



Surname _____

Other Names _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

AS

PHYSICAL EDUCATION

**Paper 1 Factors affecting participation in physical
activity and sport**

7581/W

Friday 18 May 2018

Morning

Time allowed: 2 hours

For this paper you may use:

- a calculator.

At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.

[Turn over]



BLANK PAGE



INSTRUCTIONS

- **Use black ink or black ball-point pen. Pencil should only be used for drawing.**
- **Answer ALL questions. You must answer the questions in the spaces provided. Do NOT write on blank pages.**
- **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.**

DO NOT TURN OVER UNTIL TOLD TO DO SO



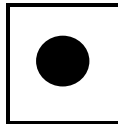
SECTION A**APPLIED PHYSIOLOGY**

Answer ALL questions in this section.

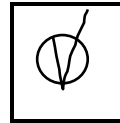
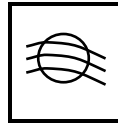
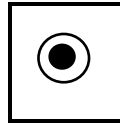
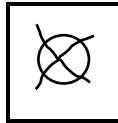
Only ONE answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

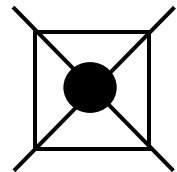
CORRECT METHOD



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.

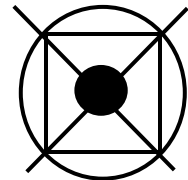
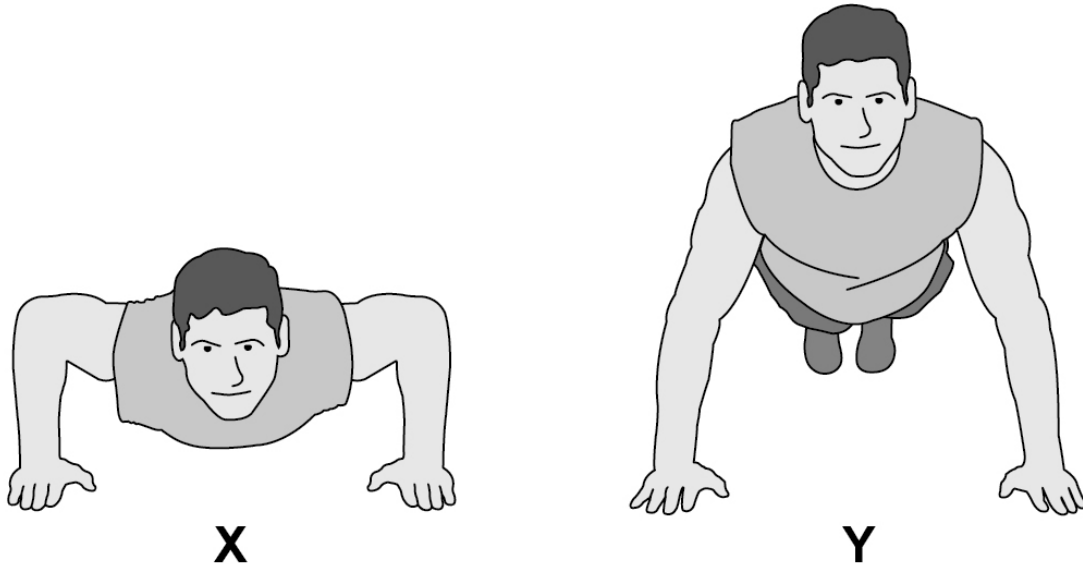


FIGURE 1 shows horizontal adduction at the shoulder joint from position X to position Y.

FIGURE 1



0 1

Identify the plane and axis of motion for the action occurring at the shoulder joint from position X to position Y. [1 mark]

A Frontal plane / Sagittal axis

B Frontal plane / Transverse axis

C Sagittal plane / Transverse axis

D Transverse plane / Longitudinal axis

[Turn over]



0 2 Which ONE of these statements defines expiratory reserve volume? [1 mark]

A Volume of air inspired and expired per breath.

B Volume of air inspired and expired per minute.

C Volume of air that can be forcibly expired after a normal breath.

D Volume of air that remains in the lungs after expiration.



0 3

Proprioceptive Neuromuscular Facilitation (PNF) is a form of stretching that can increase flexibility.

Explain the role of golgi tendon organs during PNF. [2 marks]

[Turn over]



0 4

When starting to exercise venous return will increase. This will result in more blood returning to the right-hand side of the heart.

Describe THREE mechanisms that support venous return. [3 marks]

1. _____

2. _____

3. _____

0 5

Describe how the cardiac conduction system causes the heart to contract. [3 marks]

[Turn over]



0 6

TABLE 1 represents heart rate and stroke volume for an untrained performer as intensity of exercise increases.

TABLE 1

Point	Heart rate (bpm)	Stroke volume (ml)
A (rest)	70	85
B	90	90
C	100	95
D	120	100

0 6**. 1**

Calculate cardiac output for the untrained performer at point D in TABLE 1. [2 marks]



0 6 . 2 Explain how AND why the components of cardiac output differ for a TRAINED performer at point A. [3 marks]

[Turn over]



0	7
---	---

Discuss the use of creatine as a dietary supplement for a 200m sprinter. [5 marks]



[Turn over]



0 8

FIGURE 2 shows a long jumper about to take off from the board with their right leg.

FIGURE 2



Analyse how the musculo-skeletal AND lever systems operate at the right knee AND ankle to achieve an effective take-off. [8 marks]

[Turn over]





[Turn over]



SECTION B**SKILL ACQUISITION AND SPORTS PSYCHOLOGY**

Answer ALL questions in this section.

09 Which type of goal is concerned with improvements in technique? [1 mark]

A Outcome goal

B Performance goal

C Process goal

D Product goal



1	0
---	---

When considering transfer of learning, a skill learnt in netball may aid the learning of another skill in basketball.

Which **ONE** of the following types of transfer is best described by this statement? [1 mark]

A Bilateral

B Negative

C Positive

D Progressive

[Turn over]



1	1
---	---

Vygotsky's social development theory focuses on building learning in stages.

Explain how this theory applies to a badminton player learning a new skill. [4 marks]

[Turn over]



1 2

FIGURE 3 shows a player about to take a penalty kick during a football match.

FIGURE 3



Evaluate how the presence of others can impact on the player taking the penalty kick. [6 marks]

[Turn over]





1 3

Describe the FOUR processes of observational learning. [4 marks]

1. _____

2. _____

3. _____

4. _____

[Turn over]



1 4

Suggest strategies that a coach may use to reduce the effects of social loafing in a team game AND the impact these may have on performance. [4 marks]



[Turn over]



1 5

Evaluate how well the interactionist perspective explains the behaviour of a team member in varying competitive situations. [8 marks]



[Turn over]





[Turn over]



SECTION C**SPORT AND SOCIETY AND TECHNOLOGY IN SPORT**

Answer ALL questions in this section.

1 6 Which ONE of the following statements accurately describes prejudice? [1 mark]

- A A preconceived opinion that is not based on reason or actual experience.
- B A standardised image or generalisation of an individual.
- C The right to access the same opportunities.
- D The unfair treatment of a person.



17

Data are collected on two occasions using the same test. The results collected are consistent.

What is this an example of? [1 mark]

A Objectivity

B Reliability

C Subjectivity

D Validity

[Turn over]



1 8

Real tennis was played in pre-industrial Britain (pre-1780).

Identify **THREE** characteristics of real tennis.
[3 marks]

1. _____

2. _____

3. _____



1	9
---	---

State **THREE** characteristics of amateurs during the industrial and post-industrial (1780–1900) period. [3 marks]

1. _____

2. _____

3. _____

[Turn over]



20

Post–World War II commercialisation has impacted on sport.

Discuss the effects of commercialisation on lawn tennis. [4 marks]



2 1

Consider the impact social stratification can have on sporting participation. [4 marks]

[Turn over]



22

TABLE 2 shows the percentage of males and females in England participating in individual and team sports at least once a week, over a five year period.

TABLE 2

Sport	Gender	2011/ 2012	2012/ 2013	2013/ 2014	2014/ 2015	2015/ 2016
Individual	Male	31.2	31.8	31.6	31.0	31.0
	Female	29.7	29.4	28.8	28.2	28.8
Team	Male	12.0	10.5	10.9	10.5	10.9
	Female	1.98	1.69	1.79	1.95	1.88



What does TABLE 2 show about gender and choice of sport over the five year period?
[4 marks]

[Turn over]



2	3
---	---

Different types of feedback are used by coaches to improve performance.

Sports analytics increases the range of feedback available to a performer. This will lead to an increase in performance.

Analyse this statement. [8 marks]

There are no questions printed on this page.



There are no questions printed on this page.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

Copyright information

For confidentiality purposes, from the November 2015 examination series, acknowledgements of third party copyright material will be published in a separate booklet rather than including them on the examination paper or support materials. This booklet is published after each examination series and is available for free download from www.aqa.org.uk after the live examination series.

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, AQA, Stag Hill House, Guildford, GU2 7XJ.

Copyright © 2018 AQA and its licensors. All rights reserved.

IB/M/Jun18/LO/7581/W/E3

