

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

A-level PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Friday 24 May 2024

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.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- 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 105.
- 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	



Section A**Applied anatomy and physiology**Answer **all** questions in this section.Only **one** answer per question is allowed.

For each question 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.



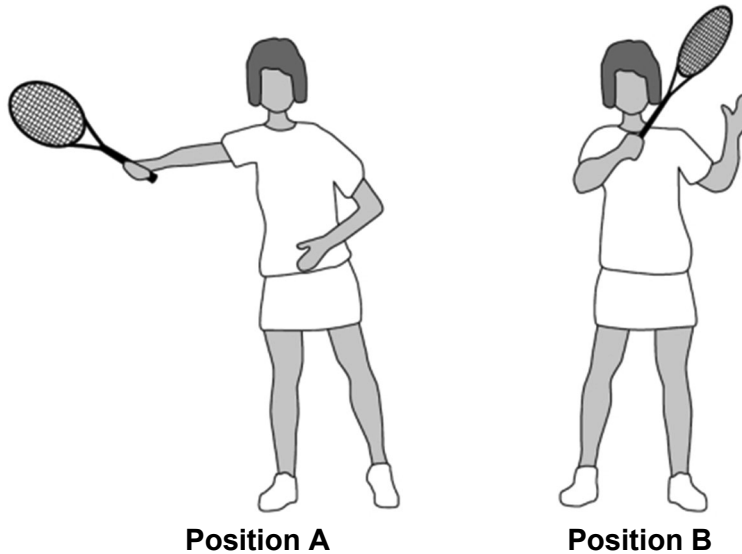
If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

**0 1**Which **one** of the following is converted directly into lactic acid in the anaerobic glycolytic energy system?**[1 mark]****A** Acetyl coenzyme A☐**B** Citric acid☐**C** Glucose☐**D** Pyruvic acid☐

0 2

Figure 1 shows a tennis player performing a forehand shot as they move from position **A** to **B**.

Figure 1



Which **one** of the following is the plane of movement for the joint action at the elbow from position **A** to **B**?

[1 mark]

- A** Frontal ☐
- B** Sagittal ☐
- C** Transverse ☐

0 3

During exercise CO_2 in the blood will increase.

Describe how an increase in blood CO_2 impacts the redistribution of blood.

[3 marks]

Turn over ►



0 4 . 1

As a direct gas analysis VO_2 max test progresses, minute ventilation would increase.

Define 'minute ventilation'.

[1 mark]

0 4 . 2

Explain why minute ventilation needs to increase as the intensity of exercise gets harder.

[3 marks]

0 5

Analyse how regular participation in exercise can decrease the likelihood of a stroke.

[3 marks]



[8 marks]

[illegible]

[illegible]

[illegible]

[illegible]

Extra space _____



[illegible]

35

Section B**Skill acquisition**

Answer **all** questions in this section.

0 8

Schmidt's schema theory states that learning occurs through the development of a schema.

Which **one** of the following shows the correct elements of recognition schema?

[1 mark]

A Initial conditions and response outcomes

☐

B Initial conditions and response specifications

☐

C Response specifications and sensory consequences

☐

D Sensory consequences and response outcomes

☐**0 9**

A badminton player watches the flight of the shuttlecock and hears shouts from the crowd.

Which **one** of the following components of Baddeley and Hitch's working memory model involves deciding which of these pieces of information to attend to?

[1 mark]

A Central executive

☐

B Episodic buffer

☐

C Phonological loop

☐

D Visuospatial sketchpad

☐

1 0

Describe the role of more knowledgeable others (MKOs) in Vygotsky's social development theory.

[3 marks]

1 1

Name the **two** types of anticipation.

Explain how a goalkeeper could use **each** type to save a shot.

[4 marks]

Type of anticipation 1: _____

Explanation: _____

Type of anticipation 2: _____

Explanation: _____

Turn over for the next question

Turn over ►



1	2
---	---

Divers often practise somersaults using trampolines.

Analyse how a coach can make sure positive transfer occurs between the somersaults practised on the trampoline and the somersaults performed into the water.

[3 marks]



Knowledge of performance and knowledge of results are two types of feedback available to a long jumper.

[8 marks]

You may use this space to plan your answer.

[illegible]

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[illegible]

You may use this space to plan your answer.



[illegible]

[illegible]

[illegible]

35

Turn over ►



Section C**Sport and society**Answer **all** questions in this section.**1 5**Which **one** of the following is an agent of primary socialisation?**[1 mark]****A** Friends☐**B** Internet☐**C** Parents☐**D** PE Teachers☐**1 6**Which **one** of the following was a specific aim of the Wenlock Olympian Games?**[1 mark]****A** Develop international competition☐**B** Form an Olympian Class☐**C** Improve morals of the whole nation☐**1 7**

Factories played a major role in increasing participation in rational recreation during the industrial and post-industrial period (1780–1900).

State **three** ways factory owners helped to increase participation in rational recreation.
[3 marks]

1 _____

2 _____

3 _____



1 8 . 1

The characteristics of mob football and real tennis reflected the two-tier society in pre-industrial Britain (pre-1780). One characteristic of mob football was that it was played by the lower class.

State **two other** characteristics of mob football.

[2 marks]

1 _____

2 _____

1 8 . 2

Explain why the characteristics of real tennis prevented the lower class from playing it.

[2 marks]

1 9

Steven has started regularly attending a running club to train for a marathon.

Explain **one health** benefit, **one fitness** benefit, and **one social** benefit of regularly attending training.

[3 marks]

Health benefit _____

Fitness benefit _____

Social benefit _____

Turn over ►



2 0

Table 1 shows the total number of social media interactions for the top three and bottom three football clubs by final league position in the Premier League at the end of the 2019/2020 season.

Table 1

Top 3 by final league position	
Club	Total social media interactions
1. Liverpool	65 250 010
2. Manchester City	59 087 585
3. Manchester United	123 630 624
Bottom 3 by final league position	
Club	Total social media interactions
18. Bournemouth	1 257 279
19. Watford	2 211 768
20. Norwich City	1 584 177

Analyse how the growth in the use of social media in football may widen the performance gap between the top and bottom clubs in the Premier League.

Refer to the Golden Triangle **and** the trends shown in **Table 1** in your answer.

[8 marks]

You may use this space to plan your answer.



[illegible]

Extra space _____

[illegible]

Turn over for the next question

Turn over ►



[15 marks]

[illegible]

[illegible]

[illegible]

[illegible]

35



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ANSWER IN THE SPACES PROVIDED**



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Question number	Additional page, if required. Write the question numbers in the left-hand margin.



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