

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS

B550U10-1



S24-B550U10-1



TUESDAY, 14 MAY 2024 – MORNING

PHYSICAL EDUCATION – AS component 1
Exploring Physical Education

1 hour 45 minutes

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)(i)	1	
1(a)(ii)	3	
1(b)	3	
1(c)	3	
2(a)	1	
2(b)	4	
2(c)	4	
2(d)	3	
3(a)	4	
3(b)(i)	2	
3(b)(ii)	4	
4(a)(i)	1	
4(a)(ii)	2	
4(b)	3	
4(c)	6	
5(a)	4	
5(b)	8	
6	14	
Total	70	

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Answer **all** questions.

1. (a) (i) Identify **one** characteristic of slow twitch (Type I) muscle fibres. [1]

Tick (✓) **one** box only.

Characteristic	
High resistance to fatigue	
White in colour	
High levels of force production	
Contract quickly	

- (ii) Describe **one** method of training that could enhance slow twitch (Type I) muscle fibres. [3]

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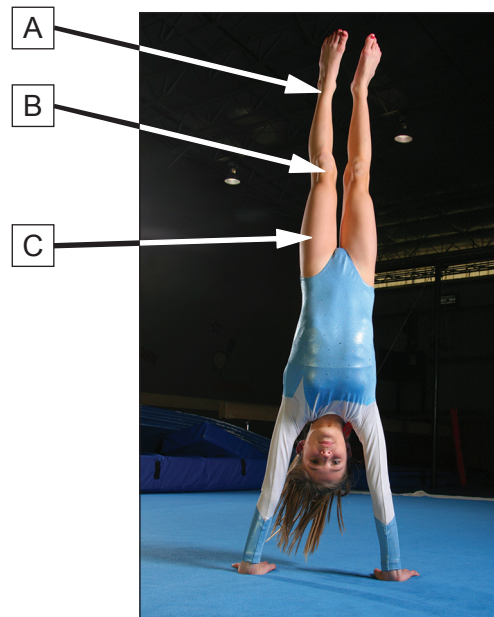
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Figure 1: Gymnast holding a handstand balance

(b) Analyse **Figure 1** to complete the table below.

[3]

Movement at the ankle (A)	
Movement at the knee (B)	
Type of muscular contraction at the quadriceps (C)	

(c) Identify the **three** axes of rotation.

[3]

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2. (a) Identify **one** characteristic of skilled performance. [1]

Tick (✓) **one** box only.

Characteristic	
Consistent	
Inherited	
Complex	
Temporary	

- (b) Explain, using examples, how a coach could use positive and negative reinforcement to develop skilled performance. [4]

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Figure 2: Hockey player passing the ball during a game

(c) Justify, using **Figure 2**, the placements given on the continua below.

[4]

Open Closed

Self-paced Externally paced

Continua	Justification
Open/Closed	
Self-paced/Externally paced	

(d) Analyse possible causes of a plateau in sporting performance.

[3]

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3. Nutrition is essential for optimum physical performance.

- (a) Describe how nutrition could be used to speed up recovery following an intense tennis match. [4]

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Dehydration can have a negative effect on sporting performance.

- (b) (i) Explain the effect of dehydration on sporting performance. [2]

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- (ii) Explain, using volumes and timings, how an athlete could maintain hydration levels. [4]

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4. (a) (i) Identify **one** questionnaire that measures an athlete's anxiety. [1]

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(ii) Explain why questionnaires may not always be reliable predictors of anxiety. [2]

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(b) Explain, using examples, how an understanding of Social Learning Theory can be used by a coach to influence aggressive behaviour within sport. [3]

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[6]



[4]

[8]



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