



**GCE A LEVEL**

A550U20-1



O20-A550U20-1-R1



**MONDAY, 12 OCTOBER 2020 – AFTERNOON**

**PHYSICAL EDUCATION – A level component 2**

**Evaluating Physical Education**

2 hours

A550U201  
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### **ADDITIONAL MATERIALS**

A WJEC pink 16-page answer booklet.

### **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. Jessica Ennis-Hill is an Olympic, World and European champion heptathlete. The **heptathlon** is a combination of seven track and field events, which include 200 metre sprint, 800 metre run, 100 metre hurdles, high jump, long jump, shot put and javelin. The table below shows Jessica Ennis-Hill's personal best for each event.

**Figure 1**

DISCIPLINE	PERFORMANCE
200 Metres	22.83 seconds
800 Metres	2:07.81 minutes
100 Metres Hurdles	12.54 seconds
High Jump	1.95 metres
Long Jump	6.63 metres
Shot Put	14.67 metres
Javelin Throw	48.33 metres

- (a) Outline how energy is provided during the jumping and throwing events of the heptathlon. [3]
- (b) Explain why Jessica Ennis-Hill's performance in the 200 metres is predominantly anaerobic. [4]
- (c) Explain why athletes use an ice bath to reduce the delayed onset of muscle soreness, following an event. [3]

Jessica Ennis-Hill believes that her coach played a vital role in the process of her learning new skills and techniques and her improved performance in competitions.

- (d) (i) Describe **two** different types of learning transfer other than positive transfer. [4]
- (ii) Analyse, using examples, the strategies a coach could use to encourage positive transfer during a training session. [6]
- (e) Discuss how Weiner's attribution theory could be used by a coach to develop an athlete's sporting performance. [10]

2. The Olympic and Paralympic Cycling teams have achieved great success over a wide variety of cycling events both on the track and road. Team GB cycling achieved 6 gold medals at the 2016 Rio Olympics and 12 gold medals at the 2016 Rio Paralympics. Despite £4 million funding cuts, there are still high expectations for success at the Tokyo 2020 games.

Jason Kenny won Gold in the 200 m unpaced flying start in 9.5515 s.

- (a) Calculate Jason Kenny's average speed during his 200 m unpaced flying start race in Rio 2016. [2]
- (b) (i) Define Impulse. [1]  
Performers need to consider the effects of drag in order to maximise performance.
- (ii) Describe the strategies that could be used to limit the effects of drag in cycling. [3]
- (c) Explain how a cyclist's diet can be modified before, during and after a competition to optimise performance. [6]
- (d) Analyse, using examples, how SMART targets could be used by coaches to motivate performers. [8]

'Sport helps to address issues of social inequality.'

- (e) Discuss, using sporting examples, the accuracy of this statement in today's society. [10]

3. As modern sport has evolved there is a greater emphasis on scientific and technological developments to analyse and improve performance.

(a) Describe how coaches could use video analysis techniques to improve the technical performance of an individual player. [4]

Teams at all levels from amateurs to elite professional performers take part in thorough warm-up routines prior to competitions, involving a range of planned activities designed to improve performance.

(b) Explain the physiological benefits of a warm-up on a player's performance. [3]

(c) Evaluate, using sporting examples, why a coach would use different leadership styles when coaching a team. [8]

(d) Analyse how 19<sup>th</sup> century British public schools influenced the emergence of team games in modern sport. [10]

4. The mass participation versus elite debate has divided opinion at both local and national level. Organisations such as the Youth Sport Trust aim to “inspire a generation and promote lifelong participation in sport”. By the same token, developing sporting excellence is one of the priorities of sports governing bodies.

**Figure 2**



Discuss the view that promoting lifelong participation in sport should take priority over developing elite performance. [20]

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