Surname	Centre Number	Candidate Number
Other Names		2



GCE AS - NEW

B550U10-1





PHYSICAL EDUCATION – AS component 1 Exploring Physical Education

FRIDAY, 18 MAY 2018 - MORNING

1 hour 45 minutes

For Ex	aminer's us	e only
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	2	
1.d	4	
2.a	1	
2.b	2	
2.c	7	
3.a	1	
3.b	4	
3.c	3	
3.d	6	
4.a	1	
4.b	3	
4.c	6	
5.a	4	
5.b	8	
6	14	
Total	70	

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.

Write your answers in the spaces provided in this booklet.

INFORMATION FOR CANDIDATES

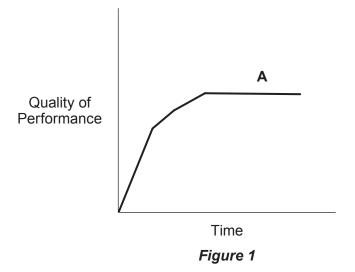
The number of marks is given in brackets at the end of each question or part-question. You are reminded of the necessity for good English and orderly presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

[1]

Answer all questions.

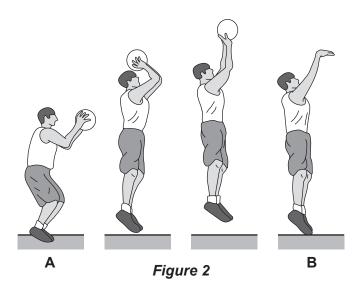
The image below shows a performance curve for a sports person performing a new skill. 1.



(a)	Identify what is happening to their performance at A on the graph.	[1]
(b)	Describe the different strategies a coach may use to overcome the occur Figure 1 .	[3]
•••••		

(c)	Outline the difference between skill and ability.	[2]
(d)	Describe two types of feedback and explain how each can improve sporting performance.	[4]
•••••		······································
•••••		

B550U101 03 **2.** The image below shows a basketball player completing a jump shot.



(a)	Tick (/) one box or	stem operating at the ankle joint at position A .	[1]
	3rd order lever		
	1st order lever		
	2nd order lever		
	Planter Flexion		
(6)			
(b)		gure 2, identify the main agonist(s) and explain the type of mublace from position A to B.	scle [2]
	contraction taking p	place from position A to B.	
	contraction taking p	place from position A to B.	
	contraction taking p	place from position A to B.	
	contraction taking p	place from position A to B.	
	contraction taking p	place from position A to B.	

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(c)	Explain the physiological effects of dehydration, and analyse its impact on sporting performance.	[7]
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3.	(a)	The receptors that are responsible for detecting changes in blood pH are: Tick (🗸) one box only. [1]
		Baroreceptors
		Thermoreceptors
		Chemoreceptors
		Proprioceptors
	(b)	Explain the physiological processes which allow the body to recover after high intensity exercise.
	•••••	
	(c)	Explain how an effective cool-down can aid the recovery process after high intensity exercise.
	•••••	

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(d)	Periodisation allows an athlete to concentrate on developing different fitness components during the training year.	
	Discuss how an athlete could organise their training year in order to prepare for competition. [6]	
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l.	An at Tick (titude is a learned emotior (🗸) one box only.	nal and behavioural response to a stimulus or situation. [1]
	(a)	Changing attitudes from which of the following me	negative to positive towards physical activity is achieved using thods:
		Imagery	
		Selective attention	
		Bio feedback	
		Cognitive dissonance	
	(b)	Explain the components	of attitude formation, using appropriate sporting examples. [3]
	······		
	•••••		

(C)	performance in sport.	e theories, I	now the pre	sence of an a	audience can	influence [6]
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(a)	Describe the consequences of adopting a sedentary lifestyle.	[4]
(b)	Analyse, using examples, the reasons why sport is used as a political tool	[8]
b)	Analyse, using examples, the reasons why sport is used as a political tool.	[8]
	Analyse, using examples, the reasons why sport is used as a political tool.	[8]

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Discuss this	d technologica analysis techn statement.				
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