

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A LEVEL – NEW

2550U10-1



PHYSICAL EDUCATION – AS unit 1
Exploring Physical Education

FRIDAY, 18 MAY 2018 – MORNING

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	8	
2.a	3	
2.b	8	
3.a	3	
3.b	8	
3.c	4	
4.a	3	
4.b	6	
5.a	3	
5.b	4	
5.c	3	
6	15	
Total	72	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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 continuation pages 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.

Answer all questions.

Examiner only

1. (a) Which of the following is NOT a function of the skeleton?
Tick (✓) **one** box only.

[1]

- A: Protects vital organs
- B: Production of white blood cells
- C: Production of cartilage
- D: Production of red blood cells

(b) Identify the **three** main axes of rotation and provide a sporting example for each.

[3]

.....

.....

.....

.....

.....

.....

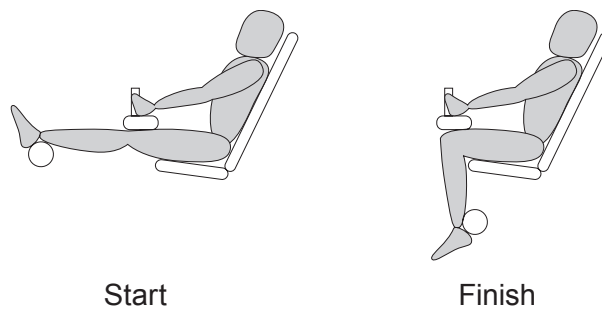
.....

.....

.....

.....

Figure 1: A diagram of a seated leg curl, which is an example of a 3rd class lever



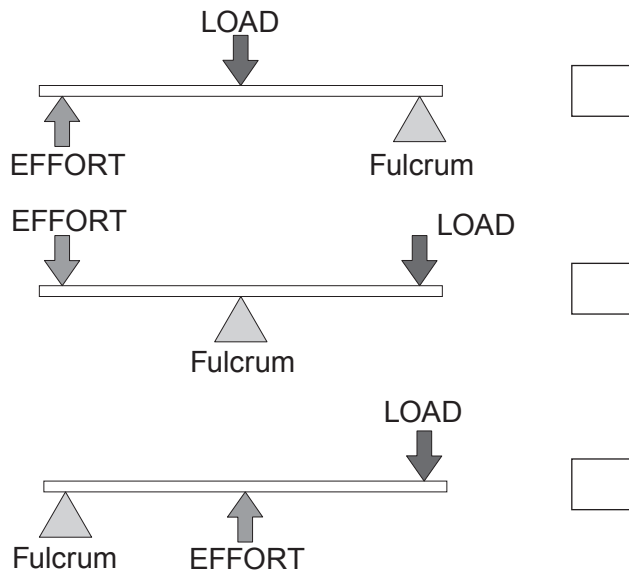
(c) (i) Using **Figure 1** as a guide, identify the bones articulating at the knee joint and the agonist muscle(s) that produce the movement.

[3]

Name of Bones	Agonist
.....	
.....	
.....	

(ii) Identify the third class lever. Tick (✓) **one** box below.

[1]



(iii) Analyse the mechanical advantages and disadvantages of using a third class lever in sport. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3. (a) (i) A variety of questionnaires are used to measure state and trait anxiety. Which of the following is a recognised questionnaire for anxiety?
Tick (✓) **one** box only.

[1]

A: POMS

B: CSAI-2

C: PARQ

D: BPAQ

(ii) Outline the reasons why such questionnaires are not always considered a reliable predictor of state and trait anxiety.

[2]

.....

.....

.....

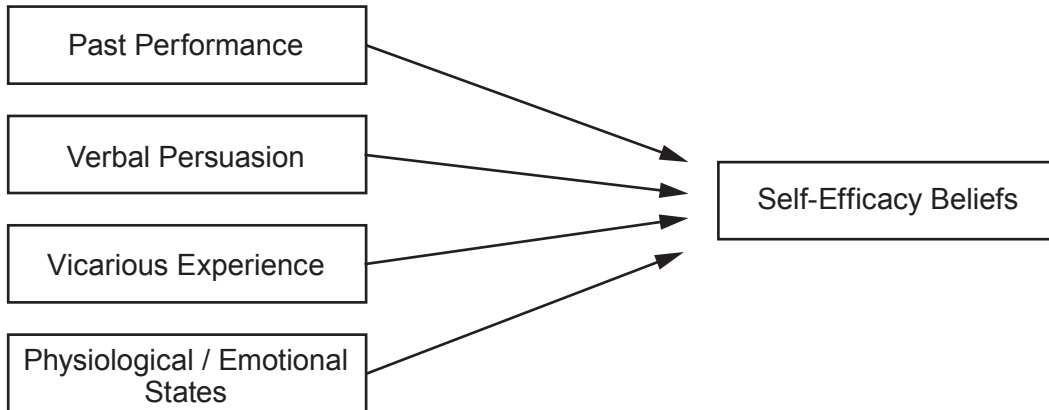
.....

.....

.....

2550U101
05

Figure 2: Bandura's Model of Self-Efficacy



(c) Discuss how a coach, through verbal persuasion could influence levels of self-efficacy in a sportsperson. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

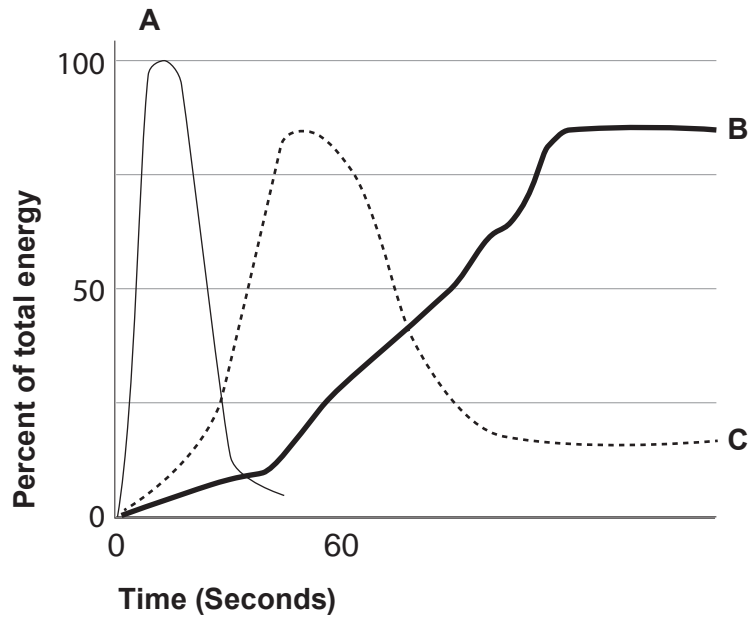
.....

.....

.....

.....

4. **Figure 3:** shows a graphical presentation of the Energy Systems.



(a) (i) Which line, **A**, **B** or **C** represents the ATP-PC energy system? [1]

.....

.....

(ii) Describe **two** characteristics of this energy system. [2]

1

.....

2

.....

5. Aerobic fitness, correct nutrition and re-hydration are all key elements that aid recovery after intense exercise.

(a) Describe how a high level of aerobic fitness can speed up recovery after intense exercise. [3]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(b) Explain how the nutrients consumed immediately after exercise can potentially aid the recovery process. Provide examples where appropriate. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(c) Explain the importance of maintaining levels of hydration during exercise. [3]

.....

.....

.....

.....

.....

BLANK PAGE