



GCE A LEVEL

1550U30-1



PHYSICAL EDUCATION – A2 unit 3
Evaluating Physical Education

THURSDAY, 23 MAY 2019 – AFTERNOON

2 hours

1550U301
01

ADDITIONAL MATERIALS

A WJEC pink 16-page answer booklet.

In addition to this paper you may require a calculator and a ruler.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Answer **all** questions.

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.

Answer **all** questions.

1. Cycling has had a tremendous increase in popularity as a consequence of Team GB's success at Olympic and World Championship level over recent years.



- (a) During a cycling training session describe the short-term responses that occur to the cardiorespiratory system. [4]
- (b) (i) Outline **two** physiological adaptations that could occur to the musculoskeletal system as a result of a structured long-term **anaerobic** cycling training programme. [2]
- (ii) Explain the effect of each of these adaptations on performance. [4]
- (c) In order to improve performance in cycling, performers need to consider the effect of drag.
- (i) Identify **two** factors that influence **drag** in cycling. [2]
- (ii) Explain the strategies that could be employed to limit these effects. [4]

2. Premier league football requires a high level of motivation and assertion.



- (a) Explain, giving examples, the difference between assertion, instrumental aggression and hostile aggression. [6]
- (b) Describe the strategies that a coach could use to control aggressive behaviour in football. [4]
- (c) In relation to the **frustration-aggression hypothesis**, explain the possible causes of unwanted aggression in sport. [4]
- (d) Describe the **social facilitation theory** in relation to sporting performance. [4]

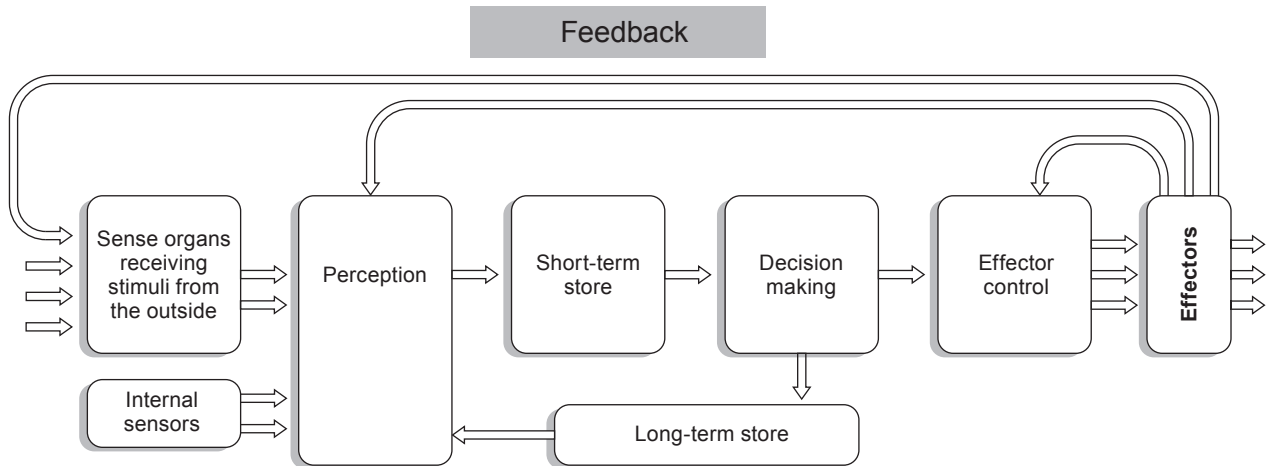
3. Elite tennis stars are able to return the ball after receiving a tennis serve at speeds of over 100 mph but are still able to keep the ball in play by applying topspin.

(a) Describe the effect of topspin on a tennis ball.

[4]

Figure 1

WELFORD'S MODEL (1968) of information processing



- (b) Explain Welford's model of information processing in relation to returning a tennis serve. **(Figure 1)**

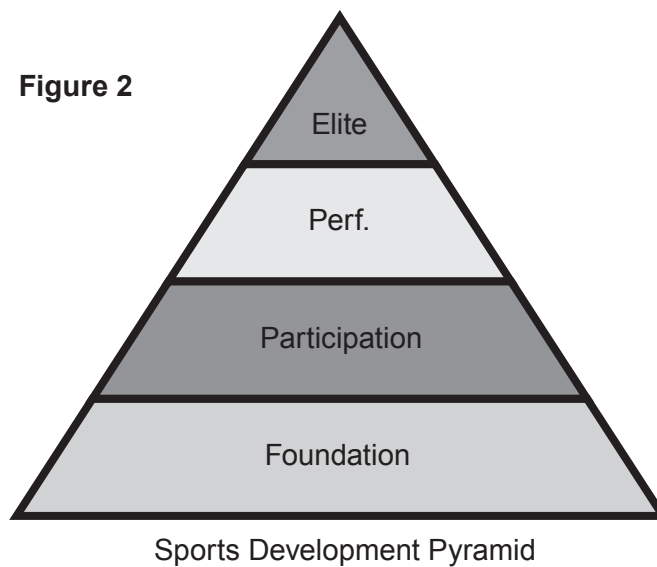
[8]

Tennis along with other major sports receives extensive television coverage.

- (c) Discuss the increasing influence of television on sport.

[8]

4. Elite performance is all about “marginal gains” (Brailsford). Coaches apply the latest techniques to make the smallest of improvements to their athletes. This includes supplementation and psychological interventions.
- (a) Describe how legal supplementation can be used to improve sporting performance. [6]
- (b) Discuss how knowledge of the **attribution theory** could benefit a coach when developing an athlete’s sporting performance. [10]
5. **Figure 2** shows the Sports Development Pyramid.



Discuss the view that developing elite performance should take priority over increasing mass participation levels. [20]

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