

Surname	Centre Number	Candidate Number
Other Names		2



## GCE AS/A LEVEL

2550U10-1



### PHYSICAL EDUCATION – AS unit 1 Exploring Physical Education

FRIDAY, 17 MAY 2019 – MORNING

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	6	
1.d	4	
2.a	3	
2.b	2	
2.c	8	
3.a	1	
3.b	3	
3.c	3	
3.d	6	
4.a	3	
4.b	4	
4.c	4	
5.a	1	
5.b	4	
5.c	2	
6	14	
<b>Total</b>	<b>72</b>	

#### 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. If you run out of space, use the continuation pages 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.

Answer all questions.

1. (a)  $VO_2$  max is a measurement of: [1]  
Tick (✓) **one** box only.

A: Anaerobic fitness

B: Aerobic fitness

C: Heart rate

D: Ventilation

(b) Describe **three** ways of ensuring that fitness test results are reliable. [3]

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(c) Critically analyse the use of the Multi Stage Fitness Test to provide an accurate measurement of  $VO_2$  max. [6]

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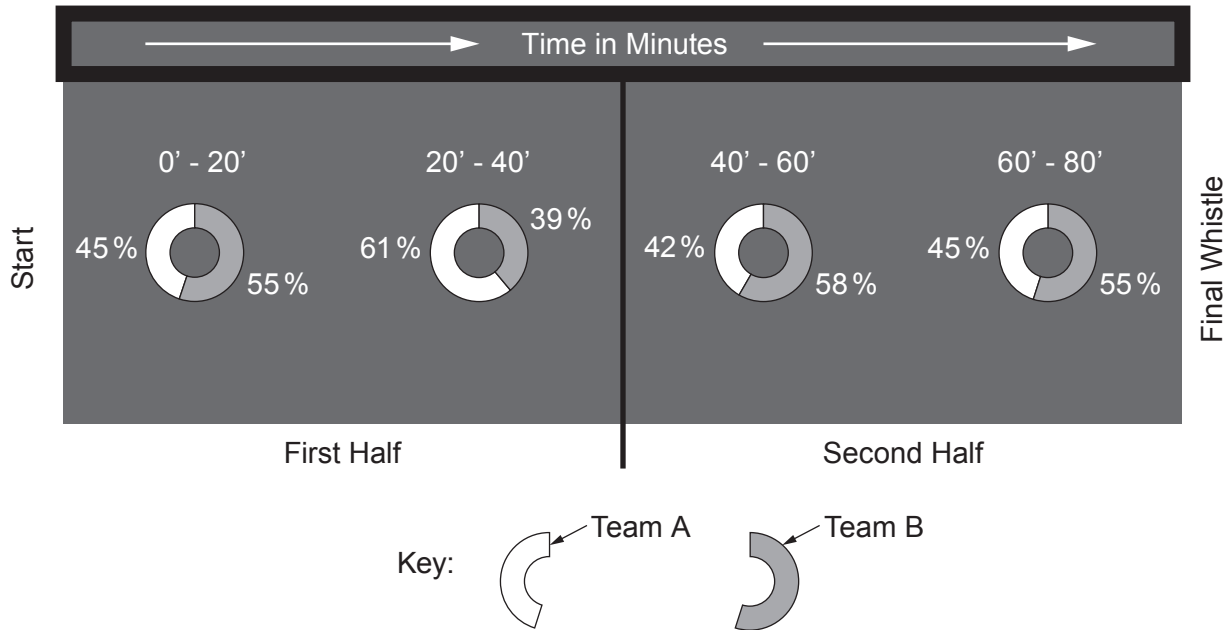
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**Figure 1** – Possession for a team game with teams playing in white and orange.



2. (a) Using **Figure 1** complete the following table:

[3]

Question	Answer
(i) Which team had the greatest amount of possession in the 1st half?	
(ii) Which team had the greatest amount of possession in the 2nd half?	
(iii) Which team had the greatest amount of possession overall?	

(b) Using examples, explain what is meant by **qualitative** data in relation to performance analysis. [2]

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3. (a) Which form of connective tissue is found on the surface of bones within a joint? [1]  
Tick (✓) **one** box only.

A: Patella

B: Tendons

C: Cartilage

D: Ligaments

(b) Using a sporting example, explain the antagonistic muscle action. [3]

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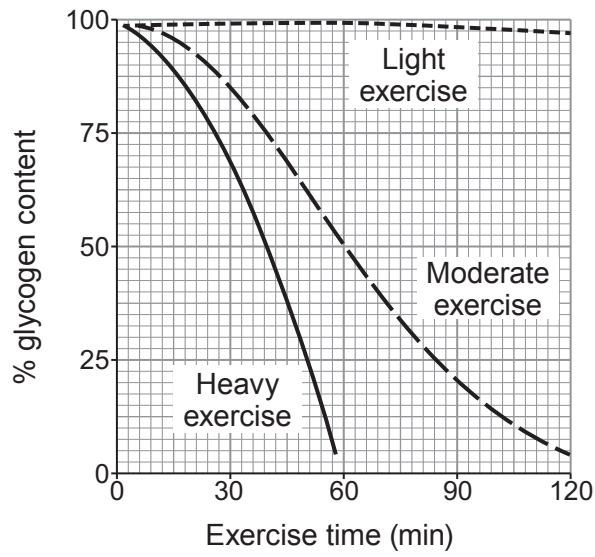
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Figure 2 – shows the percentage of glycogen found within the muscle.



(c) Outline what is happening to levels of muscle glycogen shown within a muscle in the graph (Figure 2). [3]

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