

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS

B550U10-1



TUESDAY, 17 MAY 2022 – MORNING

PHYSICAL EDUCATION – AS component 1
Exploring Physical Education

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	6	
1.d	4	
2.a	1	
2.b	2	
2.c	4	
2.d	8	
3.a	6	
3.b	8	
4.a	6	
4.b	6	
5.a	3	
5.b	12	
Total	70	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.
Do not use gel pen or correction fluid.

You may use a pencil for graphs and diagrams only.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet.
If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.
You are reminded of the necessity for good English and orderly presentation in your answers.
Diagrams, charts and graphs can be used to support answers when they are appropriate.



JUN22B550U10101

Answer **all** questions.

1. **Figure 1** – an athlete demonstrating a bicep curl.



- (a) Identify, using **Figure 1**, the classification of lever at the elbow. [1]

.....

- (b) Outline the advantages of using the lever classified in 1(a). [3]

.....

.....

.....

.....

.....

.....



- (c) Describe the long-term adaptations on the musculo-skeletal system resulting from a structured anaerobic training programme. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

- (d) Explain how the dietary requirements of a competitive weightlifter differ from those of an endurance athlete. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



2. (a) Identify the theory of arousal that states there is a linear relationship between performance and arousal.
Tick (✓) **one** box only. [1]

A. Catastrophe theory

☐

B. Drive theory

☐

C. Inverted-U theory

☐

D. Zone of optimal functioning

☐

Goal setting can be used by athletes to help improve performance.

- (b) Outline the difference between outcome and process orientated goals. [2]

.....

.....

.....

.....

- (c) Explain why an athlete would use goal setting to improve their performance. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....



Over arousal in sport can often lead to acts of aggression.

(d) Analyse, using relevant theories, the reasons for aggressive behaviour in sport. [8]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



3. (a) Explain Bandura's theory of Observational Learning.

[6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



07
B550U101

- [8]



4. (a) Discuss, using examples, the view that sport promotes societal and cultural values. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(b) Discuss how role models influence sport through social media.

[6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



5. **Figure 2** – a gymnast in a fixed position.



- (a) Identify the articulating bones, type of muscular contraction and joint action occurring at the shoulder in **Figure 2**. [3]

Articulating bones	Type of contraction	Joint action
.....		

Performance analysis involves identifying strengths and areas in which improvements are required by both individuals and teams.

- (b) Analyse how a coach could use various analysis techniques to improve individual or team performance. [12]

.....

.....

.....

.....

.....





[illegible]

Examiner
only



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

