



GCE A LEVEL – **NEW**

A550U20-1



S18-A550U20-1



**PHYSICAL EDUCATION – A level component 2**  
**Evaluating Physical Education**

FRIDAY, 15 JUNE 2018 – MORNING

2 hours

**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.

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Answer all questions.

1. Basketball is one of the most popular games in the world. Professional basketball players in America are amongst the most highly paid athletes in the world. The National Basketball Association (NBA) signed a new nine-year \$24 billion television deal for the start of the 2016-17 season, worth \$2.6 billion a year. This represented a 180% increase on the previous deal.
- (a) Describe the features of American sports such as basketball which make them particularly appealing for television coverage. [4]

**Figure 1:** a basketball player attempting a free throw.



Points are scored by shooting the ball through a horizontally elevated hoop. At release, the ball becomes a projectile and, as such, is subject to the laws governing projectile motion (*Miller & Bartlett, 1996*).

- (b) Explain, using sporting examples, the factors which influence the trajectory of a projectile. [4]

In order to refine their performance, basketball players rely on different forms of feedback including knowledge of results and knowledge of performance.

- (c) Explain, using sporting examples, how these different forms of feedback can aid in the learning of new skills. [4]

In the run up to and during high-stakes games such as the NBA play-offs, players may experience feelings of apprehension, nervousness and stress.

- (d) Assess the possible effects of state anxiety on performance and explain possible strategies performers may use to manage anxiety both prior to and during performance. [8]

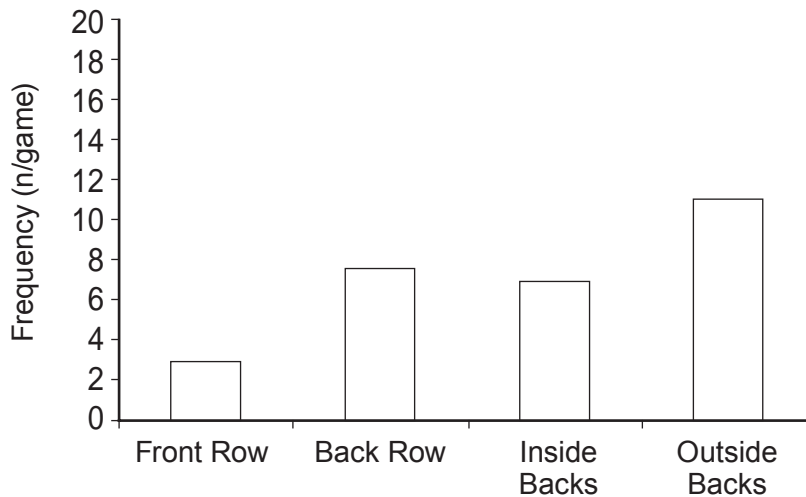
Team games, such as basketball, require individuals to work together in order to achieve their goals.

- (e) Evaluate, using appropriate theories, the importance of group cohesion and leadership in building successful teams. [10]

2. Rugby is a game characterised by intermittent exercise. Time-motion analysis of work-to-rest ratios carried out on rugby union games found that players spend around 5-10% of a match engaged in high intensity work. However, there are variations across different positions. Outside backs may be required to perform up to twenty sprints during one match and perform at least twice as much sprinting as other positional groups. There is a greater use of jogging by front row forwards when compared to backs and they have less recovery time. Forwards also spend 8-10 minutes of match time involved in activities such as rucking, mauling and tackling which require power and strength.

(adapted from Deutsch, Kearney, and Rehrer, 2006)

**Figure 2:** frequency of sprinting (expressed as number of sprints) for forwards and backs in a rugby union game

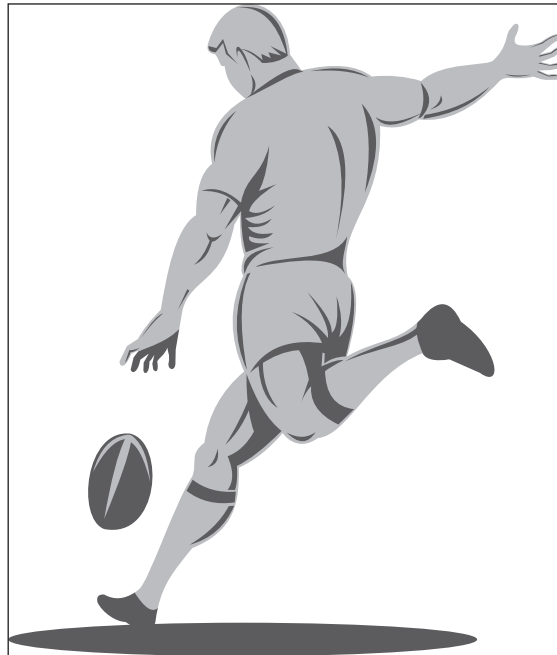


**Table 1:** maximum time spent sprinting during a game

	Front row	Outside backs
Maximum time of sprint (secs)	4.2	13.7

- (a) Using the information provided, explain the different anaerobic energy demands placed on front row players and outside backs and the implications for training these different positions. [8]

**Figure 3:** a rugby player attempting a drop goal.



(b) Analyse the action of the kicking leg as shown in the image above at the: [4]

- (i) Knee
- (ii) Ankle.

(c) Classify the drop kick (as shown in **Figure 3**) on the skill continua below and justify your answer. [3]

- (i) Open  $\longleftrightarrow$  Closed
- (ii) Gross  $\longleftrightarrow$  Fine
- (iii) Self-paced  $\longleftrightarrow$  Externally-paced

Rugby is a contact sport. Whilst the vast majority of tackles fall within the laws of the game, others are unsanctioned and fall outside of the laws of the game. Some argue that such illegal play is a consequence of an increasing win-at-all-costs attitude that is becoming more prevalent in the professional game.

(d) Using sporting examples, explain the difference between assertive play, instrumental aggression and hostile aggression. [5]

Following the intensity of an eighty-minute rugby game, it is important that players recover effectively.

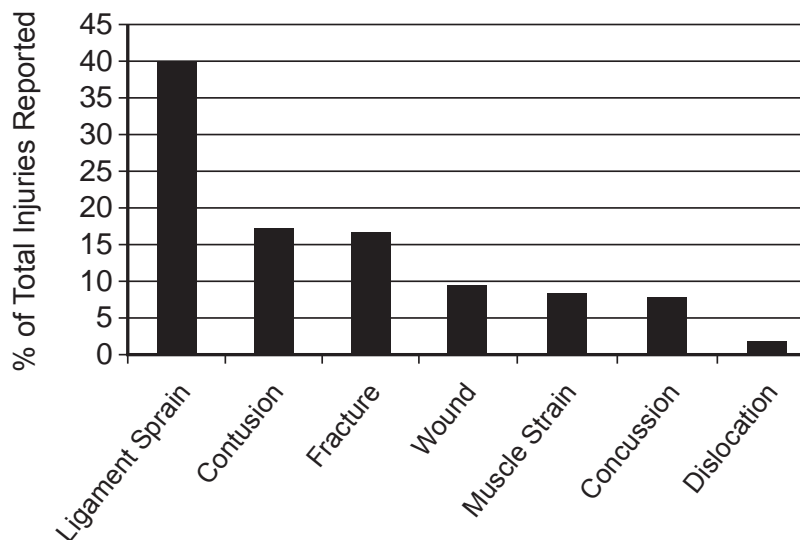
(e) Discuss the physiological processes involved in recovery from exercise and the possible strategies that performers may employ in order to speed up these processes. [15]

3. Hockey is a fast-paced, invasion sport. Participation figures in the game have risen since the success of the Team GB Women's team at the 2016 Rio Olympic Games. The Active People Survey suggests that participation is often linked with early success and enjoyment. Elite performers, within sports such as hockey, have to develop high levels of self-confidence to optimise their performance especially in high pressure situations such as an Olympic final penalty shootout.
- (a) Define self-efficacy and explain ways in which a coach could help to improve the self-efficacy of a performer. [4]

Selective attention is important for effective performance in a fast-paced sport such as hockey where performers are required to make swift decisions.

- (b) Describe how a coach might improve a performer's selective attention. [4]

**Figure 4:** reported injury types for female hockey players over the duration of a season.



- (c) Explain the procedure that should be followed for the immediate management of a soft tissue injury such as a ligament sprain or muscle strain. [4]

More than 7.2 million women now play sport and do regular physical activity – 250,000 more than in January 2015. It means the gender gap, which once stood at over two million, has narrowed to 1.55 million... The number of people playing hockey weekly is now 92,700 (up 4,500 on the previous year).

*(Active People Survey, December 2016)*

- (d) Discuss the potential reasons for the increase in female participation and the barriers still faced by women in closing the participation gap. [8]

4. Discuss the view that within professional sport, levels of fair play and sportsmanship have declined. [20]

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