



**GCE A LEVEL**

**A550U20-1**



**WEDNESDAY, 5 JUNE 2024 – MORNING**

**PHYSICAL EDUCATION – A level component 2**

**Evaluating Physical Education**

**2 hours**

A550U201  
01

### **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. **Figure 1:** A gymnast moving into a crucifix position on the rings.



- (a) Identify, using **Figure 1**:

- (i) the type of joint at the shoulder. [1]
- (ii) the type of movement at the shoulder when moving into the crucifix position. [1]
- (iii) the main agonist muscle at the shoulders when moving into the crucifix position. [1]

The majority of sports, such as gymnastics, require key characteristics to achieve successful performance.

- (b) Outline **three** characteristics associated with skilful performance. [3]

Gymnasts are required to memorise very complex routines.

- (c) Identify **two** strategies that could be used to improve the retention and retrieval of information. [2]
- (d) Explain, using sporting examples, how a coach could optimise positive transfer on the learning of a new skill. [5]

Many people have attributed the bronze medal won by Team GB women's gymnasts at Tokyo 2020 to the shock withdrawal of USA's Simone Biles and a late collapse from the Italian team.

- (e) Analyse how knowledge of the attribution theory could benefit a coach when developing sporting performance. [8]

2. **Figure 2:** The split times (in seconds) for each 100 m section for the British mixed swimming 400 m medley relay quartet.

| Distance (m) | Time taken (s) |
|--------------|----------------|
| 0–100 m      | 58.50          |
| 100–200 m    | 57.08          |
| 200–300 m    | 50.58          |
| 300–400 m    | 52.59          |
| Total time   | 3:38.75        |

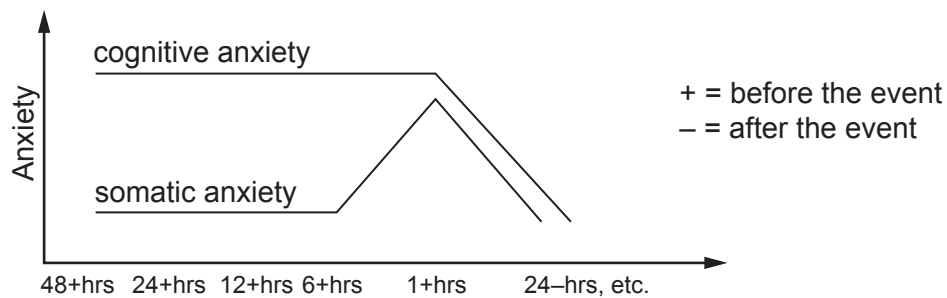
- (a) Calculate, using the data in **Figure 2**, the following:
- (i) Average velocity between 0–100 m. [2]
- (ii) Average acceleration between 0–100 m. [2]

**Figure 3:** Swimmer Adam Peaty continuing with his intense training despite having broken the 5th metatarsal in his foot which undoubtedly caused a great level of anxiety at the time of the injury.



- (b) Identify **two** types of bone and give an example for each. [4]

**Figure 4:** Varying anxiety levels.



- (c) (i) Define the terms, cognitive and somatic anxiety. [2]
- (ii) Explain, using **Figure 4**, how a performer's cognitive and somatic anxiety levels may vary before and after competition. [6]
- (iii) Describe **three** strategies that sports performers, such as Adam Peaty, could use to help manage levels of anxiety. [3]

Adam Peaty later paid tribute to his coach Mel Marshall's leadership in helping him to bounce back to claim Commonwealth gold in the men's 50 m breaststroke final.

- (d) (i) Identify **two** leadership styles that could be used to maximise performance in sport. [2]
- (ii) Evaluate the effectiveness of different leadership styles in maximising performance in sport. [10]

3. The sport of tennis follows the sun 10 months of the year and more than 80 percent of its tournaments are played outdoors. There are no substitutions and matches last on average two to three hours.

**Figure 5:** Rafael Nadal – Wimbledon 2022



- (a) (i) Identify **two** responses of the body to excessive heat during exercise. [2]
- (ii) Explain the hydration techniques sports performers could use before, during and after exercise to help minimise the effects of dehydration. [6]
- (b) Analyse how fitness levels, exercise intensity and duration affect fuel usage during physical activity. [10]
- (c) Identify **three** factors that affect the distance travelled by a projectile such as a tennis ball. [3]

A volley is a shot in tennis where a player returns the ball before it bounces.

- (d) Assess why a volley within a game of tennis can be classified as a complex skill. [2]

Tennis player Nick Kyrgios was fined a total of \$32 500 for unsportsmanlike behaviour at Wimbledon 2022.

- (e) Discuss the view that levels of deviance in modern sport have eroded the values of fair play and sportsmanship. [10]

4. With the recent Euro 2022 victory of the Lionesses, women's football is now the most popular sport among women and girls in the UK. The Football Association reported that 3.4 million women play the game, increasing 54% since 2017.

**Figure 6:** England Women's Euro 2022



Discuss the potential reasons for the increase in participation and the barriers still faced by women in sport. [20]

**END OF PAPER**

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