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				
Total	72				

#### **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.

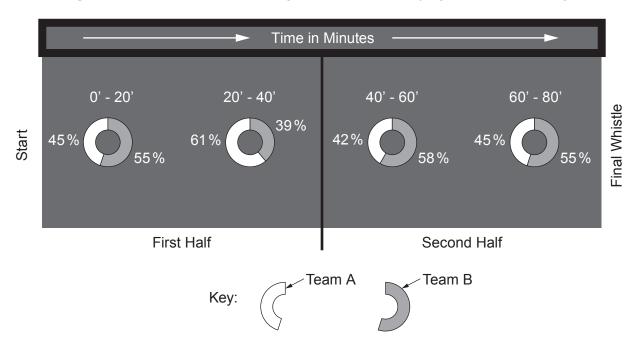
(a)	VO <sub>2</sub> Tick	max is a measurement (/) one box only.	of:			[1]
	A:	Anaerobic fitness				
	B:	Aerobic fitness				
	C:	Heart rate				
	D:	Ventilation				
(b)	Desc	cribe <b>three</b> ways of ens	uring that fitness	s test results a	re reliable.	[3]
	•••••					
	•••••					
(c)	Critio mea	cally analyse the use surement of VO <sub>2</sub> max.	of the Multi S	tage Fitness	Test to provide	an accurate [6]
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(d)	Explain why a high VO <sub>2</sub> max could be beneficial to an endurance athlete.	[4]
•••••		
•••••		

[3]

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



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

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?

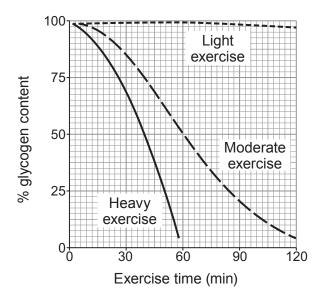
(iii) Which team had the greatest amount of possession overall?

(D)	analysis.			(2]
		 	 	······································

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				6		
3.	(a)	Whic Tick	ch form of connective tissue is (/) one box only.	found on the surface of bones within a joint?	[1]	Examiner only
		A:	Patella			
		B:	Tendons			
		C:	Cartilage			
		D:	Ligaments			
	(b)	Usir	ng a sporting example, explain	the antagonistic muscle action.	[3]	



(c)	Outline what is happen graph ( <b>Figure 2</b> ).	ing to levels of	muscle glycoge	n shown within a	a muscle in the [3]
					······································

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(d)	Discuss how exercise intensity and individual levels of fitness affect the food fuel us of a performer.	аде [6]
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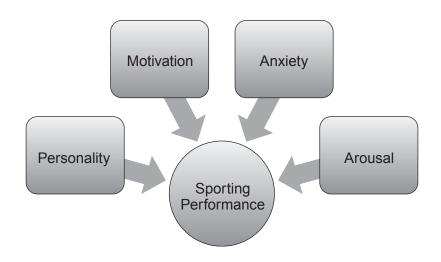
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Specific skill  Open  Continuum  Continuum  Justify your answer.  (b) Providing examples, explain the strategies that could be used to improve the skil performer within the cognitive stage of learning.	
Justify your answer.  (b) Providing examples, explain the strategies that could be used to improve the skill	
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(c)	Using perforr	sporting mance.	g examples,	discuss	how	the	transfer	of	learning	could	influence [4]
• • • • • • • • • • • • • • • • • • • •											
•••••											
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5.	(a)	decis	tify the theory that suggests sion making roles within a teat (/) one box only.	, academically intellectual individuals take on the main am. [1]
		A:	Stacking	
		B:	Centrality	
		C:	Discrimination	
		D:	Stereotyping	
	(b)	Desc	cribe the terms stereotyping a ting participation in ethnic mi	and stacking and briefly discuss how they have affected nority groups. [4]
	•••••			
	•••••			
	***********			
	•••••			
	•••••			
	***********			
	(c)	Desc parti	cribe a government or nati icipation in physical activity w	onal governing body campaign aimed at increasing ithin disadvantaged groups. [2]
	•••••			

Figure 3 – shows the psychological factors that affect sporting performance.



Us pei	ing rform	<b>Figur</b> nance	re 3 e. Pro	as ovide	a e ap	guid prop	le, o priate	disc e ex	uss amp	how les t	v va o su	riou ppo	s p rt yc	sych our a	nolo( Insw	gical /er.	l fac	tors	affe	ect	spo
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#### **END OF PAPER**

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