
PHYSICAL EDUCATION

9396/33

Paper 3

October/November 2018

2 hours 30 minutes

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

An answer booklet is provided inside this question paper. You should follow the instructions on the front cover of the answer booklet. If you need additional answer paper ask the invigilator for a continuation booklet.

Answer **all** questions.

Electronic calculators may be used.

You may lose marks if you do not show your working or if you do not use appropriate units.

The number of marks is given in brackets [] at the end of each question or part question.



This document consists of **4** printed pages and **1** Insert.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) The table shows an energy continuum.

aerobic percentage	anaerobic percentage	sporting activity
0	100	100m sprint
20	80	kayaking
40	60	tennis
60	40	1500m run
80	20	cross-country running
100	0	marathon running

Justify why tennis has been placed in this position on the continuum. [4]

- (b) After intense exercise the body begins the recovery process and will have an oxygen debt, which is also known as EPOC.

(i) Explain the causes of an oxygen debt/EPOC. [2]

(ii) Outline the different processes that occur during the recovery process. [5]

- (c) During a training programme, the principle of overload must be applied if physiological adaptations are to occur.

Describe **three** ways that overload can be achieved. [3]

- (d) Static strength is needed in many physical activities.

(i) Define *static strength* and give a sporting example of its use. [2]

(ii) Describe, using practical examples, a type of training that could be used to develop static strength. [3]

- (e) Good flexibility provides health benefits as well as enhancing performance.

(i) State **three** factors that affect flexibility. [3]

(ii) Describe a recognised method of evaluating flexibility. [4]

- (f) Discuss the use of human growth hormone (HGH) as an ergogenic aid to performance in sport. [4]

[Total: 30]

Section B: Psychology of sport performance

2 (a) Sports psychologists have recognised links between attitudes and behaviour in sporting situations.

(i) Describe how the cognitive and affective components of an attitude can influence a performer's behaviour. [2]

(ii) A coach can change a performer's attitude by using persuasive communication.

Explain how each of the following factors affect this process.

- the persuader
- the recipient
- the message
- the situation [4]

(b) Goal setting is an important technique for improving performance and maintaining motivation.

Explain, using sporting examples, **five** of the SMARTER factors affecting the setting of goals. [5]

(c) Performance may depend on the level of arousal of an individual.

(i) Define the term *arousal*. [1]

(ii) Explain how the levels of arousal required for peak performance are linked to a performer's ability. [2]

(d) In sport, the presence of an audience can have both positive and negative effects.

(i) Suggest negative effects of an audience on sporting performance. [4]

(ii) Explain how a coach could combat the negative effects of an audience. [5]

(e) Weiner's model categorises reasons for success or failure into the two dimensions of causality and stability. For example, task difficulty is categorised as an external and stable attribution.

State a sporting example for each of the other **three** attributions. [3]

(f) Explain what is meant by the terms *mastery orientation* and *learned helplessness* in sport. [4]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a) (i)** Outline the bidding process that a venue, such as Rio, went through in order to be selected to host the 2016 Olympic Games. [5]
- (ii)** Suggest how the host nation can ensure the safety of athletes during their time at the Olympic Games. [3]
- (iii)** Discuss the Olympic ideal of a positive legacy for the host nation of the Olympic Games. [5]
- (b)** Describe examples of when political power has been used by countries to prevent their own athletes, or athletes from other countries, from competing in the Olympic Games. [5]
- (c)** Outline the positive effects of commercialism on the Olympic Games. [6]
- (d)** Sir Ludwig Guttmann was a driving force behind the Paralympic movement.
Explain the growth of the Paralympic movement over the last seventy years. [6]

[Total: 30]

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