

Surname
First name(s)

Centre Number

Candidate Number
2



GCE A LEVEL

A550U10-1



S23-A550U10-1



WEDNESDAY, 24 MAY 2023 – AFTERNOON

PHYSICAL EDUCATION – A level component 1

Exploring Concepts in Physical Education

2 hours

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

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.



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Answer **all** questions.

1. **Figure 1:** A sprinter reacting to the starter's gun and leaving the blocks to compete in a 100 m race.



- (a) Define reaction time. [1]

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- (b) Explain **two** factors that affect the response time of the athlete. [4]

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(c) Describe Newton's third law of motion. [2]

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(d) Justify why Type IIb are the predominant muscle fibres used by the sprinter. [4]

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(e) Identify **four** reasons why a coach would observe and analyse an athlete's performance. [4]

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(f) Explain why post performance video analysis can be beneficial to an athlete. [3]

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Power is a component of fitness required by the hammer thrower.

(b) (i) Describe how an athlete can increase their power. [2]

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(ii) Outline a recognised laboratory test that could be used to measure an athlete's power. [2]

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The term plateau refers to a point of stability in performance.

(c) (i) Identify **two** possible causes of an athlete experiencing a plateau in performance. [2]

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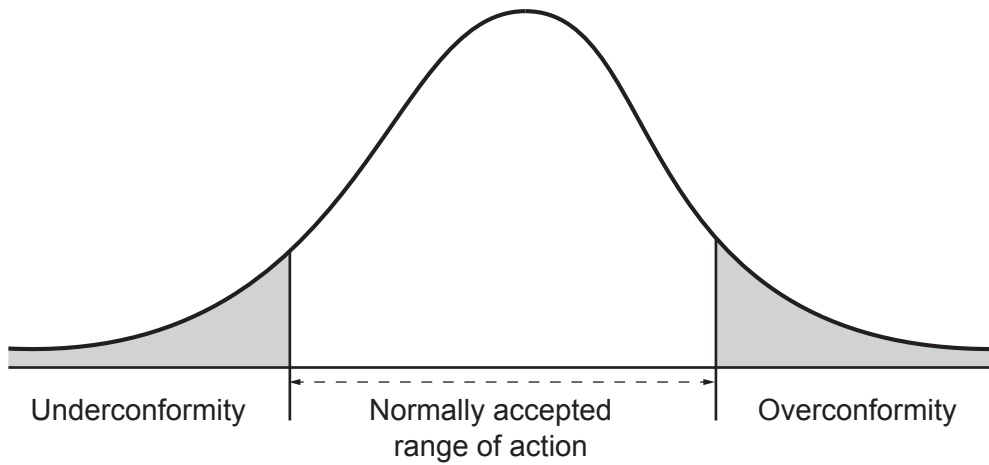


3. Time restraints can often affect someone's ability to participate in sport regularly.

(a) Describe **one** other barrier to participation in sport. [2]

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Figure 3: Coakley's deviance model.



(b) Explain, with reference to **Figure 3**, why athletes display deviant behaviour in sport. [4]

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(c) Explain how an understanding of Bandura’s theory of observational learning, can aid the development of a new skill. [4]

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Sport is now a global product. High-profile sports attract massive media interest and huge sponsorship deals.

(d) Discuss the idea, that sport is used as a political tool. [10]

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4. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance.

(a) Identify **four** factors that may cause aggressive behaviour in sport. [4]

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(b) Explain, using sporting examples, the frustration-aggression hypothesis. [4]

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5. (a) Identify the receptor responsible for detecting changes in blood pressure. [1]

Tick (✓) **one** box.

A. Chemoreceptor

B. Baroreceptor

C. Proprioceptor

D. Thermoreceptor

(b) Describe how blood is redistributed to skeletal muscle during exercise. [3]

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(c) Explain how a high VO_2 max would benefit an endurance athlete. [4]

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