



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

AS

Physical Education

Paper 1 Factors affecting participation in physical activity and sport

Friday 18 May 2018

Morning

Time allowed: 2 hours

Materials

For this paper you may use:

- a calculator.

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions. You must answer the questions in the spaces provided. Do **not** write on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 84.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	



J U N 1 8 7 5 8 1 W 0 1

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Section A

Applied Physiology

Answer **all** questions in this section.Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



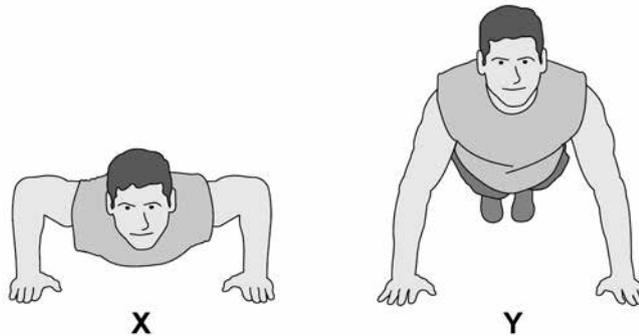
WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

**Figure 1** shows horizontal adduction at the shoulder joint from position **X** to position **Y**.**Figure 1**

0 1

Identify the plane and axis of motion for the action occurring at the shoulder joint from position **X** to position **Y**.**[1 mark]**

- A** Frontal plane/Sagittal axis
- B** Frontal plane/Transverse axis
- C** Sagittal plane/Transverse axis
- D** Transverse plane/Longitudinal axis



0 2

Which **one** of these statements defines expiratory reserve volume?

[1 mark]

A Volume of air inspired and expired per breath.

B Volume of air inspired and expired per minute.

C Volume of air that can be forcibly expired after a normal breath.

D Volume of air that remains in the lungs after expiration.

0 3

Proprioceptive Neuromuscular Facilitation (PNF) is a form of stretching that can increase flexibility.

Explain the role of golgi tendon organs during PNF.

[2 marks]

0 4

When starting to exercise venous return will increase. This will result in more blood returning to the right-hand side of the heart.

Describe **three** mechanisms that support venous return.

[3 marks]

1. _____

2. _____

3. _____

Turn over ►



0 5

Describe how the cardiac conduction system causes the heart to contract.

[3 marks]

0 6**Table 1** represents heart rate and stroke volume for an untrained performer as intensity of exercise increases.**Table 1**

Point	Heart rate (bpm)	Stroke volume (ml)
A (rest)	70	85
B	90	90
C	100	95
D	120	100

0 6 . 1Calculate cardiac output for the untrained performer at point **D** in **Table 1**.**[2 marks]**



Section B**Skill acquisition and sports psychology**Answer **all** questions in this section.**0 9**

Which type of goal is concerned with improvements in technique?

[1 mark]**A** Outcome goal**B** Performance goal**C** Process goal**D** Product goal**1 0**

When considering transfer of learning, a skill learnt in netball may aid the learning of another skill in basketball.

Which **one** of the following types of transfer is best described by this statement?**[1 mark]****A** Bilateral**B** Negative**C** Positive**D** Progressive

1	1
---	---

Vygotsky's social development theory focuses on building learning in stages.

Explain how this theory applies to a badminton player learning a new skill.

[4 marks]

Extra Space

Turn over for the next question

Turn over ►



1	3
---	---

Describe the **four** processes of observational learning.

[4 marks]

1. _____

2. _____

3. _____

4. _____

Turn over for the next question

Turn over ►



1	4
---	---

Suggest strategies that a coach may use to reduce the effects of social loafing in a team game **and** the impact these may have on performance.

[4 marks]

Extra space



*Do not write
outside the
box*

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Section C

Sport and society and technology in sport

Answer **all** questions in this section.

1 | 6

Which **one** of the following statements accurately describes prejudice?

[1 mark]

A A preconceived opinion that is not based on reason or actual experience. B A standardised image or generalisation of an individual. C The right to access the same opportunities. D The unfair treatment of a person.

1 | 7

Data are collected on two occasions using the same test. The results collected are consistent.

What is this an example of?

[1 mark]

A Objectivity B Reliability C Subjectivity D Validity

1 | 8

Real tennis was played in pre-industrial Britain (pre-1780).

Identify **three** characteristics of real tennis.

[3 marks]

1. _____

2. _____

3. _____

Turn over ►



2	1
---	---

Consider the impact social stratification can have on sporting participation.

[4 marks]

Extra space

Turn over for the next question

Turn over ►



2 2

Table 2 shows the percentage of males and females in England participating in individual and team sports at least once a week, over a five year period.

Table 2

Sport	Gender	2011/12	2012/13	2013/14	2014/15	2015/16
Individual	Male	31.2	31.8	31.6	31.0	31.0
	Female	29.7	29.4	28.8	28.2	28.8
Team	Male	12.0	10.5	10.9	10.5	10.9
	Female	1.98	1.69	1.79	1.95	1.88

What does **Table 2** show about gender and choice of sport over the five year period?
[4 marks]



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box

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END OF QUESTIONS

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