



Surname _____

Forename(s) _____

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

Wednesday 24 May 2023 Afternoon

Time allowed: 2 hours

[Turn over]



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At the front of this book, write your surname and forename(s), your centre number, your candidate number and add your signature.

MATERIALS

For this paper you may use:

- **a calculator.**

[Turn over]



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

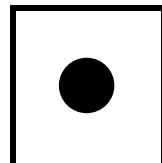
APPLIED ANATOMY AND PHYSIOLOGY

Answer ALL questions in this section.

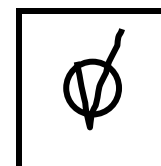
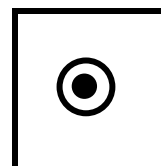
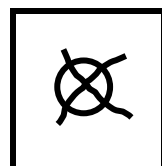
Only ONE answer per question is allowed.

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

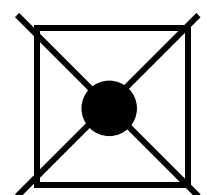
CORRECT METHOD



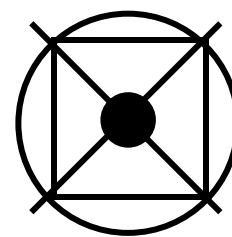
WRONG METHODS



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.



[Turn over]



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0	1
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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

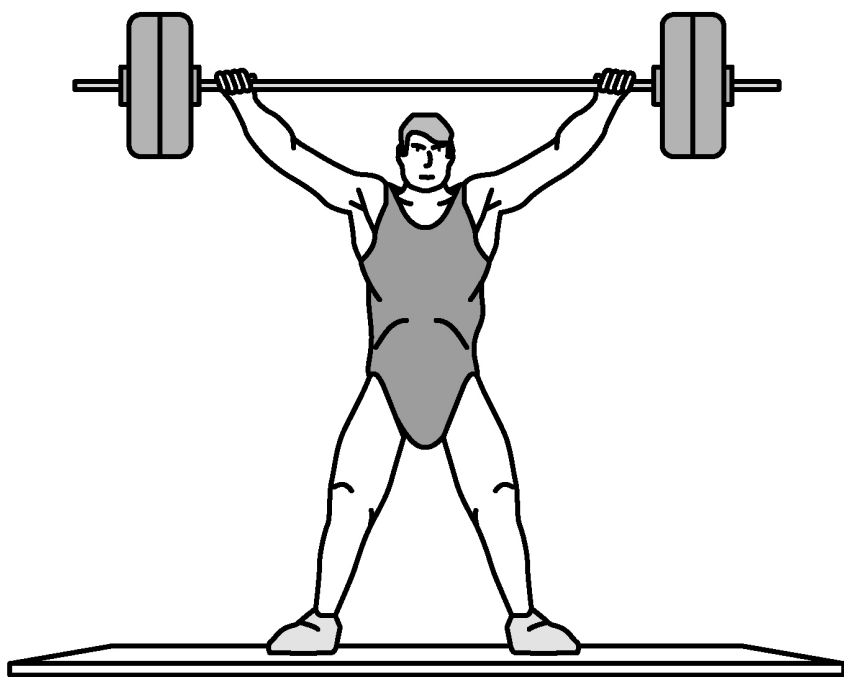
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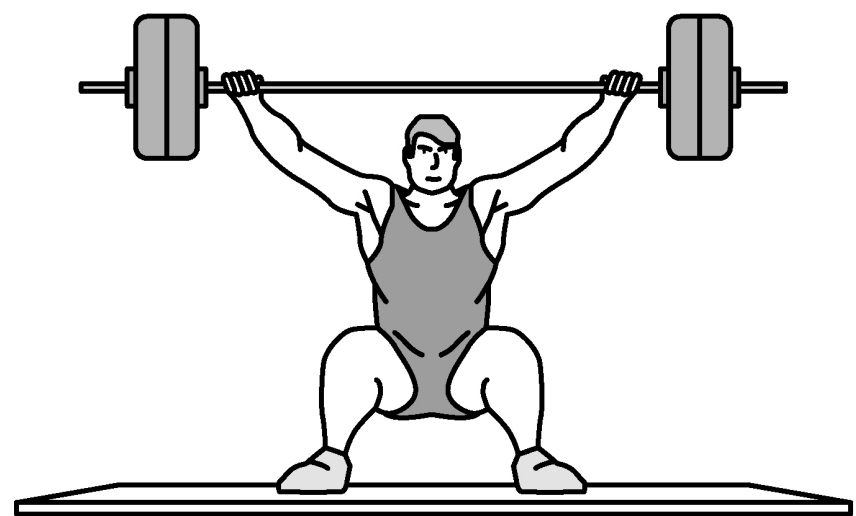
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FIGURE 1 shows an athlete performing a squat.

FIGURE 1



Position A



Position B



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

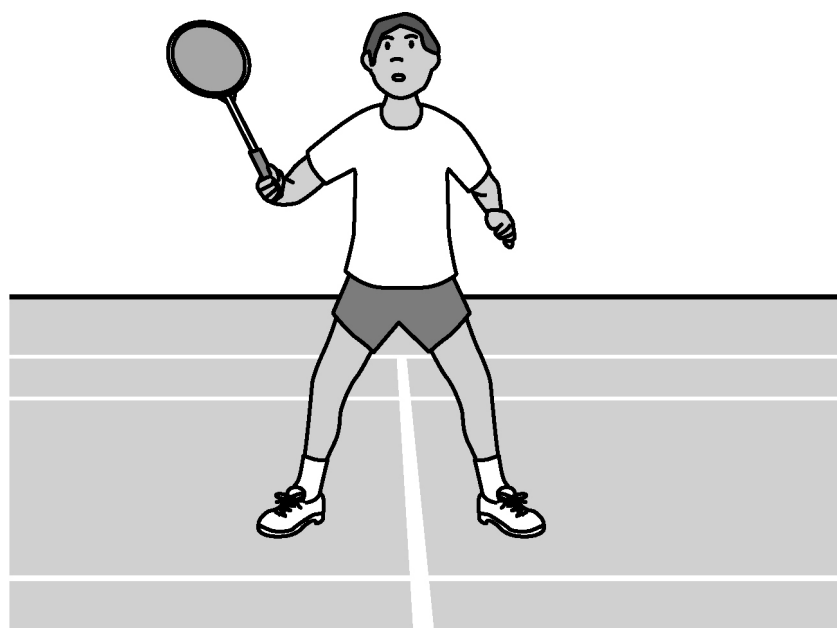
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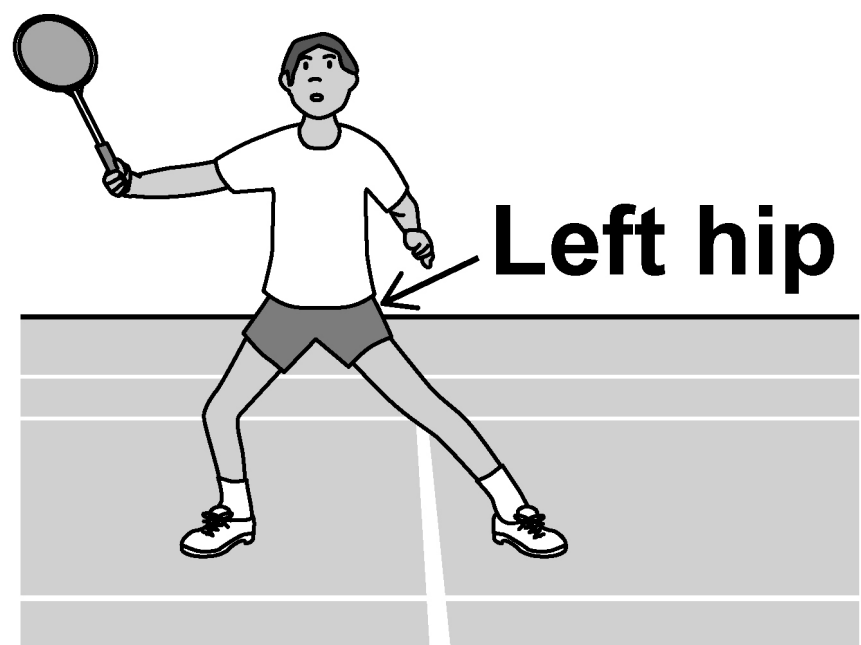
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FIGURE 2 shows a badminton player in two different positions as they prepare to hit a shot.

FIGURE 2



Position A



Position B

Complete TABLE 1, on the opposite page, 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	

[Turn over]



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0	4
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Describe the role of the sympathetic and parasympathetic nervous systems in the regulation of heart rate. [3 marks]

[Turn over]



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]

[Turn over]



0	6
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Evaluate which of the following training methods would have the greatest positive impact on the energy systems an elite road cyclist uses in a race:

- **altitude training**
- **high intensity interval training (HIIT).**

[8 marks]

You may use this space to plan your answer.



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07

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

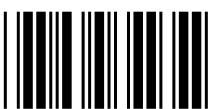
TABLE 2

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

Evaluate whether the data in TABLE 2 could be used to predict the VO₂ max of each runner AND which runner would win a 1500 m race. [15 marks]

You may use this space to plan your answer.

[Turn over]



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
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SECTION B**SKILL ACQUISITION**

Answer ALL questions in this section.

0	8
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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

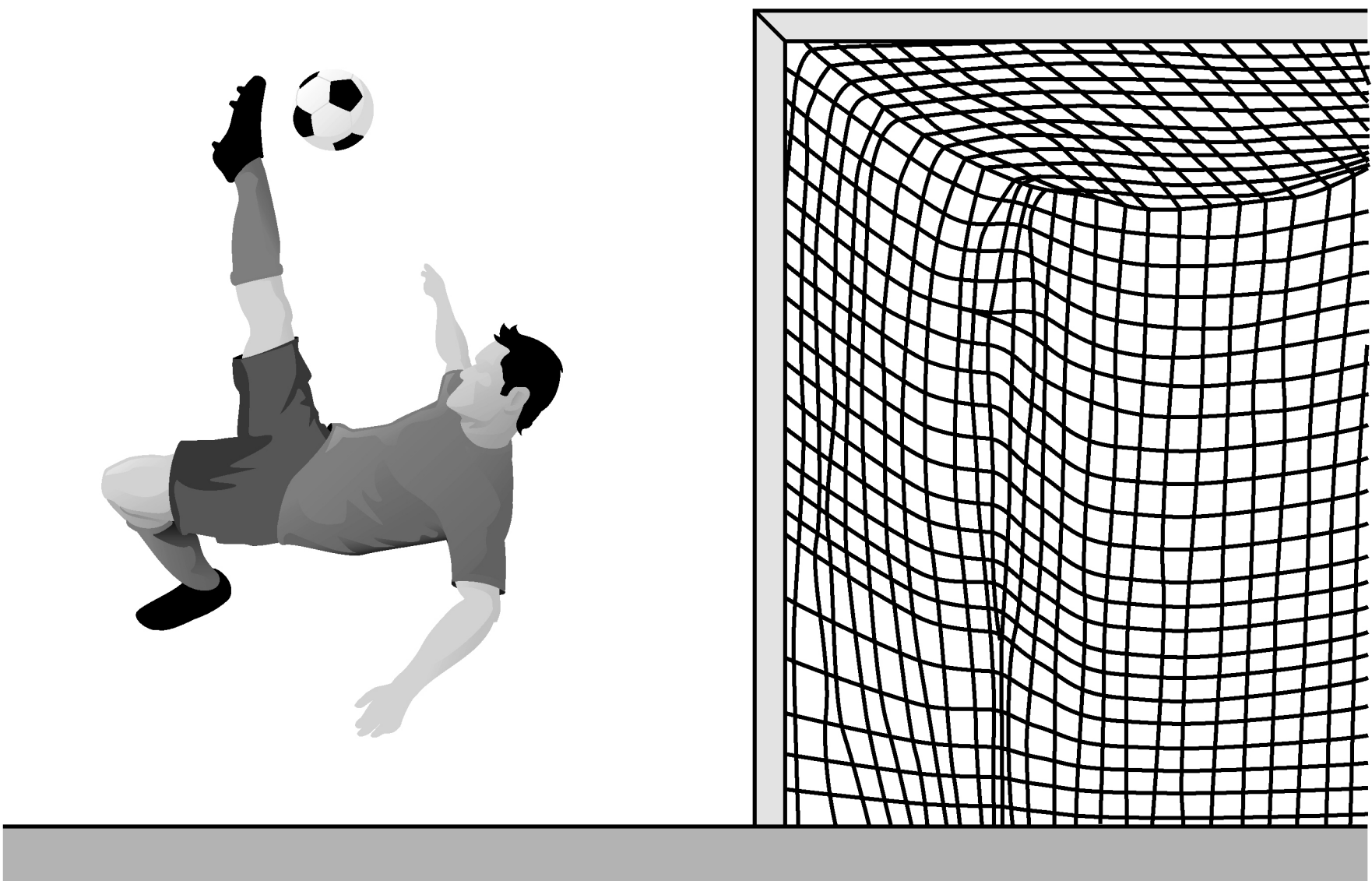
[Turn over]



0	9
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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
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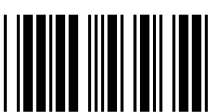
Negative transfer occurs when the learning of one skill hinders the learning of another.

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

1 _____

2 _____



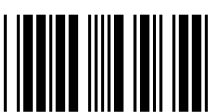
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Describe ONE way a coach can prevent negative transfer occurring. [1 mark]

1	1	.	1
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Define the term ‘psychological refractory period’. [1 mark]

[Turn over]



1	1	.	2
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Explain why the psychological refractory period occurs.

Refer to a sporting example in your answer. [3 marks]



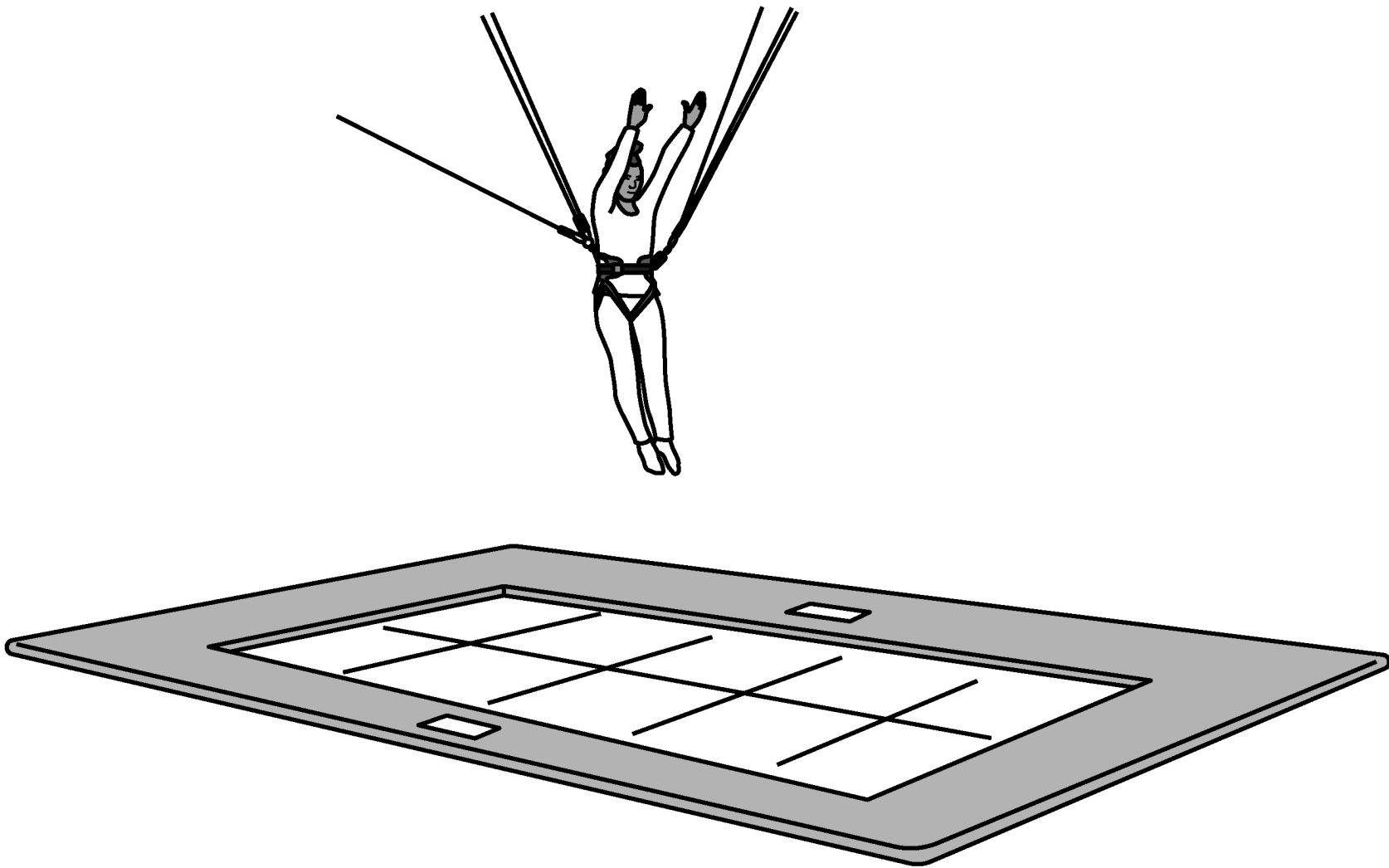
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1	2
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A trampolinist is learning to perform a somersault using a harness.



Evaluate the use of mechanical guidance for this performer. [3 marks]



[Turn over]



1	3
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Tom Daley won an Olympic gold medal in diving.

Evaluate the effectiveness of mental practice when developing a diver's performance. [8 marks]

You may use this space to plan your answer.



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1	4
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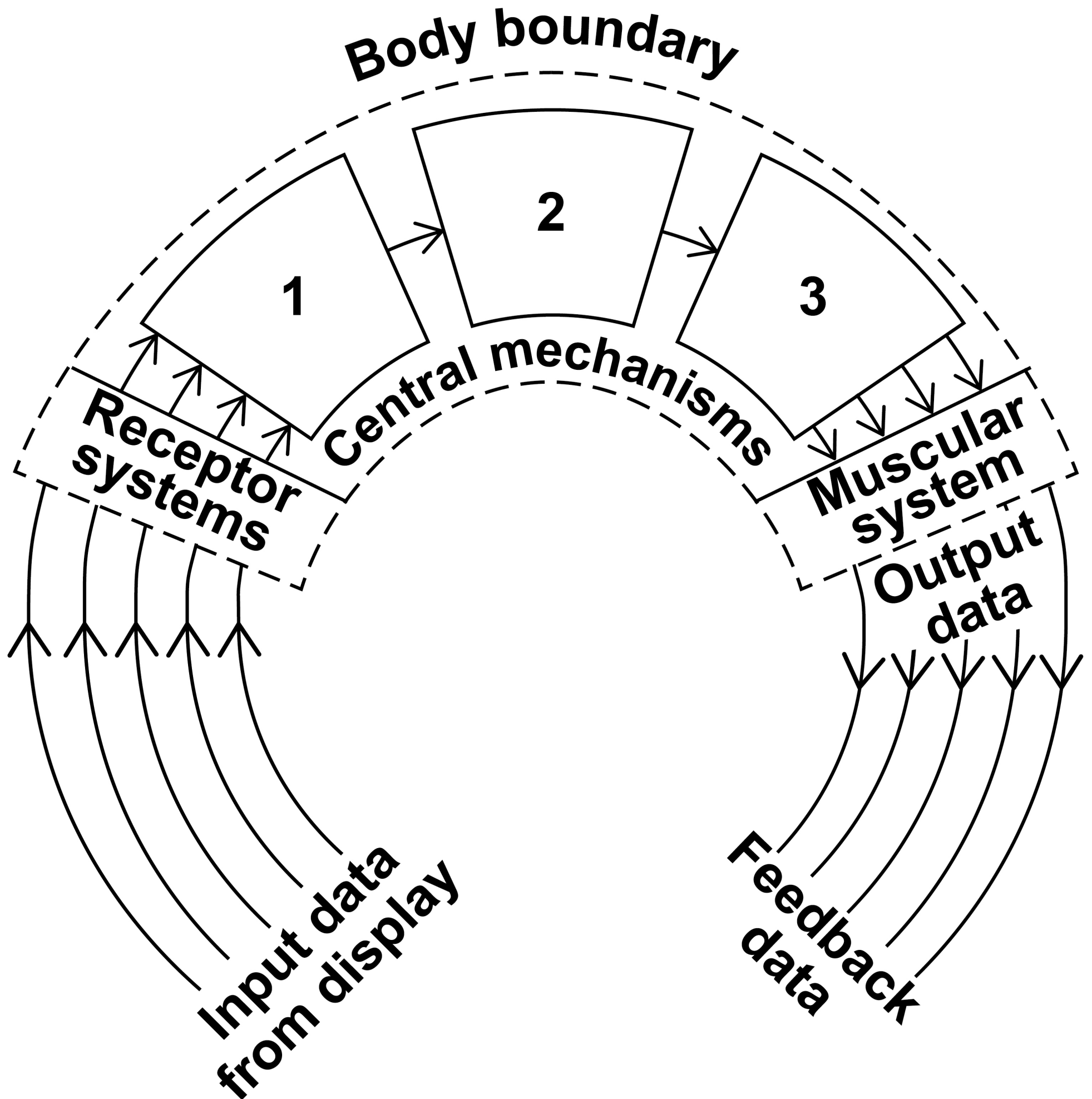
FIGURE 4, on the opposite page, shows Whiting's information processing model. Over arousal can impact a performer's ability to process information effectively.

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]

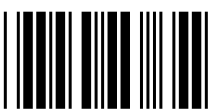
You may use the space on page 54 to plan your answer.

FIGURE 4

**KEY**

- 1 = Perceptual mechanisms**
- 2 = Translatory mechanisms**
- 3 = Effector mechanisms**

[Turn over]



You may use this space to plan your answer.





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[Turn over]

35



SECTION C**SPORT AND SOCIETY**

Answer ALL questions in this section.

1	5
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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]



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]

1	7	.	2
---	---	---	---

State THREE reasons why attending a private school may improve a child's opportunities in sport. [3 marks]

1 _____

2 _____

3 _____

[Turn over]



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]



[Turn over]



1	9
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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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2	0
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During the post-World War II period (1950 to present day) the status of elite tennis players has changed.

Evaluate how the changing status of professionals in tennis has affected the players. [8 marks]

You may use this space to plan your answer.





74

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[Turn over]



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:

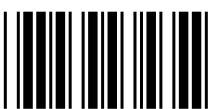
- **the church**
- **local authorities**
- **transport**
- **communication.**

[15 marks]



You may use this space to plan your answer.

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END OF QUESTIONS

35



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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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9 2



2 3 6 A 7 5 8 2 / 1