

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS

B550U10-1



TUESDAY, 13 MAY 2025 – MORNING

PHYSICAL EDUCATION – AS component 1
Exploring Physical Education

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	2	
1.d	4	
1.e	4	
2.a	1	
2.b	2	
2.c	4	
2.d	8	
3.a	1	
3.b	4	
3.c	8	
4.a	8	
4.b	6	
5	14	
Total	70	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

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.

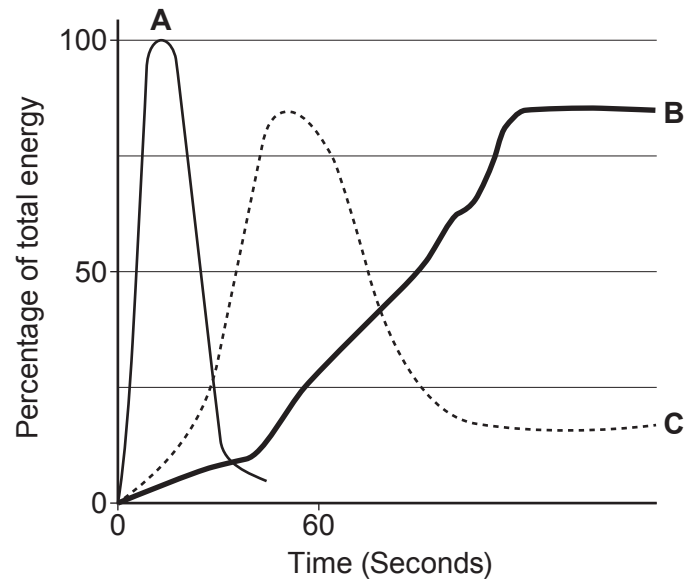


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Answer **all** questions.

1. **Figure 1** a representation of the energy systems.

Figure 1



- (a) Identify the line that represents the aerobic energy system. [1]

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- (b) Outline **three** characteristics of the ATP-PC energy system. [3]

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- (c) Identify **two** factors that can potentially speed up the removal of lactic acid following high intensity exercise. [2]

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- (d) During extended periods of high intensity exercise lactic acid is formed.

Explain the function of the Cori Cycle in the removal of lactic acid.

[4]

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- (e) Describe how exercise can reduce the risk of obesity and other related diseases. [4]

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2. **Figure 2** holding the bar in a fixed position.

Figure 2



- (a) Identify the type of muscle contraction when holding the bar in **Figure 2**.
Tick (✓) **one** box only:

[1]

Isotonic Concentric

☐

Isokinetic Contraction

☐

Isometric Contraction

☐

Isotonic Eccentric

☐

- (b) Describe why power and coordination are required in a team game.

[2]

Power

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Coordination

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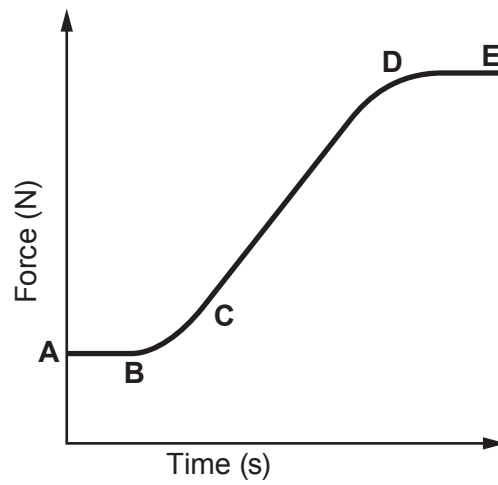
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(c) **Figure 3** a force graph of a power athlete e.g. 100 m sprinter.



Explain, using examples, the changes in force between each point on the graph in **Figure 3**.

[4]

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- (d) Performance analysis is becoming an integral part of an elite performer's preparation for sport.

Analyse using specific examples, the different performance analysis techniques that may be used to develop the tactical aspects of a player's performance. [8]

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3. (a) Effective team work is essential for successful outcomes in sport.

Which of the following statements identifies the correct order of group formation?
Tick (✓) **one** box only:

[1]

A: Performing, norming, storming, forming

☐

B: Forming, storming, norming, performing

☐

C: Storming, forming, performing, norming

☐

D: Forming, norming, storming, performing

☐

- (b) Evaluate how the behaviour of players can influence team cohesion.

[4]

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[8]



[6]



- [14]



