

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS

B550U10-1



TUESDAY, 16 MAY 2023 – MORNING

PHYSICAL EDUCATION – AS component 1
Exploring Physical Education

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a(i)	1	
1.a(ii)	3	
1.b	6	
2.a(i)	1	
2.a(ii)	2	
2.b	4	
2.c	10	
3.a	2	
3.b	4	
3.c	10	
4.a	4	
4.b	8	
5.a	3	
5.b	12	
Total	70	

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. High intensity interval training involves short bursts of intense exercise alternated with low intensity recovery periods.



- (a) (i) Identify **one** cause of muscle soreness that occurs after intense exercise. [1]

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- (ii) Outline **three** strategies that could speed up the recovery process following intense exercise. [3]

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Training involves engaging in focused activity that enables improved performance.

- (b) Explain, using examples, how you would apply the principles of training to develop a specific component of fitness. [6]

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2. Biomechanics is a detailed analysis and assessment of movement during sporting activity which can result in reduced risk of injury and improve sports performance.

(a) (i) Identify Newton's law of inertia. [1]
Tick (✓) **one** box only.

A. The force of an object is equal to its mass times its acceleration.

B. Every action has an equal and opposite reaction.

C. An object will not change its motion unless a force acts upon it.

D. The ability of the body to return to its equilibrium after being displaced.

(ii) Outline **two** factors that can affect an athlete's stability. [2]

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Motivation can be seen as the drive to succeed, the desire to achieve, or the inspiration to participate. However, motivation can be affected by the presence of others.

(b) Explain how achievement motivation can affect the behaviour of a performer in sport. [4]

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3. Sport and physical activity have played a major part in the development of society. They have undergone many changes and adaptations to remain current and continue to play an important role in the modern world.



- (a) Outline the difference between amateurism and professionalism. [2]

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- (b) Explain how spectatorism influenced the emergence of modern sport. [4]

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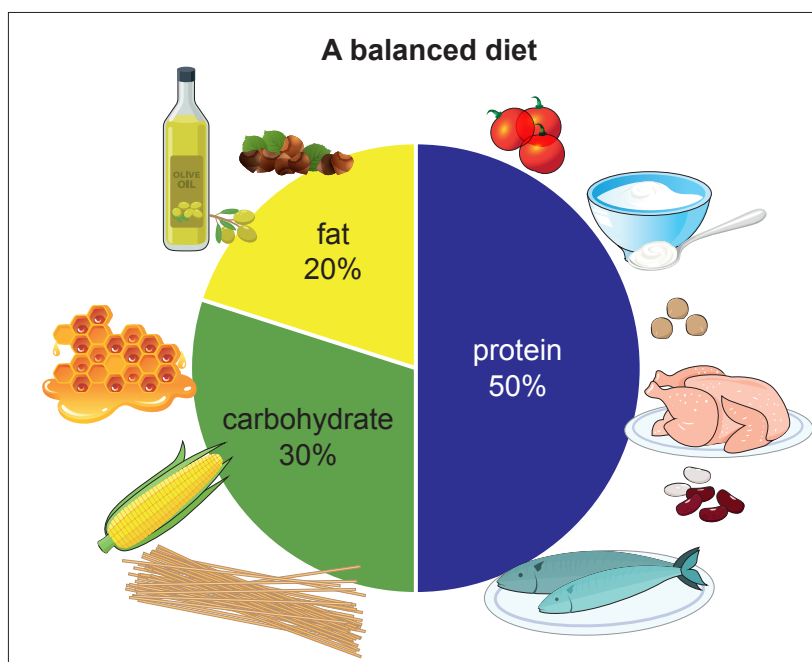


(c) Discuss how the sporting values of the 19th century public schools have been eroded in modern day sport. [10]

Dotted lines for writing the answer.



4. Physical activity along with a balanced and varied diet are an essential part of a healthy lifestyle.



(a) Explain why some diets could be detrimental to an individual's health.

[4]

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5. Personality is the term that describes the unique characteristics of an individual that influence behaviour and learning.

(a) Identify **three** personality profiling methods. [3]

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(b) Analyse, using examples, the relationship between personality and feedback. [12]

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