

Teacher Resource Bank

GCE Physical Education

PHED3: Additional Sample Questions



ADDITIONAL SAMPLE QUESTIONS

PHED 3 is the examination paper that candidates will be taking. It is anticipated that PHED 3 examination questions will be similar to PED 4 and PED 5 questions with the proviso that several topic areas are different/missing/additional, and that PHED 3 will contain a proportion of questions that relate to the candidate's ability to demonstrate knowledge and understanding in physical activity (assessment objective 01).

That being said, past examination papers for PED 4 and PED 5 will provide a rich source of suitable revision questions. A list of where suitable questions might be found is in the following table

AQA GCE Exam Questions Database		Physical Education PHED3				
Section	Topic	Year	Details	Series/ Month	Paper	Question
A: Applied physiology to optimise performance	Energy Sources	2008	Part a) i)	June	PED4	4
		2006	Part a)	June	PED4	1
		2006	Part a)	January	PED4	5
		2005	Part a)	January	PED4	5
		2004	Part c) and d)	June	PED4	5
		2004	Part d)	January	PED4	2
	Aerobic energy system	2003	Part c) and d)	January	PED4	5
		2008	Part c)	January	PED4	5
		2007	Part b)	January	PED4	2
	Excess post-exercise oxygen	2006	Part b)	June	PED4	1
		2009	Part d)	January	PED4	2
		2008	Part b)	June	PED5	4
		2008	Part c)	June	PED4	3
		2007	Part a) iii)	June	PED4	5
		2007	Part c)	January	PED4	5
		2006	Part b)	January	PED4	1
		2005	Part b) and c)	June	PED4	1
		2004	Part b)	January	PED4	1

Section	Topic	Year	Details	Series/ Month	Paper	Question
A: Applied physiology to optimise performance		2003	Part b) and c)	June	PED4	3
	VO₂ max	2008	Part b)	June	PED4	3
		2007	Part c)	June	PED4	3
		2006	Part a)	June	PED4	3
		2005	Part b)	June	PED4	4
		2004	Part c)	June	PED4	3
	Lactate anaerobic system	2007	Part a) i)	June	PED4	5
		2006	Part c)	June	PED4	2
	Lactate threshold	2009	Part c)	January	PED4	2
		2008	Part d)	January	PED4	5
		2007	Part a) ii)	June	PED4	5
		2006	Part c)	June	PED4	2
		2004	Part d)	June	PED4	3
		2004	Part a)	January	PED4	1
	ATP-PC energy system	2008	Part a) ii)	June	PED4	4
		2007	Part c) i)	June	PED4	2
		2006	Part a)	January	PED4	1
		2005	Part a) ii)	June	PED4	3
		2003	Part a) iii)	January	PED4	3
	Different fibre types	2009	Part c)	January	PED4	4
		2007	Part b)	January	PED4	4
		2003	Part b)	June	PED4	1
	Motor units	2008	Part a) ii)	January	PED4	2
		2005	Part a) i)	June	PED4	3
	Spatial summation	2008	Part a) iii)	January	PED4	2
		2004	Part a)	June	PED4	2
	Plyometrics	2006	Part c) i)	January	PED4	4
	PNF stretching	2008	Part b) ii)	June	PED4	5
		2006	Part c) ii)	January	PED4	4

Section	Topic	Year	Details	Series/ Month	Paper	Question
A: Applied physiology to optimise performance		2005	Part b)	January	PED4	2
	Altitude training	2009	Part b)	January	PED4	3
		2008	Part a)	January	PED4	4
		2006	Part c)	January	PED4	3
	Glycogen loading	2009	Part a)	January	PED4	5
		2008	Part b)	January	PED4	4
		2007	Part b)	January	PED4	1
		2006	Part c)	June	PED4	5
		2004	Part a)	January	PED4	4
	Periodisation	2008	Part a)	June	PED5	6
		2008	Part d)	January	PED4	1
		2007	Part b)	January	PED4	5
		2005	Part a)	January	PED4	1
		2004	Part a)	June	PED5	6
		2003	Part b)	January	PED4	2
	Thermoregulation	2006	Part d)	June	PED4	5
		2004	Part b)	January	PED4	4
	Vectors and scalars	2007	Part a)	January	PED4	3
	Velocity, acceleration momentum	2009	Part a)	January	PED4	1
		2007	Part b)	June	PED4	1
		2005	Part b)	January	PED4	4
	Impulse in sprinting	2007	Part b)	January	PED4	3
		2005	Part c)	June	PED4	2
		2004	Part b)	January	PED4	5
	Newton's Laws	2008	Part d)	June	PED4	2
		2007	Part a)	June	PED4	1
		2006	Part b)	June	PED4	4
		2005	Part b)	June	PED5	7
	2005	Part a)	June	PED4	5	

Section	Topic	Year	Details	Series/ Month	Paper	Question
A: Applied physiology to optimise performance		2004	Part d)	June	PED4	1
		2003	Part a) i)	January	PED4	3
	Application of forces	2008	Part a)	June	PED4	1
		2008	Part c)	January	PED4	3
		2007	Part a)	June	PED4	4
		2005	Part c)	January	PED4	4
		2004	Part a)	June	PED4	4
		2003	Part c)	June	PED4	5
		2003	Part a) ii)	January	PED4	3
	Projectile motion	2009	Part b)	January	PED4	1
		2006	Part c)	June	PED4	4
		2003	Part c) and d)	June	PED4	4
	Angular motion	2008	Part e)	June	PED4	2
		2007	Part a)	June	PED5	6
		2006	Part a)	June	PED5	6
		2006	Part b)	January	PED4	5
		2005	Part b)	January	PED4	3
		2004	Part a)	January	PED4	3
	2003	Part a) and b)	January	PED4	4	
B: Psychological aspects that optimise performance	Personality	2009	Part c)	January	PED4	5
		2008	Part b)	January	PED4	2
		2007	Part a) i)	January	PED4	1
		2006	Part c)	June	PED4	1
		2005	Part a)	January	PED4	4
	Personality testing	2005	Part b)	June	PED4	2
	Profile of mood states	2007	Part a)	June	PED4	3
		2005	Part a)	June	PED4	2
		2003	Part b)	January	PED4	3

Section	Topic	Year	Details	Series/ Month	Paper	Question
B: Psychological aspects that optimise performance	Achievement motivation	2009	Part d)	January	PED4	5
		2008	Part c)	January	PED4	2
		2007	Part a)	January	PED4	4
		2006	Part d)	June	PED4	1
		2003	Part a)	June	PED4	3
	Arousal	2009	Part d)	January	PED4	1
		2008	Part a) and b)	June	PED4	2
		2006	Part a)	June	PED4	4
		2005	Part a)	January	PED4	3
		2004	Part c)	June	PED4	2
	Different types of anxiety	2009	Part c)	January	PED4	1
		2008	Part a)	January	PED4	3
		2007	Part b)	June	PED4	3
		2007	Part a) iii)	January	PED4	1
		2006	Part c)	January	PED4	1
		2004	Part a)	June	PED4	5
		2004	Part b) and c)	January	PED4	3
		2003	Part a)	June	PED4	4
	Measuring anxiety	2006	Part d)	January	PED4	1
	Controlling anxiety	2009	Part b)	January	PED4	4
		2008	Part b)	January	PED4	3
		2003	Part b)	June	PED4	4
	Goal-setting	2009	Part c)	January	PED4	3
		2007	Part b)	June	PED4	5
		2006	Part a) and b)	June	PED4	2
		2005	Part c) and d)	January	PED4	1
		2004	Part b)	June	PED5	6
	Components of attitudes	2004	Part a) and b)	June	PED4	1
	Attitude formation and behaviour	2006	Part a) and b)	June	PED4	5

Section	Topic	Year	Details	Series/ Month	Paper	Question
B: Psychological aspects that optimise performance		2005	Part b)	June	PED5	6
	Changing attitudes	2008	Part b)	June	PED5	5
		2008	Part c)	January	PED4	4
		2005	Part b)	June	PED5	6
		2004	Part c)	June	PED4	1
	Definitions and types of aggression	2008	Part a) i)	June	PED4	3
		2005	Part a) i)	June	PED4	1
		2005	Part b) i)	January	PED4	5
		2004	Part b)	June	PED4	4
	Theories of aggression	2008	Part a) ii)	June	PED4	3
		2007	Part b)	June	PED4	2
		2007	Part a) ii)	January	PED4	1
		2005	Part a) ii)	June	PED4	1
		2005	Part b) ii)	January	PED4	5
		2004	Part c)	June	PED4	4
		2003	Part a) and b)	January	PED4	5
	Controlling aggression	2008	Part a) iii)	June	PED4	3
		2004	Part d)	June	PED4	4
	Self-efficacy	2009	Part a)	January	PED4	4
		2008	Part a) and b)	January	PED4	1
		2007	Part b)	June	PED5	6
		2007	Part c)	January	PED4	3
		2006	Part b)	June	PED5	6
		2006	Part a) and b)	January	PED4	3
		2003	Part a) and b)	June	PED4	5
	Social facilitation and inhibition	2008	Part c)	June	PED4	2
		2007	Part c)	June	PED4	1

Section	Topic	Year	Details	Series/ Month	Paper	Question
B: Psychological aspects that optimise performance		2005	Part b)	June	PED4	3
		2004	Part a)	June	PED4	3
		2003	Part c) and d)	January	PED4	2
	Attribution theory	2008	Part b) i)	June	PED4	4
		2006	Part b)	January	PED4	2
		2005	Part b) i)	June	PED4	5
		2004	Part c) and d)	January	PED4	2
		2003	Part a)	June	PED4	1
		2003	Part c)	January	PED4	4
	Attribution retraining	2008	Part d)	January	PED4	4
		2007	Part d)	January	PED4	2
		2006	Part c)	January	PED4	2
	Self-serving bias	2008	Part b) ii)	June	PED4	4
		2005	Part b) ii)	June	PED4	5
	Learned helplessness	2008	Part b) ii)	June	PED4	4
		2007	Part c)	January	PED4	2
		2006	Part c)	January	PED4	2
		2005	Part b) iii)	June	PED4	5
		2004	Part e)	January	PED4	2
		2003	Part d)	January	PED4	4
	Group formation	2009	Part a)	January	PED4	2
		2008	Part b)	January	PED4	5
		2006	Part a) and b)	January	PED4	4
		2003	Part a)	January	PED4	1
	Factors affecting cohesion	2008	Part a)	January	PED4	5
		2007	Part c)	June	PED4	4
		2006	Part a)	June	PED5	5
		2006	Part d)	January	PED4	5
		2005	Part a)	June	PED5	4

Section	Topic	Year	Details	Series/ Month	Paper	Question	
B: Psychological aspects that optimise performance		2005	Part a)	January	PED4	2	
		2004	Part c) and d)	January	PED4	4	
		2003	Part b)	January	PED4	1	
	Potential and actual productivity	2009	Part b) i)	January	PED4	2	
		2008	Part a)	June	PED4	5	
		2007	Part a)	January	PED4	5	
		2004	Part a)	January	PED4	5	
	Ringlemann effect and social loafing	2009	Part b) ii)	January	PED4	2	
		2007	Part d)	June	PED4	4	
	Types of leadership	2008	Part c) i)	June	PED4	1	
		2006	Part b)	June	PED4	3	
		2005	Part a) i)	June	PED4	4	
	Fiedler's contingency model	2008	Part c) ii)	June	PED4	1	
		2007	Part a)	June	PED4	2	
		2006	Part c)	June	PED4	3	
		2005	Part a) ii)	June	PED4	4	
		2004	Part a)	January	PED4	2	
		2003	Part b)	June	PED5	7	
		Chelladurai's multi-dimensional model	2006	Part c)	January	PED4	5
			2004	Part b)	January	PED4	2
		2003	Part b)	June	PED4	2	
C: Evaluating contemporary influences	World Games	2007	Part c)	June	PED5	1	
		2006	Part b)	June	PED5	5	
		2005	Part a) i) and a) ii)	June	PED5	3	
		2004	Part a) and b)	June	PED5	1	

Section	Topic	Year	Details	Series/ Month	Paper	Question
C: Evaluating contemporary influences		2003	Part a) and b)	June	PED5	1
	Impact of world games	2007	Part b)	June	PED5	5
	Progression in sport	2008	Part c)	June	PED5	2
		2007	Part a)	June	PED5	7
		2006	Part a)	June	PED5	7
		2005	Part a)	June	PED5	1
		2004	Part a)	June	PED5	7
		2003	Part d)	June	PED5	1
	Financial support	2006	Part c)	June	PED5	1
	World class performance	2008	Part d)	June	PED5	3
		2007	Part c)	June	PED5	3
	UK Sport	2008	Part b)	June	PED5	2
	National institutes of excellence	2007	Part b)	June	PED5	1
		2004	Part a)	June	PED5	2
		2003	Part c)	June	PED5	1
	National Governing Bodies	2008	Part c)	June	PED5	1
		2007	Part a)	June	PED5	1
	Sports Coach UK	2008	Part b)	June	PED5	3
	Sports Aid	2004	Part b)	June	PED5	2
	Rational recreation	2008	Part a)	June	PED5	2
		2005	Part c)	June	PED5	2
	The historical view of the amateur and professional	2006	Part a)	June	PED5	1
		2005	Part b)	June	PED5	2
	The contract to complete	2007	Part b) and c)	June	PED5	2
		2004	Part b)	June	PED5	3
		2003	Part b)	June	PED5	2

Section	Topic	Year	Details	Series/ Month	Paper	Question
C: Evaluating contemporary influences	Gamesmanship, Sportsmanship and the Olympic Ideal	2008	Part c)	June	PED5	1
		2007	Part a)	June	PED5	2
		2006	Part a)	June	PED5	2
	Positive and negative forms of deviance	2003	Part c)	June	PED5	2
		The causes of violence in sport	2006	Part c)	June	PED5
	2003		Part a)	June	PED5	2
	Using illegal drugs to aid performance	2007	Part d)	June	PED5	2
		2004	Part c)	June	PED5	3
	Sports legislation	2006	Part b)	June	PED5	2
	Commercialisation	2008	Part a)	June	PED5	1
		2007	Part b)	June	PED5	3
		2004	Part a)	June	PED5	3
	Sponsorship	2008	Part b)	June	PED5	1
		2007	Part a)	June	PED5	3
		2006	Part b)	June	PED5	1
	Media	2005	Part b)	June	PED5	3
		2007	Part b)	June	PED5	3
		2005	Part a) iii)	June	PED5	3
		2004	Part c)	June	PED5	1

No appropriate legacy questions available for the following topics:

- Sport England/Wales/Scotland/Northern Ireland
- British Olympic Association
- National Lottery

Please note the following topics are additional:

- Muscle structure and function
- Supplements
- Water and electrolyte balance
- Effects of ergogenic aids
- Lactate sampling
- Respiratory exchange ratio
- Rehabilitation
- Delayed onset of muscle fatigue
- Technology