

Please write clearly in	ı block capitals.
Centre number	Candidate number
Surname	
Forename(s)	
Candidate signature	I declare this is my own work.

A-level

PHYSICAL EDUCATION

Paper 2 Factors affecting optimal performance in physical activity and sport

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 Examir	ner's Use
Section	Mark
Α	
В	
С	
TOTAL	



Section A

Exercise physiology and biomechanics

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 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 one of the following is a definition of the term 'mass'?
[1 mark]
A The amount of space a body occupies
B The gravitational force exerted on an object
C The quantity of matter a body possesses



0 2

Figure 1 shows an athlete throwing a javelin.

Figure 1



Which lever system is operating at the elbow as the javelin is released during the execution of the throw?

[1 mark]

A First class

0

B Second class

0

C Third class

0

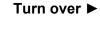
Turn over ▶



0 3.1	The data gathered from a fitness test can be either quantitative or qualitative.	
	Define the terms quantitative and qualitative.	marks]
	Quantitative	
	Qualitative	
0 3.2	State two factors that can affect the reliability of a fitness test.	marks]
	2	



0 4	The start of a 100 m sprint race requires athletes to accelerate as quickly as they can out of the blocks.					
0 4.1	Acceleration is a	•				[1 mark]
0 4.2	Table 1 shows the split times for ea			€.	intervals, as w	vell as the
	Distance at end of 10 m split (m)	10	20	30	40	50
	Split time (s)	2	1.5	0.9	0.8	0.8
	Velocity at the end of the split (m/s)	4	10	11	12	12
	Calculate the sp	rinter's accele	ration betweer	n 10 and 20 m	using the data	a in Table 1 .
	Give the correct	units in your a	answer.			[2 marks]
	Sprinter's	acceleration		U	nits	





0 5	Evaluate the suitability of including high-intensity interval training (HIIT) i basketball or a netball team's training programme.	n either a
		[3 marks]



0 6	Elite-level rugby players are at high risk of suffering from musculo-skeletal injuries due to the physical nature of the sport.
	Evaluate the use of screening to prevent musculo-skeletal injuries in elite rugby. [8 marks]
	You may use this space to plan your answer.





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You may use this space to plan your answer.	







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Section B

Sport psychology			
Answer all questions in this section.			
0 8	'Interpersonal differences begin	n to be resolved and a sense of cohesion eme	erges'.
	Which stage of Tuckman's mod	del is described in this statement?	[1 mark]
	A Forming	0	
	B Norming	0	
	C Performing	0	
	D Storming	0	
0 9	Which component of an attitude	e involves a person's emotions?	[1 mark]
	A Affective	0	
	B Behavioural	0	
	C Cognitive	0	
			I .



1 0	A performer's likelihood of success is influenced by them having a positive	attitude.
	Describe four factors which may lead to the formation of a positive attitude.	[4 marks]
	1	
	2	
	3	
	4	
1 1	Hollander's model is one example of an interactionist perspective of person	
	Explain how a coach can apply knowledge of Hollander's model of persona improve performance. Refer to each level of the model in your answer.	lity to [3 marks]





1 2	Evaluate the impact of extrinsic rewards on a performer's motivation.	[3 marks]



1 3	A badminton player is suffering from learned helplessness.	
	Analyse the strategies a coach could use to help the player overcome learn helplessness and improve their performance.	ed [8 marks]
	You may use this space to plan your answer.	



Extra space





1 4	An experienced women's rugby team is bottom of the league with only a fleft before the end of the season.	ew games
	A new head coach is recruited and chooses to adopt an autocratic leaders during training sessions and games.	ship style
	Analyse the impact an autocratic leadership style may have on the team. Chelladurai's multi-dimensional model in your answer.	Refer to
		[15 marks]
	You may use this space to plan your answer.	



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Section C

Sport and society and technology in sport				
Answer all questions in this section.				
1 5	Which one of the following organise participation level sport?	ations provides support to both elite an	d [1 mark]	
	A N. (1) . 10			
	A National Governing Bodies			
	B National Institutes of Sport	0		
	C UK Sport	0		
1 6	Which one of the following would b	enefit most from taking beta blockers?	[1 mark]	
	A Golfer	0		
	B Marathon runner	0		
	C Rugby player	0		
	D Sprinter	0		
1 7	Maintaining data integrity ensures t data whilst it is collected, stored an	the accuracy, consistency and completed d shared.	ness of	
	State three ways that data integrity	can be maintained.	[3 marks]	
	1			
	2			
	3			



1 8 . 1	Define the term 'negligence'.	[1 mark]
1 8.2	Give three examples of negligence by a rugby official. 1 2	
	3	
1 9	'The use of performance enhancing drugs should be allowed in sport.' Evaluate this statement.	[3 marks]





Another coach believes the win ethic is more important so encoura use gamesmanship.	ges their players to		
Evaluate these views in relation to professional football.			
	[8 marks		
You may use this space to plan your answer.			



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2 1	Media coverage of professional tennis has increased over the past 20 years. Tennis players are increasingly required to interact with the media in the lead-up to matches.
	Evaluate the impact the media may have on a professional tennis player's self-efficacy in an upcoming match.
	Refer to Bandura's Model of self-efficacy in your answer. [15 marks]
	You may use this space to plan your answer.





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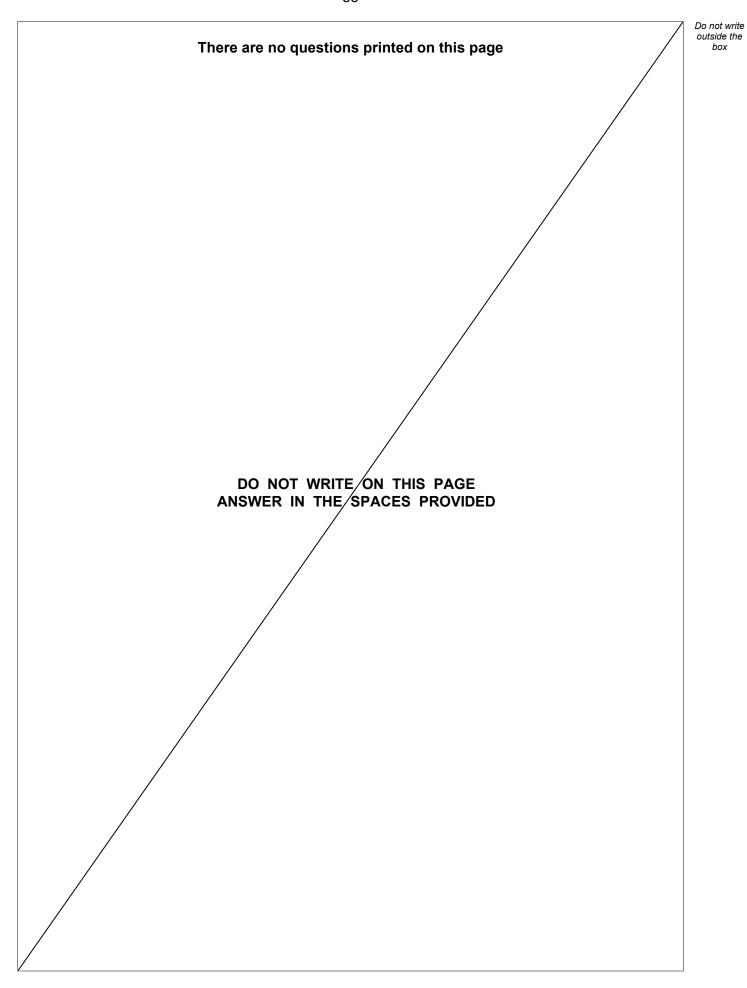
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