



Please write clearly in block capitals.

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

Surname

Forename(s)

Candidate signature

I declare this is my own work.

AS PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Friday 15 May 2020

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 84.
- 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	



JUN207581W01

1B/G/Jun20/E9

7581/W



Section A**Applied 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**

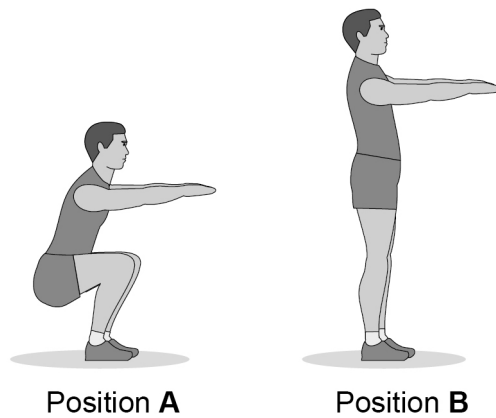
Which vitamin supports the absorption of calcium, helping to keep bones healthy?

[1 mark]**A** Vitamin B-12**B** Vitamin B-complex**C** Vitamin D

0 2

Figure 1 shows a squat action.

Figure 1



Identify the main agonist causing extension at the knee joint between Position A and Position B.

[1 mark]

A Gastrocnemius

B Gluteals

C Hamstrings

D Quadriceps

0 3

Define A-VO₂ diff.

[1 mark]

Turn over ►



0 4

Describe how cardiovascular drift can occur after 10 minutes of steady state exercise in a warm environment.

[3 marks]

Extra space



0 5

Marathon runners may try to manipulate their diets to gain an advantage during training and competition.

0 5 . 1

Evaluate whether a marathon runner should use glycogen loading to enhance performance.

[4 marks]

0 5 . 2

Evaluate the effectiveness of a marathon runner consuming an increased amount of caffeine.

[3 marks]

Turn over ►



0 6 . 1

State **two** structural characteristics of fast glycolytic muscle fibres (type IIx).

[2 marks]

1 _____

2 _____

0 6 . 2

Explain how **two** functional characteristics of fast glycolytic muscle fibres will support an athlete during a 100 metre race.

[2 marks]

1 _____

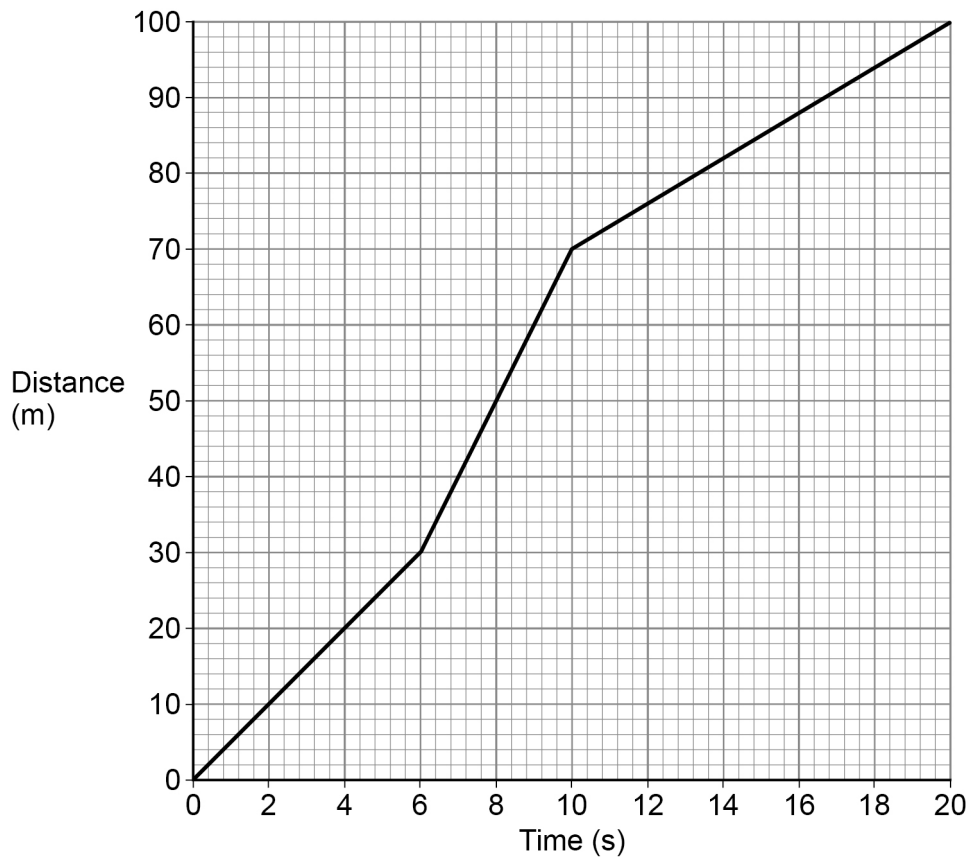
2 _____



0 7

Figure 2 shows a distance-time graph for Clare sprinting 100 metres.

Figure 2



0 7 . 1

Identify how many seconds Clare maintained her highest speed for.

[1 mark]

0 7 . 2

Calculate the average speed Clare was travelling over the 100 metres.

[2 marks]

Turn over ►



Do not write
outside the
box

28

Turn over for Section B

Turn over ►



Section B**Skill acquisition and sport psychology**Answer **all** questions in this section.**0 9**

Which of the following is an example of intangible extrinsic motivation?

[1 mark]**A** Certificate**B** Praise**C** Prize money**D** Trophy**1 0**

The action of one skill can hinder the learning of another.

What type of transfer of learning is this?

[1 mark]**A** Bilateral**B** Negative**C** Zero

1 1

Define the storming stage of Tuckman's model of group formation. Give a sporting example.

[2 marks]

1 2

Describe the insight theory of learning.

[2 marks]

1 3

State **two** characteristics of a performer who is in the associative stage of learning.

[2 marks]

1 _____

2 _____

1 4

Explain why girls may form a negative attitude towards the sport of cricket.

[2 marks]

Turn over ►



1 5

Define the term 'positive reinforcement'. Give a sporting example.

[2 marks]

1 6 . 1

Zajonc's model shows the effect of the presence of others on performance.

Explain how the presence of others will affect the performance of an individual in the autonomous stage of learning.

[2 marks]

1 6 . 2State **two** strategies a coach could use to reduce social inhibition.**[2 marks]**

1 _____

2 _____



1	7
---	---

Evaluate the impact of an athlete only using whole practice to develop their triple jump technique.

[4 marks]

Extra space

Turn over for the next question

Turn over ►



1 8

Evaluate the impact of strategies a coach may use to avoid social loafing in their team.

Use examples from a team game of your choice to support your answer.

[8 marks]

You may use this space to plan your answer.



*Do not write
outside the
box*

Extra space _____

Turn over ►



Do not write
outside the
box

28

Turn over for Section C

Turn over ▶



Section C

Sport and society and technology in sport

Answer **all** questions in this section.

1 9

Which of the following is **not** a characteristic of amateurs in the 1800s?

[1 mark]

A Controllers of sport

B High moral codes

C High social status

D Lower-level performers

2 0

Which term is best defined by the statement:

'Individuals making generalisations about all members of a group, thereby allowing others to categorise and treat them accordingly'?

[1 mark]

A Equal opportunities

B Discrimination

C Prejudice

D Stereotyping

2 1

State **two** characteristics of popular recreation in pre-industrial Britain.

[2 marks]

1 _____

2 _____



2 2

Explain how the public schoolboys and university old boys influenced the spread of sport throughout the British Empire's foreign territories.

[2 marks]

2 3

Explain how the Church supported and promoted sport and recreation during late-nineteenth century Britain.

[2 marks]

Turn over ►



2 4

Explain how secondary socialisation within schools can influence children in sport.

[2 marks]

2 5

Evaluate whether social changes have increased participation in football amongst all ethnic groups.

[4 marks]



2 6

Table 1 shows multi-stage fitness test results for five male basketball players.

Table 1 Multi-stage fitness test results

	Number of players
Excellent	1
Very good	3
Average	1
Poor	0
Very poor	0

Table 2 shows the data a coach was presented with after a different member of staff had input these on a computer.

Table 2 Multi-stage fitness test results

	Number of players
Excellent	0
Very good	1
Average	2
Poor	2
Very poor	0

Analyse the factors that may have affected the integrity of the data shown in **Table 2**.
[3 marks]

Turn over ►



2 7 . 1 State **one** national partner of Sport England.

[1 mark]

2 7 . 2 Describe how local partners work to support Sport England.

[2 marks]

2 8 Analyse how increased media coverage of football can positively impact on the standard of a young player's performance. Refer to Bandura's observational learning theory in your answer.

[8 marks]

You may use this space to plan your answer.



Do not write
outside the
box

Extra space _____

Turn over ►



Do not write
outside the
box

28

END OF QUESTIONS



There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**



There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2020 AQA and its licensors. All rights reserved.



3 2



2 0 6 A 7 5 8 1 / W

IB/G/Jun20/7581/W