

Surname	Centre Number	Candidate Number
First name(s)		2



GCE A LEVEL

A550U10-1



FRIDAY, 24 MAY 2024 – MORNING

PHYSICAL EDUCATION – A level component 1

Exploring Concepts in Physical Education

2 hours

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.

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1(a)	3	
1(b)	1	
1(c)(i)	3	
1(c)(ii)	4	
1(d)	6	
2(a)	2	
2(b)	4	
2(c)	10	
2(d)	5	
2(e)	2	
3(a)	4	
3(b)	10	
3(c)	3	
3(d)	3	
4(a)	2	
4(b)	2	
4(c)	4	
4(d)	12	
5(a)	4	
5(b)	1	
5(c)	4	
5(d)	16	
Total	105	



JUN24A550U10101

Answer **all** questions.

1. After training for a prolonged period of time, athletes' bodies begin to change. These changes start to improve their health, fitness and well-being.

- (a) Outline **three** risks that are associated with adopting a sedentary lifestyle. [3]

.....

.....

.....

.....

- (b) Identify a risk assessment method used prior to engaging in an exercise programme. [1]

Tick (✓) **one** box only.

Risk assessment method	
POMS	
PAR-Q	
CSAI-2	
LSS	

- (c) (i) Identify **three** long-term musculo-skeletal adaptations that could occur following a training programme. [3]

.....

.....

.....

.....



(ii) Explain why VO_2 max increases following an aerobic training programme. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(d) Explain how intensity and duration of exercise influences the inter-changing of energy systems. [6]





BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



2. Figure 1: Elite level cyclists riding in a ‘peloton’.



- (a) Identify the type of lever at the **knee** joint and the type of muscular contraction occurring as a cyclist pedals the bike. [2]

Type of lever:

Type of muscular contraction:

- (b) Explain, using examples, how cyclists can reduce the effect of drag. [4]









- (e) Outline **two** reasons why an elite level cyclist may use illegal performance enhancing drugs. [2]



3. Performance analysis is important for sporting success.

- (a) Explain, using sporting examples, how a coach could analyse a sportsperson's technical level of performance. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

- (b) Assess how a coach could use different methods of guidance when dealing with performers at various stages of learning. [10]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





(c) Identify **one** continuous, **one** serial and **one** discrete skill on the continuum below. [3]

Continuous Skill:	Serial Skill:	Discrete Skill:
----------------------------	------------------------	--------------------------

(d) Explain how choice reaction time can affect performance. [3]

.....

.....

.....

.....

.....

.....

.....

.....

.....



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



4. **Figure 2:** Cobra pose during a yoga training session. Yoga is an activity that can be used for physiological and psychological training in sports performers.



- (a) Identify the type of joint and type of bone in the vertebral column. [2]

Type of joint:

Type of bone:

Yoga poses and stretching can be a part of a warm-up before a sports performance.

- (b) Explain the physiological benefits of a warm-up. [2]

.....

.....

.....

.....

.....

.....

- (c) Explain the strategies that can be used to control aggression in sport. [4]

.....

.....

.....

.....

.....

.....

.....

.....



- (d) 'The Olympic Games has moved from its original ethos of amateurism into a global event where professionalism is accommodated.'
Discuss this statement.

[12]





Examiner
only

20



5. The government's multi-sport grassroots facilities programme is investing to level up facilities across the UK. This programme provides funding to make essential facility and pitch improvements.

(a) Justify why the government views sport as an important factor in UK culture and society. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(b) Identify the organisation that is responsible for promoting sporting excellence in the UK. [1]

Tick (✓) **one** box only.

The Youth Sports Trust

☐

UK Sport

☐

National Health Service (NHS)

☐

BBC Sport

☐


[4]



A pyramid diagram divided into four horizontal sections. From top to bottom, the sections are labeled: Elite, Performance, Participation, and Foundation.

- (d) Analyse, using **Figure 3**, how a sportsperson could progress from foundation level to elite performance. [16]









END OF PAPER

25



[illegible]

BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

