CORRECT METHOD**



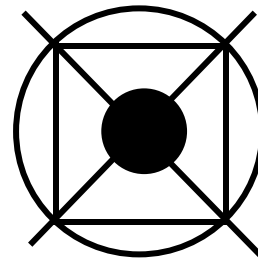
**WRONG METHODS**



**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.**



**[Turn over]**



0	1
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**Which vitamin is used for energy release during exercise? [1 mark]**

**A Vitamin B-12**

**B Vitamin C**

**C Vitamin D**



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

**A Angular displacement  $\times$  time**

**B Angular displacement  
time**

**C Angular momentum  $\times$  time**

**D Angular momentum  
time**

**[Turn over]**



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

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0 4

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

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**[Turn over]**

05

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

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**[Turn over]**



06

**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**

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



**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]**





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**[Turn over]**



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**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]**



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**SECTION B****SPORT PSYCHOLOGY**

**Answer ALL questions in this section.**

<b>0</b>	<b>8</b>
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**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
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**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** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

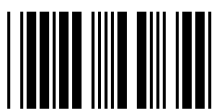
\_\_\_\_\_

**Specific learned helplessness** \_\_\_\_\_

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**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]**

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**[Turn over]**





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

**TABLE 2**

	<b>Wins</b>	<b>Losses</b>
<b>Home</b>	<b>23</b>	<b>11</b>
<b>Away</b>	<b>7</b>	<b>23</b>

**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]**

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**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]**



Ruled lines for writing.





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**[Turn over]**









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**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]**



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6 3





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**SECTION C****SPORT AND SOCIETY AND  
TECHNOLOGY IN SPORT**

**Answer ALL questions in this section.**

**1 5**

**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
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**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]**



17

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

17.1

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

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17.2

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

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**[Turn over]**

1 8

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

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**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]**

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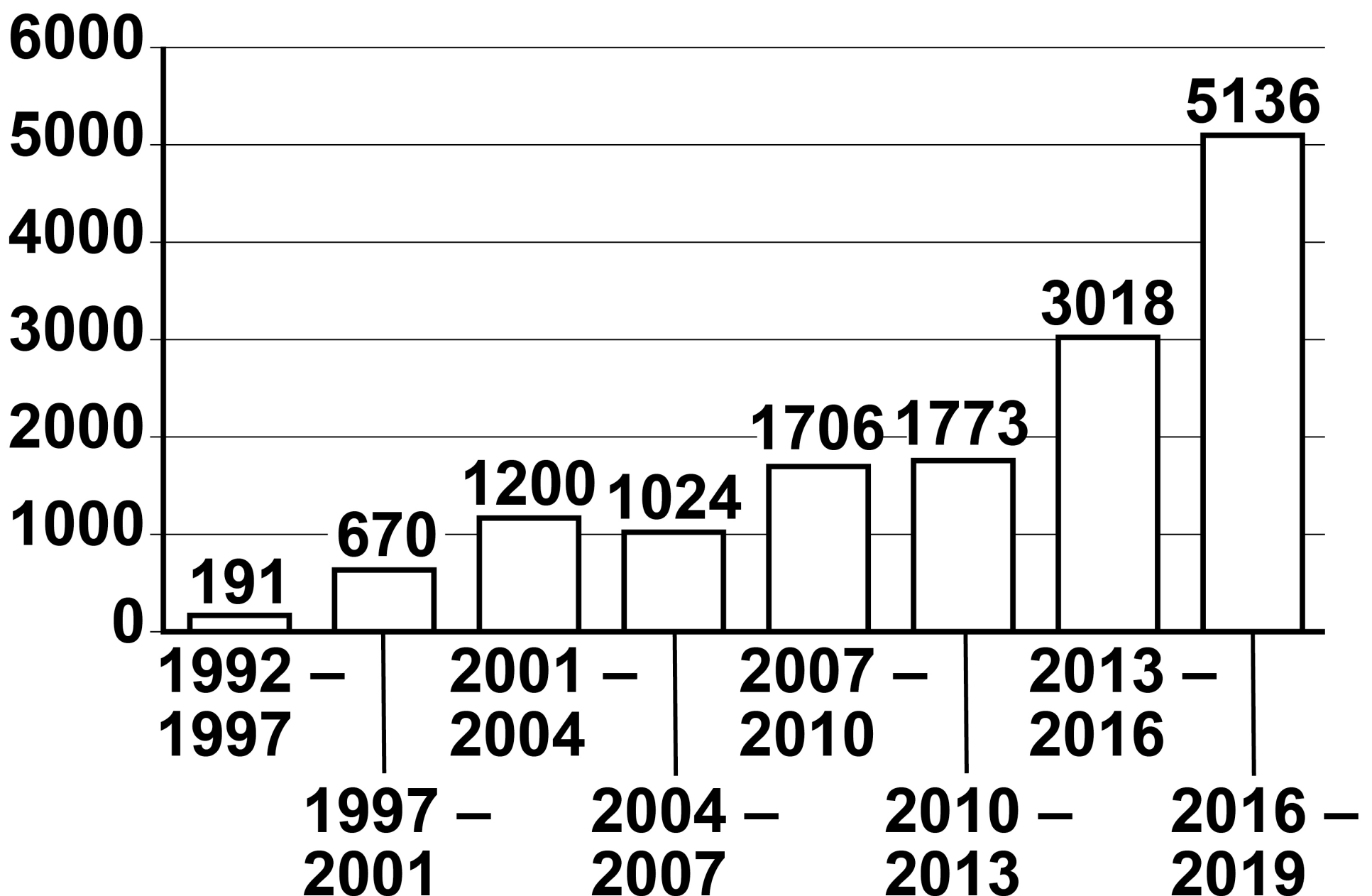
20

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

TV rights revenue  
in million GBP



**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]**



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**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]**























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**END OF QUESTIONS**

<b>35</b>



**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	
<b>TOTAL</b>	

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**IB/M/MW/Jun20/7582/2/E3**

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