



GCE A LEVEL

A550U20-1



WEDNESDAY, 4 JUNE 2025 – MORNING

PHYSICAL EDUCATION – A level component 2

Evaluating Physical Education

2 hours

ADDITIONAL MATERIALS

A WJEC pink 16-page answer booklet.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Answer **all** questions.

Write your answers in the separate answer booklet provided, following the instructions on the front of the answer booklet.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Answer **all** questions.

1. Britain's Andy Murray made his comeback in the 2023 Wimbledon Championships Gentlemen's Singles, following hip surgery.

Figure 1: Andy Murray



- (a) Identify the type of synovial joint **and** the movement patterns possible at the hip joint. [3]
- (b) Describe the possible factors that could lead to a sports injury. [4]

The latter stages of tennis matches are when players are more susceptible to temperature and hydration-related problems.

- (c) Explain why dehydration could have a detrimental effect on performance in sport. [3]

There are many continuums that can be used to classify movement skills in sports such as tennis.

- (d) Describe, using an example, what is meant by a discrete skill. [2]

The Journal of Science and Medicine in Sport study suggests that “some tennis players may become anxious at the prospect of having to problem solve...”.

- (e)
 - (i) Define the terms trait anxiety and state anxiety. [2]
 - (ii) Explain how stress management techniques could be used to control anxiety levels in sports performers. [4]

- (f) Discuss the view that deviance has increased both within and outside of sport. (WordPress, 2016) [12]

2. Figure 2: Jamaica's Elaine Thompson-Herah



As Elaine prepares to race, her arousal levels need to be managed and her heart rate must be regulated.

- (a) Describe how the cardiac control centre (CCC) regulates heart rate during exercise. [4]
- (b) Analyse, using sporting examples, the drive and inverted-U theories of arousal. [8]
- (c)
 - (i) Outline the possible physiological adaptations to the musculo-skeletal system as a result of a strength training programme. [4]
 - (ii) Explain the importance of using the correct training zone for successful performance. [3]

Figure 3: Elaine Thompson-Herah's 20 m Diamond League split times for the 100 m

0 m	20 m	40 m	60 m	80 m	100 m
0.00s	3.10s	5.10s	6.90s	8.70s	10.54s

- (d)
 - (i) Define the term speed. [1]
 - (ii) Calculate, using **Figure 3**, the athlete's average speed for the 100 m sprint. [2]
- (e) Explain, using sporting examples, Newton's three laws of motion. [6]

3. **Figure 4:** Ben Stokes, playing a sweep shot in cricket



- (a) Explain, using **Figure 4**, how Ben has increased his stability when playing the sweep shot. [4]

Cricket consists of short periods of high-intensity work which could lead to fatigue.

- (b) Explain why lactate accumulation causes muscle fatigue. [2]
- (c) Assess the use of nutritional ergogenic aids in preparation for competition. [6]
- (d) Identify **three** methods of practice that could be used to improve performance. [3]
- (e) Increasing mass participation is more important than developing elite performance. Discuss this statement. [12]

4. Snooker is just one of many sports that have embraced the global stage, with an ever-growing number of tournaments across the world and players willing to travel huge distances to participate.

Analyse the impact of globalisation on sport. [20]

END OF PAPER