

Surname
First name(s)

Centre Number

Candidate Number
2



GCE A LEVEL

A550U10-1



WEDNESDAY, 7 OCTOBER 2020 – MORNING

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	3	
1.d	4	
1.e	7	
2.a	6	
2.b	2	
2.c	4	
2.d	4	
2.e	6	
3.a	1	
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	5	
5.d	6	
5.e	10	
Total	105	

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.

Answer **all** the questions in the spaces provided. If you run out of space, use the continuation page(s) at the back of the booklet, taking care to number the questions 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.

2. During sport and physical activity, levels of anxiety often lead to over arousal.

Figure 2 – a graph to represent a theory of arousal.

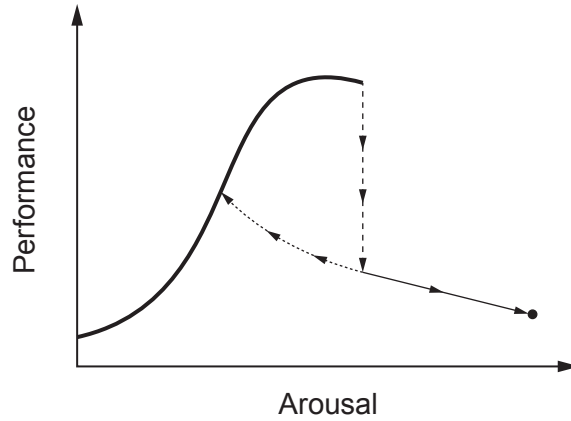


Figure 2

(a) (i) Identify the theory in **Figure 2**.

Tick (✓) **one** box only.

[1]

A: Inverted U

B: Drive Theory

C: Zone of Optimal Functioning (ZOF)

D: Catastrophe Theory

(ii) Explain, using **Figure 2**, the effects of arousal on performance in a sport of your choice. [5]

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3. Methods of identifying talent are widely used to develop participation and success in sport.

(a) Identify a talent identification initiative from the list below.

Tick (✓) **one** box only.

[1]

- A: Girls4Gold
- B: Kick racism out
- C: Change4life
- D: Sportivate

Figure 3 – the sports participation pyramid.

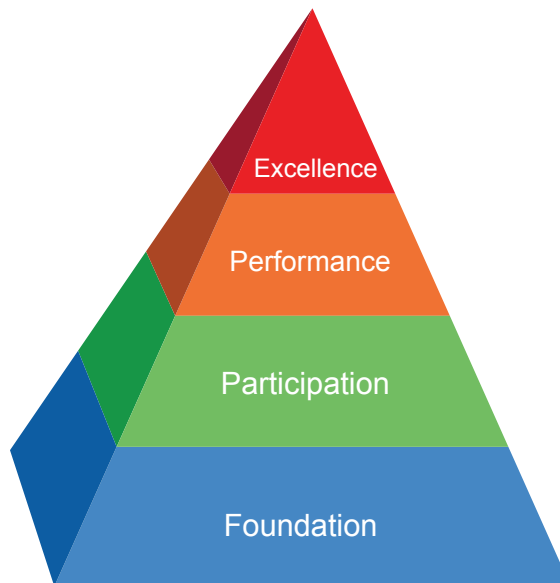


Figure 3

(b) Explain, using **Figure 3**, the support available that allows a performer to progress from performance to excellence level. [4]

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(c) Explain the role of the media in sport.

[4]

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4. During exercise the body systems provide energy for the muscles to work. After regular and repeated exercise, these systems adapt to become more efficient during physical activity.

(a) Identify the short-term responses that occur during exercise to the cardio-respiratory system. [4]

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(b) Explain how long-term adaptations to the musculo-skeletal system benefit performance. [4]

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(c) Evaluate, using specific examples, how you have developed and monitored your physical performance. [12]

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5. **Figure 4** – an athlete performing a jump shot in basketball.



Figure 4

(a) Identify the lever operating at the ankle allowing the basketball player to jump.

Tick (✓) **one** box only.

[1]

A: Third class

B: First class

C: Fourth class

D: Second class

(b) Describe the mechanical advantages of a third order lever for sporting performance. [3]

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