

Surname	Centre Number	Candidate Number
First name(s)		2



## GCE AS/A LEVEL

2550U10-1



**TUESDAY, 17 MAY 2022 – MORNING**

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

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	7	
2.a	6	
2.b	6	
3.a	5	
3.b	8	
4.a	1	
4.b	6	
4.c	4	
5.a	3	
5.b	8	
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) Identify the stage of learning where movements are consistent, efficient and aesthetically pleasing.

[1]

Tick (✓) one box.

<b>A</b>	Autonomic	
<b>B</b>	Automatic	
<b>C</b>	Associative	
<b>D</b>	Autonomous	

- (b) Justify the type of practice used to develop open skills. Use practical examples to support your answer.

[3]

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2. (a) (i) Identify the recognised sub-maximal fitness test.

[1]

Tick (✓) one box.

<b>A</b>	Wingate Test	
<b>B</b>	PWC - 170	
<b>C</b>	Multi-Stage Fitness Test	
<b>D</b>	Illinois Agility Run	

(ii) Discuss the benefits and limitations of maximal versus sub-maximal fitness testing.

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**Figure 2 – The ankle joint during the take-off in a long jump**



3. (a) Using **Figure 2**, in relation to the ankle joint of the take-off foot, identify the following:

[5]

Plane of movement	
Axis of movement	
Type of joint	
Movement pattern occurring at ankle	
Agonist	

- (b) (i) Identify the predominant muscle fibre type used during the take-off and justify your selection. [4]

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- (ii) In relation to weight training, explain the importance of intensity and duration in order to develop a long jumper's take-off. [4]

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(c) Discuss the benefits and potential problems associated with altitude training.

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5. Rewards are often linked to motivation.

(a) Explain the potential problems associated with using tangible rewards as a way of motivating a sportsperson.

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