



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



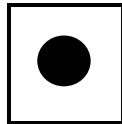
SECTION A**APPLIED ANATOMY AND PHYSIOLOGY**

Answer ALL questions in this section.

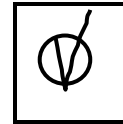
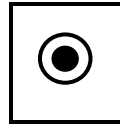
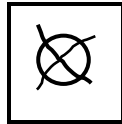
Only ONE answer per question is allowed.

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

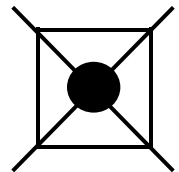
CORRECT METHOD



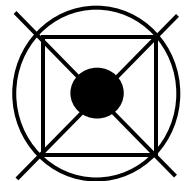
WRONG METHODS



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
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Which ONE of the following describes spatial summation? [1 mark]

A A motor unit being capable of fully contracting or not contracting at all

B A sustained, smooth muscular contraction

C Repeated nerve impulses allowing no time for the muscle fibres to relax

D The addition of impulses received at different places on the neuron

[Turn over]



0	2
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Measuring energy expenditure can be useful during training.

Which ONE of the following would be most practical to use with a swimmer during a training session in the pool? [1 mark]

A Direct gas analysis VO_2 max test

B Indirect calorimetry

C Lactate sampling



0	3
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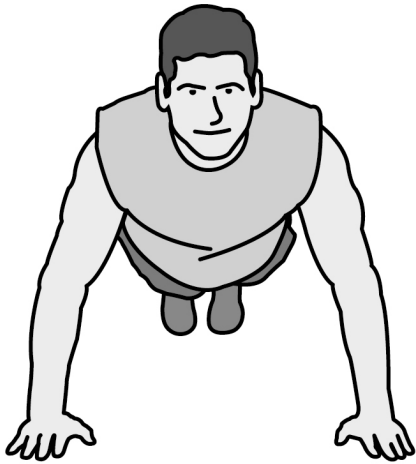
Describe how an increase in carbon dioxide in the blood during exercise would lead to an increased breathing rate. [3 marks]

[Turn over]

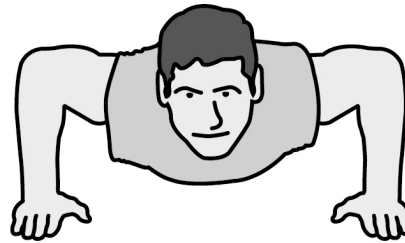
04

FIGURE 1 shows an athlete performing the downward phase of a press-up. [4 marks]

FIGURE 1



Position A



Position B

Complete the table, on the opposite page, for the movement occurring at the **ELBOW** as the athlete moves from position A to position B.



Articulating bones at the elbow	
Main agonist	
Plane	
Axis	

[Turn over]



0 5

If endurance events take place in warm conditions, cardiovascular drift can occur.

Analyse how cardiovascular drift may result in lower levels of performance. [3 marks]

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[Turn over]



0	6
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Evaluate the effectiveness of altitude training for an endurance athlete preparing for a one-off event like the London Marathon. [8 marks]

You may use this space to plan your answer.







[Turn over]





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[Turn over]



0	7
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Each of the following athletes uses a different main energy system to resynthesise ATP during a race:

- **Athlete A is a 100 m runner**
- **Athlete B is a 400 m runner**
- **Athlete C is a marathon runner.**

Analyse how EACH of these athletes could use different dietary supplements or manipulation to optimise their performance in a race.

Refer to the relevant energy systems throughout your answer. [15 marks]

You may use this space to plan your answer.



[Turn over]





[Turn over]





[Turn over]





[Turn over]





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[Turn over]



SECTION B**SKILL ACQUISITION**

Answer ALL questions in this section.

0 8

Baddeley and Hitch devised a model of the working memory.

Which component of this model coordinates sight, hearing, and movement information into sequences to be sent to the long-term memory? [1 mark]

A Central executive

B Episodic buffer

C Phonological loop

D Visuospatial sketchpad



0	9
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Which **ONE** of the following is an example of temporal anticipation in hockey? [1 mark]

A Predicting what your opponent will do next

B Predicting when a player will shoot

C Predicting where the ball will go

[Turn over]



1	0
---	---

Bandura's observational learning model describes how we learn from watching others.

In sport this can take the form of a demonstration.

Outline THREE factors that make a demonstration effective. [3 marks]

1

2

3



1 1 . 1

Skills in sport can be classified in different ways.

Define the term 'continuous skill'. Give a sporting example. [2 marks]

Definition _____

Sporting example _____

[Turn over]



1	1	.	2
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**Explain why bowling in cricket might NOT be placed exactly at either end of the Gross – Fine continuum.
[2 marks]**



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[Turn over]

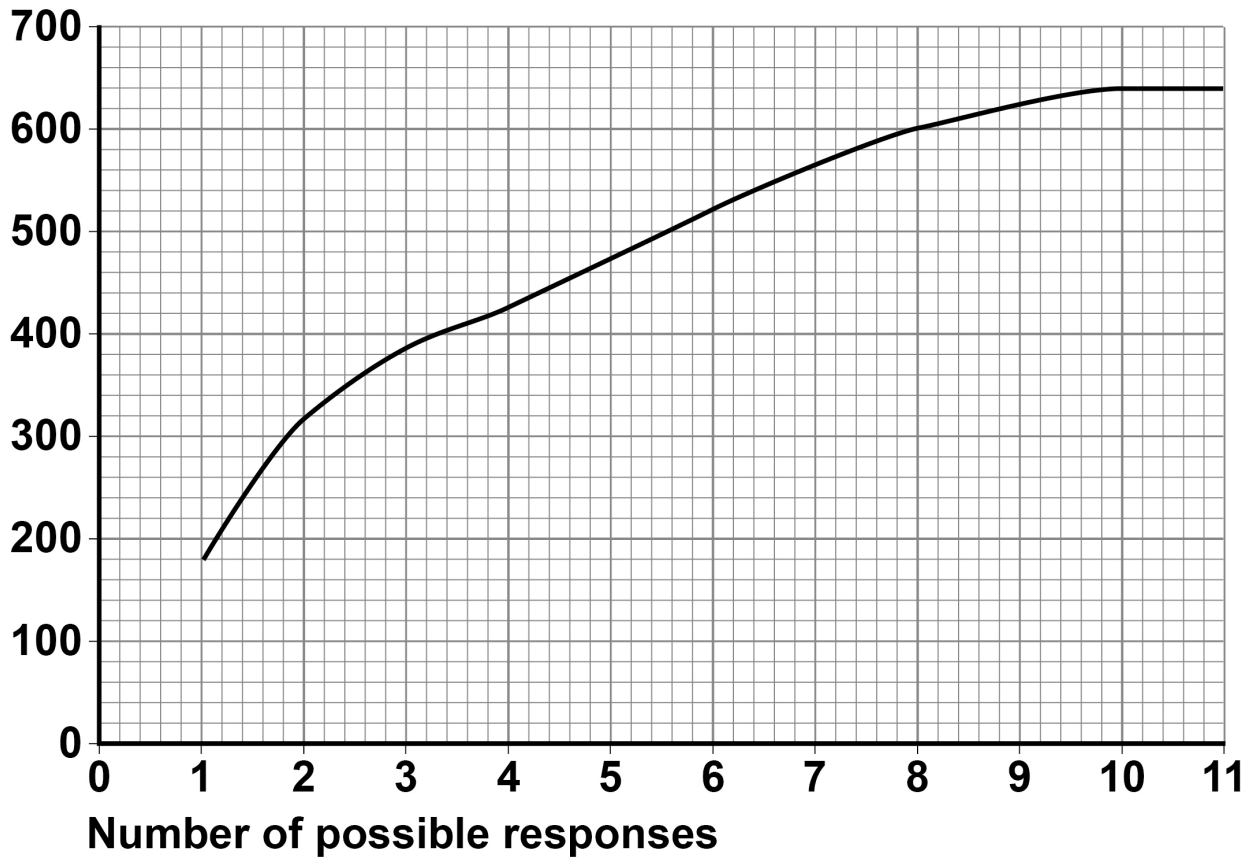


1 2

FIGURE 2 shows the impact of the number of possible responses on response time.

FIGURE 2

Response time
(milliseconds)



Analyse FIGURE 2 to suggest why response times may be longer when passing in football than at the start of a 100 m race. Support your answer with data from FIGURE 2. [3 marks]

[Turn over]



1 3

A high jumper is experiencing a learning plateau.

Evaluate the effectiveness of setting a SMARTER process goal to overcome this learning plateau. Refer to an appropriate goal in your answer. [8 marks]

You may use this space to plan your answer.



[Turn over]





[Turn over]



[Turn over]



1	4
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Trampolinists A and B have both performed the same set routine on a number of occasions in training. For each attempt they have been awarded an execution score out of 10 by their coach, with 10 being the best possible score.

TABLE 1 shows the execution scores the trampolinists were awarded for each attempt.

TABLE 1

Attempt number	1	2	3	4	5	6
Trampolinist A scores	9.7	9.8	9.8	9.7	9.6	9.8
Trampolinist B scores	3.7	3.4	4.2	4.7	5.9	5.1



Evaluate whether massed practice or distributed practice would be most effective for their coach to use with:

- **Trampolinist A**
- **Trampolinist B.**

Refer to each trampolinist's stage of learning in your answer. [15 marks]

You may use this space to plan your answer.

[Turn over]



[Turn over]



[Turn over]







[Turn over]

35



SECTION C**SPORT AND SOCIETY**

Answer ALL questions in this section.

1	5
---	---

Which ONE of the following had the most significant impact on the invention of lawn tennis? [1 mark]

A Development of professional sport

B Emergence of the middle class

C Improvements in transport and communication

D Influences from across the British Empire



1	6
---	---

Which ONE of the following is defined as ‘an organised group of people associated for some specific purpose or with a shared common interest’? [1 mark]

A Social action theory

B Social control

C Socialisation

D Society

[Turn over]



1	7
---	---

Ex-public-school boys and university old boys helped spread sport throughout the British Empire during the industrial and post-industrial period (1780–1900).

State THREE professions that were also responsible for the spread of sport throughout the British Empire during this period. [3 marks]

1

2

3



18

Explain how mob football reflected the characteristics of pre-industrial British society (pre-1780). [3 marks]

[Turn over]



19.1

A 2019 survey looked at the physical activity of adults. TABLE 2 shows the percentage of men and women who completed a minimum of 150 minutes of physical activity per week.

TABLE 2

	% who completed 150 mins of physical activity/week
Men	65%
Women	61%

One possible cause of the difference shown is stereotyping.

Define the term 'stereotyping'. [1 mark]



19.2

Analyse how stereotyping may contribute to the difference shown in TABLE 2. [3 marks]

[Turn over]

2	0
---	---

The number of factories increased in the UK during the industrial and post-industrial period (1780–1900).

Evaluate the impact of this development on the physical activity of the working class:

- **at the start of the 19th century**
- **at the end of the 19th century.**

[8 marks]

You may use this space to plan your answer.





[Turn over]





[Turn over]





[Turn over]



2	1
---	---

Active Partnerships, formerly County Sports Partnerships, are an example of a local partner of Sport England. Sport England's local partners work to overcome the barriers to participation that some groups may face.

**Analyse how the work of Sport England's local partners can overcome the barriers to participation for those disadvantaged by their socio-economic status.
[15 marks]**

You may use this space to plan your answer.







[Turn over]



[Turn over]



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.

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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