

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		
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.

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.

[1]

A	Nacsport	
B	Sportscod	
C	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.

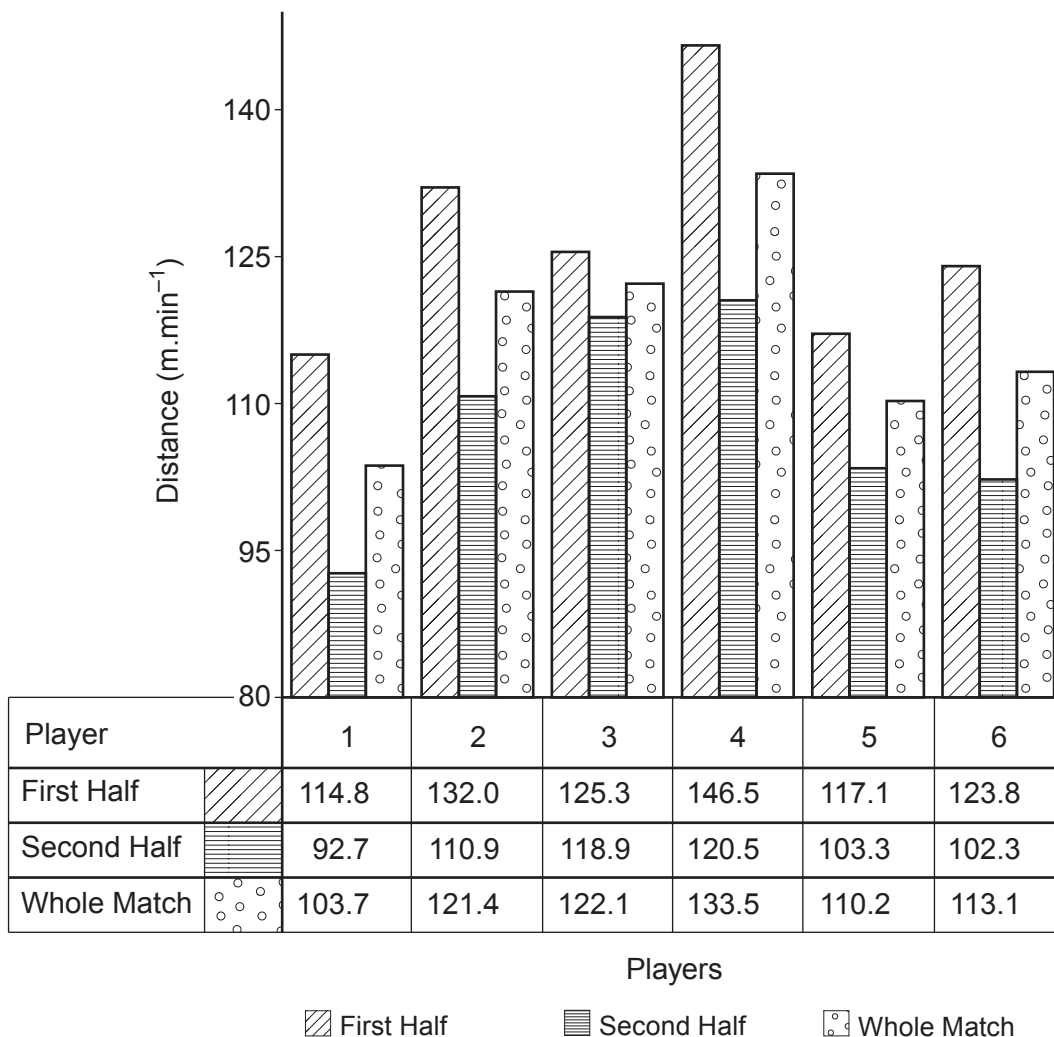


Figure 2 – A gymnast performing a static crucifix on the rings.



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
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(b) Explain how the characteristics of the muscle fibre type that is predominantly used in a high intensity gymnastic rings routine aids performance. [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. [5]

Type of Lever

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3. (a) Identify which of the following theories is associated with personality. Tick (✓) the appropriate box. [1]

A	Catastrophe theory	
B	Trait theory	
C	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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(b) Explain why a coach would use massed practice within a training session for a team game.

[4]

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