



GCE A LEVEL

1550U30-1



WEDNESDAY, 24 MAY 2023 – AFTERNOON

PHYSICAL EDUCATION – A2 unit 3

Evaluating Physical Education

2 hours

1550U301
01

ADDITIONAL MATERIALS

A WJEC pink 16-page answer booklet.

In addition to this paper you may require a calculator and a ruler.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Answer **all** questions.

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. It is essential to perform a warm-up before taking part in any athletic event.

Figure 1 – an athlete warming up.



- (a) Outline the short-term responses that occur to the cardiac and neuromuscular systems during a warm-up. [4]
- (b) It is important to consider diet and nutrition when trying to improve performance in any athletic event.

Describe how an endurance athlete would use the process of carbo-loading to aid performance. [4]

Figure 2 and **Figure 3** show the performances of a professional and amateur sprinter in a 100 m race.

Figure 2

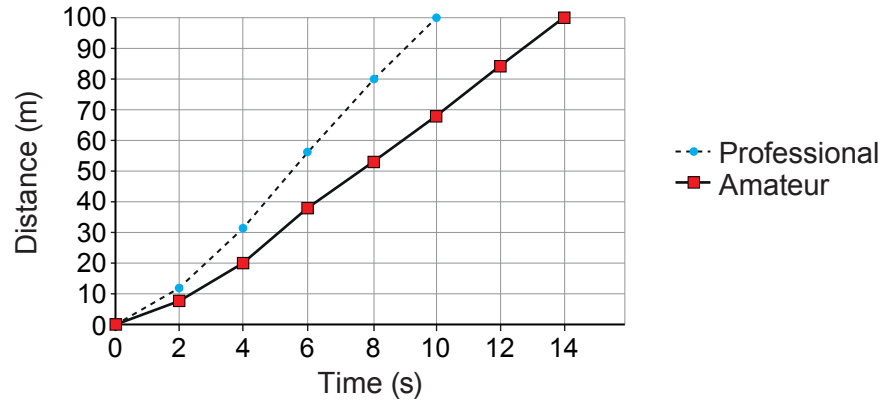
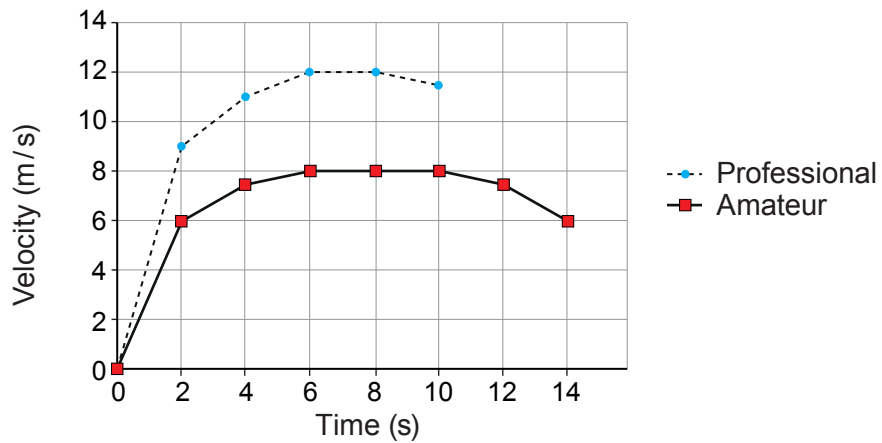


Figure 3



- (c) Compare, using **Figure 2** and **Figure 3**, the similarities and differences in the performance of both athletes.

[6]

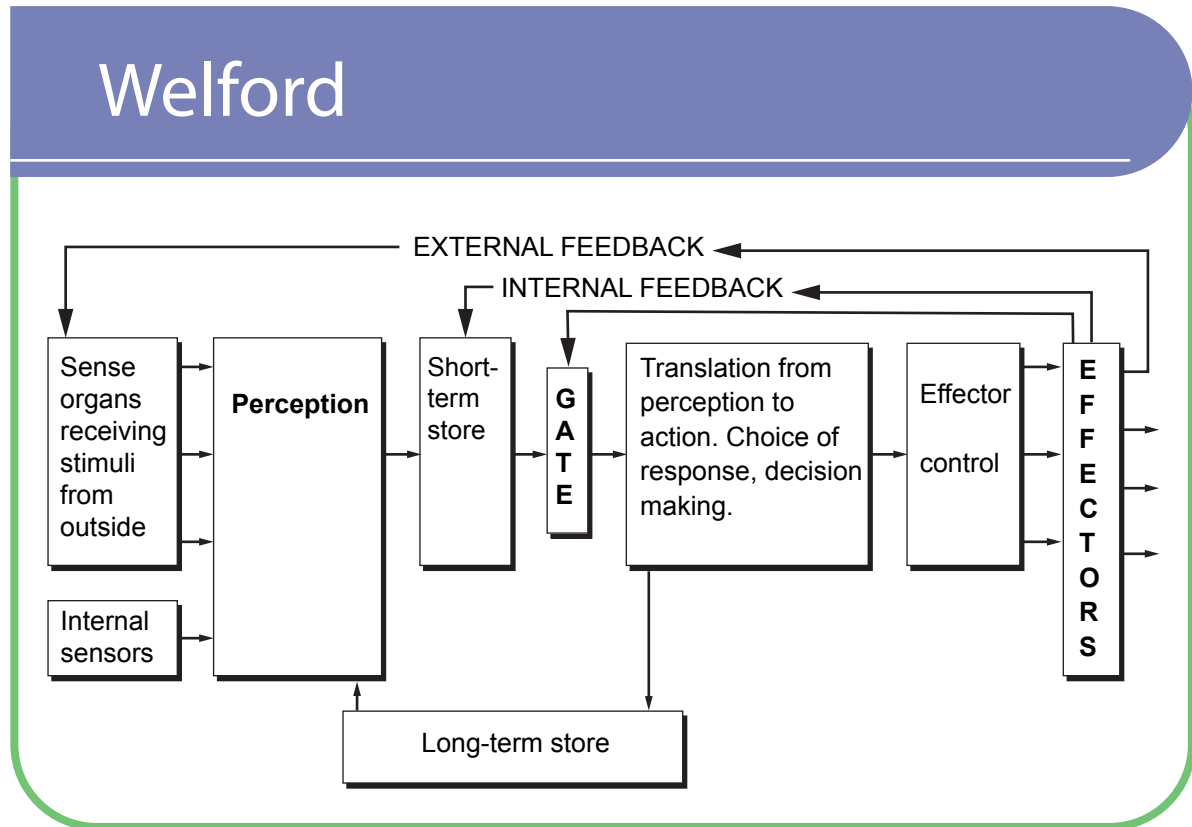
2. Usually there are 12 nations that take part in the Women's Rugby World Cup, with all teams aiming to win the tournament. A successful team will include a squad of players with a positive attitude towards the sport.
- (a) Explain, with reference to the triadic model, the characteristics of a performer with a positive attitude. [4]
 - (b) Explain how a coach could use verbal persuasion to change a performer's negative attitude. [4]

All rugby nations will have trained effectively before a tournament in order to perform to the highest standard.

- (c) Outline how an understanding of momentum is important to a rugby player. [4]
- (d) Describe the long-term adaptations to the cardio-respiratory system following a structured training programme. [6]

3. When elite sportspeople perform, they have to process information effectively and efficiently.

Figure 4 – Welford's information processing model.



- (a) Explain, using **Figure 4**, the role of memory in relation to improving performance. [4]
- (b) Analyse the strategies that can be used to manage aggression. [6]
- (c) Explain how a coach could use their knowledge of attribution theory to improve an athlete's performance. [8]
4. (a) Describe how a coach could use feedback to motivate a performer. [4]
- (b) Explain, using examples, how a coach could develop team cohesion. [8]
- (c) Analyse, with reference to Chelladurai's multi-dimensional model, why a coach should use different leadership styles. [8]
5. Discuss how the media and commercialisation have influenced sportsmanship. [20]

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