

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

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 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



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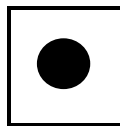
SECTION A**APPLIED ANATOMY AND PHYSIOLOGY**

Answer ALL questions in this section.

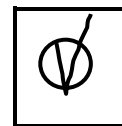
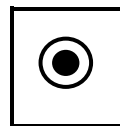
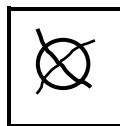
Only ONE answer per question is allowed.

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

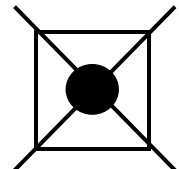
CORRECT METHOD



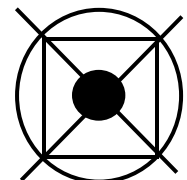
WRONG METHODS



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 ONE of the following muscles is a
MAIN AGONIST when flexion occurs at the shoulder?
[1 mark]**

☐

A Anterior deltoid

☐

B Medial deltoid

☐

C Posterior deltoid

0	2
---	---

Which ONE of the following is a direct product of beta oxidation? [1 mark]

☐

A Acetyl-CoA

☐

B Carbon dioxide

☐

C Citric acid

☐

D Oxaloacetate

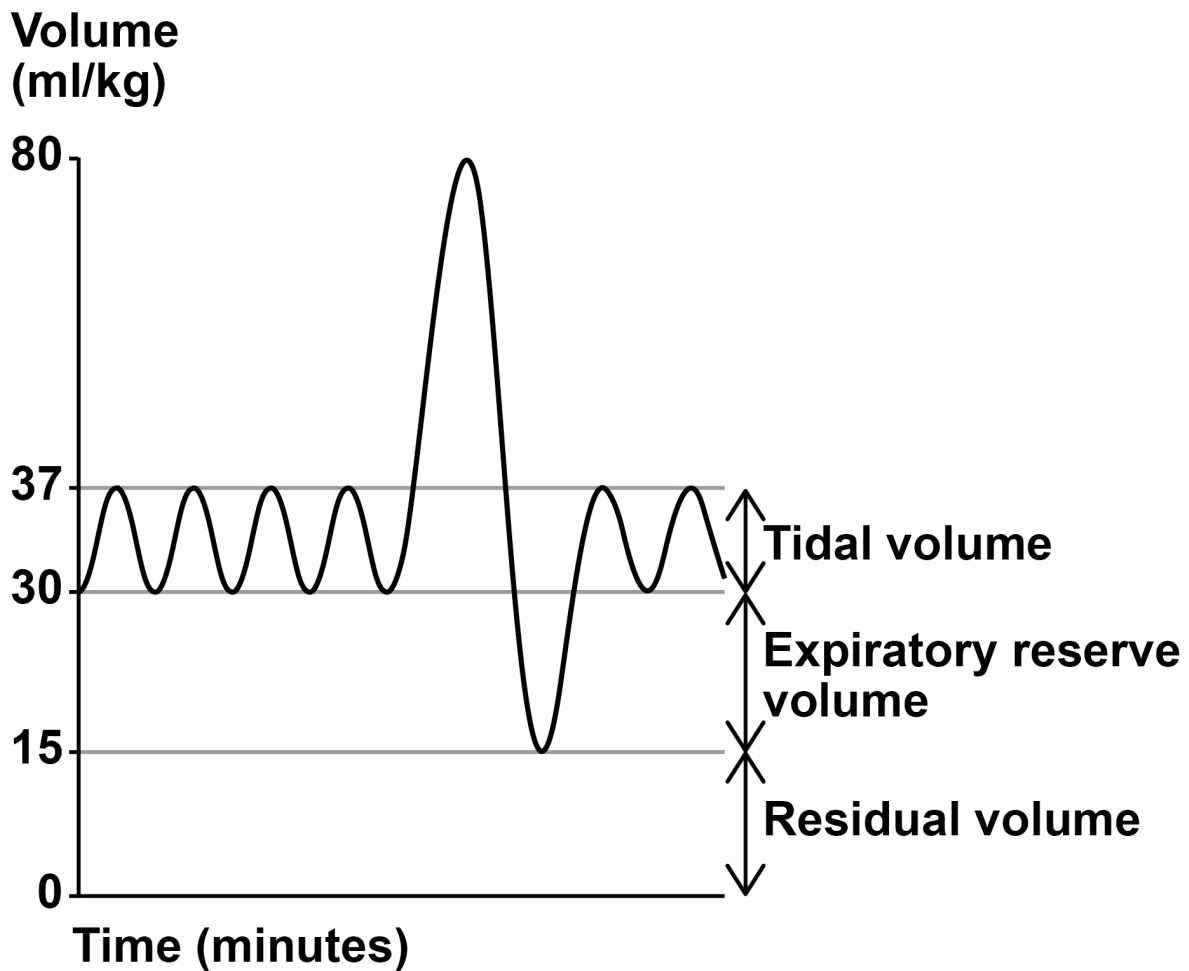
[Turn over]



03

FIGURE 1 shows a spirometer trace.

FIGURE 1



03.1

Define the term 'tidal volume'. [1 mark]



0	3	.	2
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Explain how AND why a period of continuous exercise would impact the lung volumes in FIGURE 1. [3 marks]

Tidal volume _____

Expiratory reserve volume _____

Residual volume _____

[Turn over]



0	4
---	---

Explain the role of the atrioventricular node in the cardiac conduction system. [3 marks]

0	5
---	---

Training can increase an athlete's maximum A-VO₂ diff.

**Analyse how the body systems adapt to allow this.
[3 marks]**



0	6
---	---

**Evaluate the effectiveness of High Intensity Interval Training (HIIT) for a central midfielder in football.
[8 marks]**

You may use this space to plan your answer.









[Turn over]



0	7
---	---

Usain Bolt and Mo Farah are both multiple Olympic champions, Usain Bolt in the 100 m and Mo Farah in the 10 000 m.

**Analyse how the structures of their predominant muscle fibre types differ, producing functional characteristics that impact on their performance.
[15 marks]**

You may use this space to plan your answer.

[illegible]

[illegible]

[illegible]

[Turn over]



[illegible]

[illegible]

[Turn over]



[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[Turn over]

35



SECTION B**SKILL ACQUISITION**

Answer ALL questions in this section.

0	8
---	---

Which ONE of the following shows the correct relationship between reaction time, response time and movement time? [1 mark]

☐

A Movement time + response time = reaction time

☐

B Reaction time + movement time = response time

☐

C Response time + reaction time = movement time

0	9
---	---

Schmidt's schema theory states that learning occurs through the development of a schema.

Which ONE of the following shows the correct elements of recall schema? [1 mark]

☐

A Initial conditions and response specifications

☐

B Response outcomes and initial conditions

☐

C Response specifications and sensory consequences

☐

D Sensory consequences and response outcomes

[Turn over]



1	0	.	1
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Define the term 'learning plateau'. [1 mark]

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

**State TWO potential causes of a learning plateau.
[2 marks]**

1

2



1	1
---	---

Explain the advantages AND disadvantages of using whole practice when learning a dance routine.

[4 marks]

[illegible]

[Turn over]



1	2
---	---

Analyse how the short-term and long-term memory work together to allow an autonomous performer to make effective decisions during performance.

[3 marks]

[illegible]

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[Turn over]



1	3
---	---

Evaluate the effectiveness of the different methods of guidance that could be used when teaching a swimmer who is in the cognitive stage of learning. [8 marks]

You may use this space to plan your answer.





[illegible]



[illegible]

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[Turn over]



1	4
---	---

Great Britain's Rebecca Romero won a silver medal in rowing at the Athens Olympics in 2004. She then changed to track cycling, winning individual pursuit gold at the Beijing Olympics in 2008.

Analyse why an elite performer would find the switch from rower to cyclist easier than if they were to move from tennis to badminton.

Use your knowledge of TRANSFER OF LEARNING and the following SKILL CONTINUA:

- **Open–Closed**
- **Discrete–Continuous**
- **Simple–Complex.**

[15 marks]



You may use this space to plan your answer.

[Turn over]



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[illegible]



[illegible]







[Turn over]

35



SECTION C**SPORT AND SOCIETY**

Answer ALL questions in this section.

1	5
---	---

Which ONE of the following was a characteristic of 19th-century gentleman amateurs? [1 mark]

☐

A Focused on one sport

☐

B High morals

☐

C Low status

☐

D Valued training

1	6
---	---

Which ONE of the following was a specific aim of the Wenlock Olympian Games? [1 mark]

☐

A Develop international competition

☐

B Form Olympian Class

☐

C Improve morals of the whole nation

[Turn over]



1	7
---	---

State THREE physical health benefits of increased participation in sport. [3 marks]

1

2

3



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[Turn over]



1	8
---	---

Socialisation is a lifelong process where members of a society learn its norms, values, ideas, practices and roles in order to take their place in that society.

1	8	.	1
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Describe how secondary socialisation differs from primary socialisation. [1 mark]

1	8	.	2
---	---	---	---

Explain THREE ways an individual may be encouraged to participate in rock climbing through secondary socialisation. [3 marks]

1



2

3

[Turn over]



1	9
---	---

The launch of the Diamond League athletics events in 2010 introduced large cash prizes into the sport. This was one of many factors which changed the status of track and field athletes post-World War II (1950–present).

**Evaluate what impact the changing status of track and field athletes has had on the sport of athletics.
[3 marks]**



[Turn over]



2	0
---	---

Analyse how the emergence of the middle class in the industrial and post-industrial period (1780–1900) impacted on the sport of association football at this time. [8 marks]

You may use this space to plan your answer.







[illegible]

[illegible]

[Turn over]



[illegible]

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[Turn over]



2	1
---	---

Studies suggest that children with disabilities report experiencing low self-efficacy when playing sport.

Analyse how discrimination, stereotyping and prejudice can explain the children's low self-efficacy when applied to Bandura's model. [15 marks]

You may use this space to plan your answer.

[illegible]

[illegible]



[illegible]



[illegible]

END OF QUESTIONS

35



Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

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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