

Please write clearly in block capitals.

Centre number

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Candidate number

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Forename(s)

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Candidate signature

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I declare this is my own work.

# A-level PHYSICAL EDUCATION

## Paper 1 Factors affecting participation in physical activity and sport

Wednesday 24 May 2023

Afternoon

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 Examiner's Use	
Section	Mark
A	
B	
C	
<b>TOTAL</b>	



## Section A

## Applied anatomy and physiology

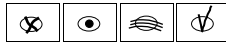
Answer **all** questions in this section.Only **one** answer per question is allowed.

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

Which lung volume will be **lower** during exercise than at rest?

[1 mark]

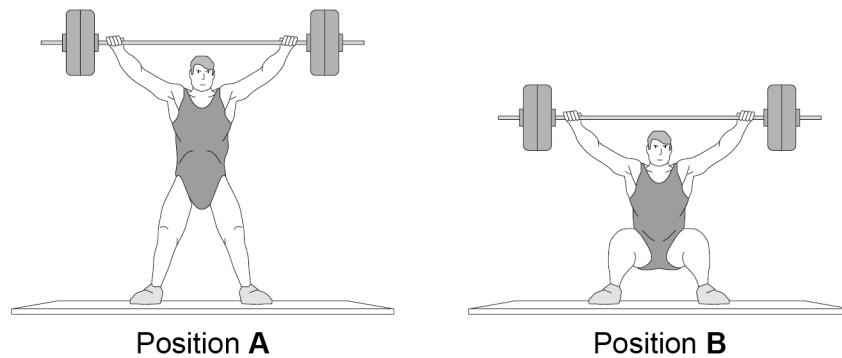
- A Inspiratory reserve volume
- B Minute ventilation
- C Residual volume
- D Tidal volume



0 2

Figure 1 shows an athlete performing a squat.

Figure 1



Which one of the following best describes the action of the quadriceps muscle group between position **A** and position **B**?

[1 mark]

- A** Contracting concentrically
- B** Contracting eccentrically
- C** Contracting isometrically
- D** Relaxing as the antagonist

Turn over for the next question

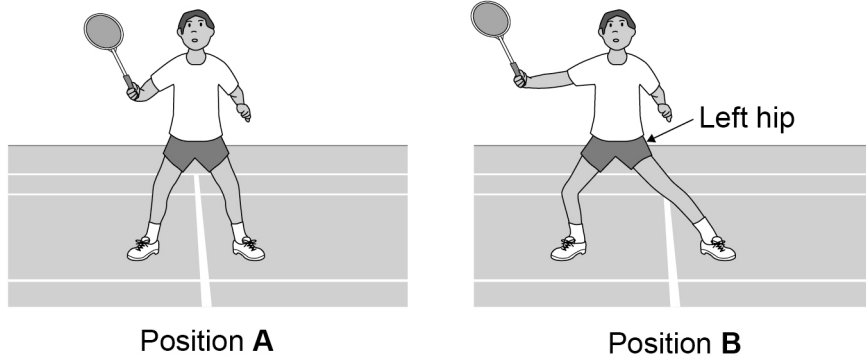
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0 3

Figure 2 shows a badminton player in two different positions as they prepare to hit a shot.

Figure 2



Complete Table 1 for the movement at the left hip as the badminton player moves from position A to position B.

[4 marks]

Table 1

Articulating bones	1	_____
	2	_____
Type of joint		
Plane		
Axis		

0 4

Describe the role of the sympathetic and parasympathetic nervous systems in the regulation of heart rate.

[3 marks]

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0	5
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An amateur boxing match consists of three rounds. Each round lasts 3 minutes. There is a 1-minute break between each round.

Analyse the role of excess post-exercise oxygen consumption (EPOC) during the match **and** its impact on the performance of the boxer as the rounds progress.

**[3 marks]**

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**Turn over for the next question**

**Turn over ►**











0 7

**Table 2** shows the difference in physiological measures between two 30-year-old 1500 m runners.

**Table 2**

	<b>Runner A</b>	<b>Runner B</b>
<b>Max cardiac output (L/min)</b>	20	25
<b>Max A-VO<sub>2</sub> diff (ml/L)</b>	130	140
<b>Slow oxidative muscle fibre %</b>	60	70

Evaluate whether the data in **Table 2** could be used to predict the VO<sub>2</sub> max of each runner **and** which runner would win a 1500 m race.

**[15 marks]**

You may use this space to plan your answer.

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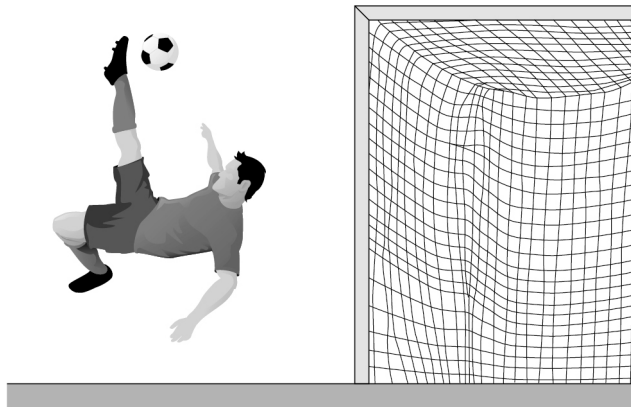






**Section B****Skill acquisition**Answer **all** questions in this section.**0 8**Which **one** of the following is most commonly described as trial and error learning?**[1 mark]**

- A Insight learning
- B Observational learning
- C Operant conditioning
- D Social development theory

**0 9****Figure 3** shows a footballer performing an overhead kick.**Figure 3**Which **one** of the following is the correct skill classification for an overhead kick in football?**[1 mark]**

- A Complex and low organisation
- B Complex and high organisation
- C Simple and low organisation
- D Simple and high organisation

**Turn over ►**

**1 0**

Negative transfer occurs when the learning of one skill hinders the learning of another.

**1 0 . 1**Outline **two** causes of negative transfer.**[2 marks]**

1 \_\_\_\_\_

2 \_\_\_\_\_

**1 0 . 2**Describe **one** way a coach can prevent negative transfer occurring.**[1 mark]**

\_\_\_\_\_

\_\_\_\_\_

**1 1 . 1**

Define the term 'psychological refractory period'.

**[1 mark]**

\_\_\_\_\_

\_\_\_\_\_

**1 1 . 2**

Explain why the psychological refractory period occurs.

Refer to a sporting example in your answer.

**[3 marks]**

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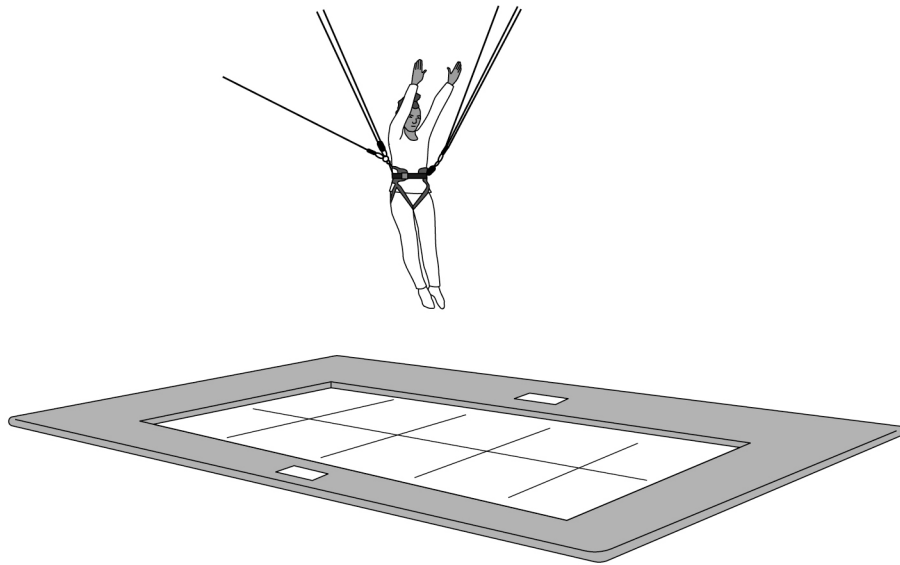
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1 2

A trampolinist is learning to perform a somersault using a harness.



Evaluate the use of mechanical guidance for this performer.

[3 marks]

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Turn over for the next question

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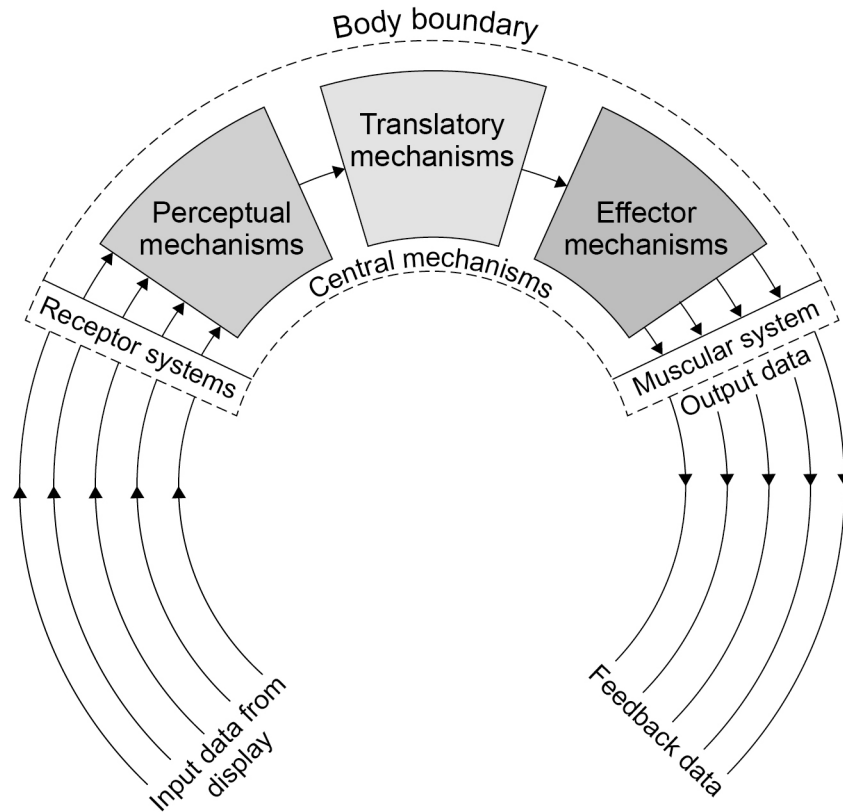




1 4

Figure 4 shows Whiting's information processing model. Over arousal can impact a performer's ability to process information effectively.

Figure 4



Analyse how over arousal would impact on the information processing of a basketball player when attempting a pass.

Refer to Whiting's information processing model throughout your answer.

[15 marks]

You may use this space to plan your answer.

Turn over ►









**Section C****Sport and society**Answer **all** questions in this section.**1 5**Which **one** of the following is **not** a primary focus of Sport England?**[1 mark]**

- A** To improve access to funding for new clubs
- B** To improve the quality of physical activity provision
- C** To increase access to sport
- D** To increase the number of elite competitions

**1 6**Which **one** of the following is a characteristic of real tennis **and** mob football in pre-industrial Britain (pre-1780)?**[1 mark]**

- A** Involved wagering
- B** Played by the lower class
- C** Required expensive facilities
- D** Violent and unruly

**Turn over for the next question****Turn over ►**

1 7 . 1

Children in state schools have a different sporting experience than children in private schools.

This is one result of social stratification.

Define social stratification.

[1 mark]

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1 7 . 2

State **three** reasons why attending a private school may improve a child's opportunities in sport.

[3 marks]

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

1 8

Laura is trying to lead a more active lifestyle. She is considering taking up jogging or playing 5-a-side football.

Explain the similarities **and** differences of benefits gained from increased participation in:

- jogging alone
- playing 5-a-side football.

[3 marks]

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Evaluate whether primary or secondary socialisation has a greater impact on an individual's participation in sports throughout their life.

**[3 marks]**

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**Turn over for the next question**

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2	1
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The industrial and post-industrial period (1780–1900) saw an increase in the spread of rationalised sport throughout Britain.

Analyse the impact of the following factors on the spread of Association Football in Britain:

- the church
- local authorities
- transport
- communication.

**[15 marks]**

You may use this space to plan your answer.

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