

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Advanced GCE

PHYSICAL EDUCATION

2565

Physical Education: Historical, Comparative, Biomechanical and
Sport Psychology options

Friday **17 JUNE 2005** Afternoon 1 hour 15 minutes

Additional materials:
Answer paper/Answer booklet

TIME 1 hour 15 minutes

INSTRUCTIONS TO CANDIDATES

- Write your name, Centre number and Candidate number in the spaces provided on the answer paper/answer booklet.
- There are two sections in this paper.
- Answer **two** questions, at least **one** of which must be from Section A.
- Write your answers, in blue or black ink, on the separate answer paper provided.
- If you use more than one sheet of paper, fasten the sheets together.
- Read each question carefully and make sure you know what you have to do before starting your answer.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- You will be awarded 3 marks for the quality of written communication in Section A, where answer(s) require a piece of extended writing.
- The total number of marks for this paper is 45.

This question paper consists of 6 printed pages and 2 blank pages.

Answer **two** questions, at least **one** must be from Section A.

Section A

Historical Studies in Physical Education

- 1 (a) Pre-industrial popular recreation had certain characteristics which, to a greater or lesser extent, were evident in most early sports and pastimes.

To what extent did early swimming show the characteristics of popular recreation? [3]

- (b) How did the Industrial Revolution restrict opportunities for the lower class to take part in their traditional pre-industrial sports and pastimes? [3]

- (c) 19th century public schools greatly influenced the development of organised sports and games, and the novel *Tom Brown's School Days (1853)* both reflected and influenced these schools.

(i) Identify **three** characteristics of 19th century public schools and explain how **each** characteristic contributed to the development of organised sports and games. [3]

(ii) The extract opposite is from *Tom Brown's School Days*. Use this to help you comment on each of the following in relation to swimming or fishing.

- Evidence of simple organisation often associated with popular recreations.
- Evidence of technical developments associated with rational recreations.
- Social relationships. [6]

The Avon is a wonderful.....

An extract has been removed due to third party copyright restrictions

Details:

An extract from 'Tom Brown's School Days' by Thomas Hughes. ISBN: 978-0140621327

.....Tom was flogged next morning.

(Adapted from Tom Brown's School Days by Thomas Hughes)

(d) Why did public baths develop in industrial towns in the second half of the 19th century? [6]

[Total 21 marks]

Comparative Studies in Physical Education

- 2** Cultural factors have caused new games like Aussie Rules football in Australia and basketball in the USA to develop. However, France has other reasons to promote golf as a sport new to their country.
- (a)**
- (i)** Identify the factors which have influenced the growth of golf in France. [3]
 - (ii)** Outline the reasons why basketball in the USA has evolved into a game dominated by the African-American minority and identify one example of improved provision which has contributed to this development. [3]
 - (iii)** Explain why Aussie Rules football is known as a 'new game' and describe how it has developed into a game of the people. [3]
- (b)**
- (i)** What provision is made for delivering Sport and Physical Education to children in France? [2]
 - (ii)** Explain why the attitudes towards Sport and Physical Education in French schools have changed. [4]
 - (iii)** Identify two different types of Summer Camps in the USA. Describe the benefits that a child would gain as a result of attending a Summer Camp. [6]

[Total 21 marks]

Section B

Biomechanical Analysis of Human Movement

- 3 (a) Fig. 1 below shows a high jumper during the take off phase of the Fosbury Flop.



Fig. 1

Draw a pin diagram showing the vertical forces acting on the high jumper at take off. Using Newton's Laws of Motion, explain the significance of the vertical forces. [5]

- (b) During flight, the high jumper rotates onto his back.
- (i) Identify the axis of rotation during flight and explain how rotation is generated at take off. [3]
 - (ii) Explain the concept of Centre of Mass. How does this concept help to explain why the Fosbury Flop is the most preferred technique for the high jump? [4]
 - (iii) With the aid of a diagram, identify the forces acting on the high jumper as he clears the bar. Explain how these forces affect the flight path of the high jumper. [4]
- (c) What is Moment of Inertia? In the run up, explain why the high jumper has a bent leg during the recovery phase of the stride action. [5]

[Total 21 marks]

Psychology of Sport Performance

- 4 (a) Use practical examples to describe the components of a positive attitude towards training and performance. What influences a positive attitude to training and performance? [6]
- (b) Effective mental preparation is important in successful performance in sport.
- (i) Commitment is one aspect of mental preparation. Identify **three** other aspects. [3]
 - (ii) The setting of goals is an important element of commitment. What are the psychological effects on the sports' performer of setting goals? [3]
 - (iii) Giving practical examples, explain what is meant by product, performance and process goals to improve performance. What factors should be taken into consideration when these goals are set? [5]
- (c) What is meant by the term 'self-efficacy'? By using examples from sport, show how a coach could assist a sports' performer to raise their level of self-efficacy. [4]

[Total 21 marks]

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