Surname	Centre Number	Candidate Number
First name(s)		2



### **GCE AS/A LEVEL**

2550U10-1



**TUESDAY, 16 MAY 2023 - MORNING** 

# PHYSICAL EDUCATION – AS unit 1 Exploring Physical Education

1 hour 45 minutes

For Examiner's use only			
TOT Examiner 5 use only			
Question	Maximum Mark	Mark Awarded	
1.a	1		
1.b	3		
1.c	6		
2.a	3		
2.b	3		
2.c	5		
3.a	1		
3.b	4		
3.c	6		
4.a	6		
4.b	8		
5.a	8		
5.b	4		
6	14		
Total	72		

#### **INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen.

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 continuation pages 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.

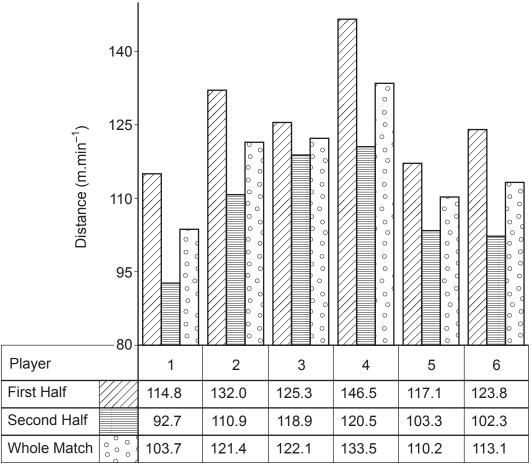
[1]

#### Answer all questions.

- **1.** Within many professional sporting teams, time-motion analysis is used to evaluate a player's performance.
  - (a) Identify a tracking analysis system from the list below. Tick (✓) the appropriate box.

A	Nacsport	
В	Sportscode	
С	GPS	
D	PWS 170	

Figure 1 – The mean distance covered per minute in the first and second half for 6 players within a Futsal team.



Players

First Half Second Half Whole Match

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(b) Using information from Figure 1 complete the following table:

[3]

	Question	Answer
(i)	Identify which player had the lowest mean metres covered per minute in the second half.	
(ii)	Identify which player had the greatest difference in mean metres per minute covered between the first and second half.	
(iii)	Identify which player was the most consistent in metres covered between the first and second half.	

(c)	Describe time-motion analysis and discuss the benefits and limitations of such analy within team games.	sis [6]
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2. (a) Identify the joint action, agonist(s) and type of muscular contraction at the shoulder joint of the gymnast. [3]

Joint action	Agonist(s)	Type of muscular contraction

(D)	high intensity gymnastic rings routine aids performance.	a [3]
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### Figure 3 – A javelin throw



	(c)	Identify the lever system of the throwing arm and analyse the mechanical advantage associated with this type of lever.	e [5]
		Type of Lever	
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[1]

3.	(a)	Identify which of the following theories is associated with personality.
		Tick (J) the appropriate box.

A	Catastrophe theory	
В	Trait theory	
С	Cognitive theory	
D	Drive Theory	

(b)	Describe, using sporting examples, the characteristics of an individual with a Type A personality.	[4]
•••••		•••••
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(C)	Discuss now stress could have a positive or a negative impact on sporting performa	nce. [6]
•••••		
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Examiner only

(a)	Explain how correct nutrition and an active cool down can speed up the recovery process, following high intensity exercise.	[6]
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(b)	Evaluate, using appropriate examples, how knowledge of the energy systems is important when developing a training programme for your sporting activity.	[8]
•••••		•••••••••••••••••••••••••••••••••••••••

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(a)	Analyse, using examples, how a coach could vary the types of guidance utilised between the cognitive and autonomous stages of learning.
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(b)	Explain why a coach would use massed practice within a training session for a team game.	4]
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influenced	sing examples where appropriate, how socio-cultural and political factors have modern sport.	
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