



Surname _____

Other Names _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

A-level

PHYSICAL EDUCATION

Paper 2

**Factors affecting optimal performance in
physical activity and sport**

7582/2

Wednesday 5 June 2019 Afternoon

Time allowed: 2 hours

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

[Turn over]



For this paper you may have:

- **a calculator.**

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 105.**
- **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



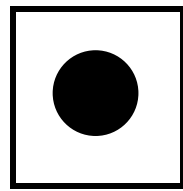
SECTION A**EXERCISE PHYSIOLOGY AND
BIOMECHANICS**

Answer ALL questions in this section.

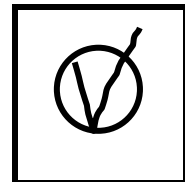
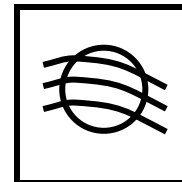
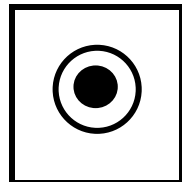
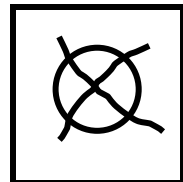
Only ONE answer per question is allowed.

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

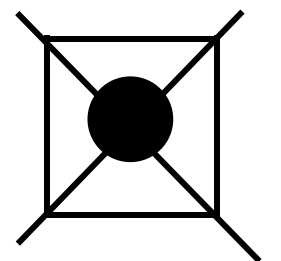
CORRECT METHOD



WRONG METHODS

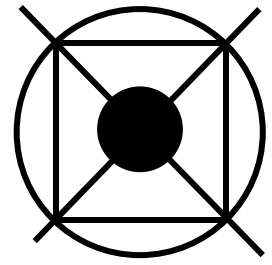


If you want to change your answer you must cross out your original answer as shown.



5

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



[Turn over]



0	1
---	---

A runner completes 400m at an average speed of 5 m/s.

How long does it take the runner to complete 400m? [1 mark]

A 1 minute 10 seconds

B 1 minute 20 seconds

C 1 minute 30 seconds

D 1 minute 40 seconds



0	2
---	---

**Which ONE of these is an exercise-related function of sodium?
[1 mark]**

- A Helps regulate body fluid levels**
- B Important for strong bones**
- C Needed for the formation of haemoglobin**

[Turn over]



0	3
---	---

When conducting field tests, data can be objective or subjective.

What is subjective data? Identify ONE way that it can be collected. [2 marks]

0	4
---	---

As a sprinter accelerates along the track at the start of a 100m race, an impulse is generated.

0	4	.	1
---	---	---	---

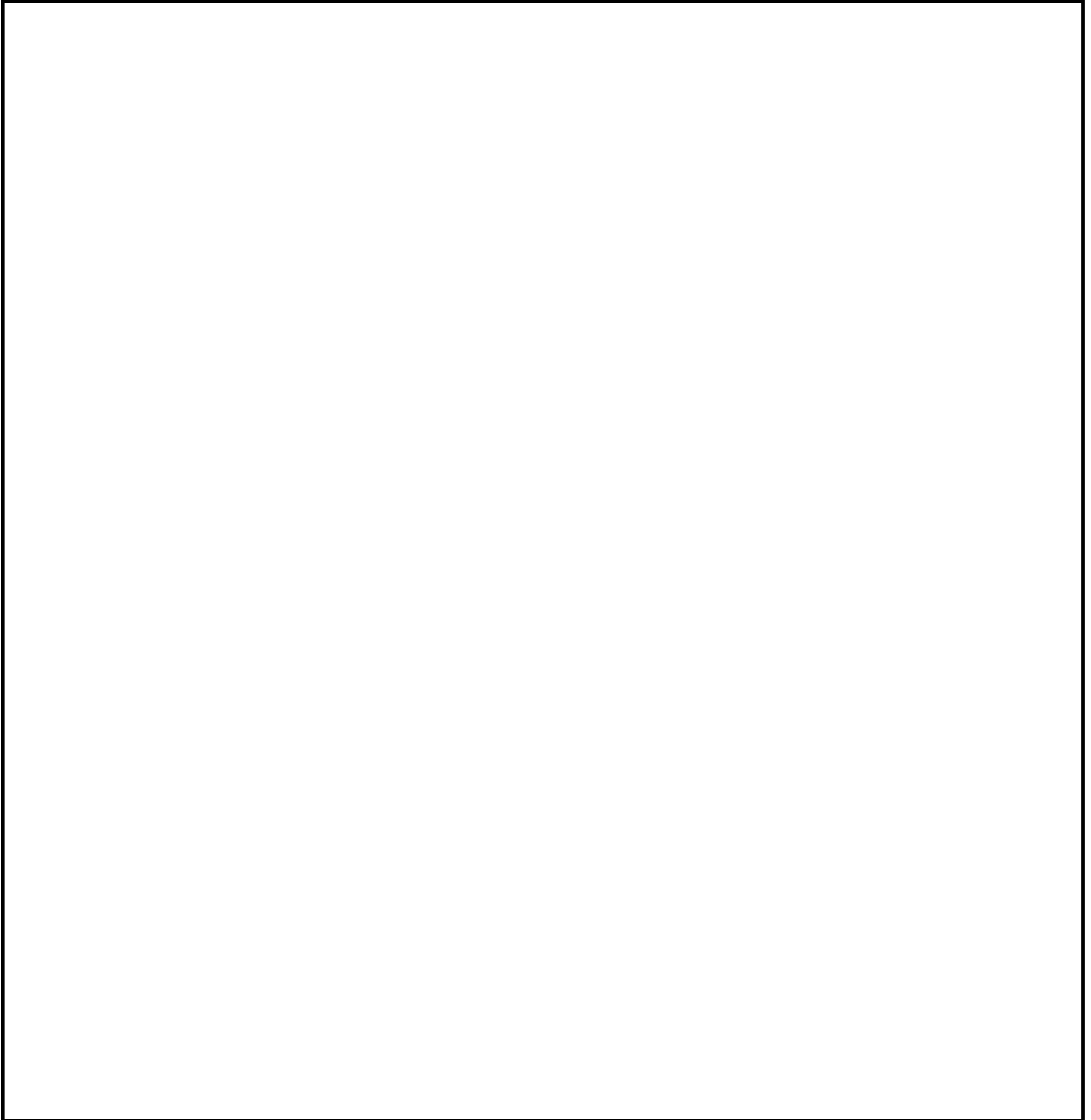
Define impulse. State the units of measurement. [2 marks]

[Turn over]



0	4	.	2
---	---	---	---

Sketch AND label a graph to show the impulse generated at the start of a 100m race. [3 marks]



0 5

Screening elite performers is a technique used by coaches for a variety of reasons.

**Outline THREE purposes of screening.
[3 marks]**

1 _____

2 _____

3 _____

[Turn over]



06

FIGURE 1 shows an athlete taking part in one type of strength training as part of his injury rehabilitation.

FIGURE 1



Evaluate the use of different types of strength training during injury rehabilitation. [8 marks]

You may use this space to plan your answer.

[Turn over]





[Turn over]



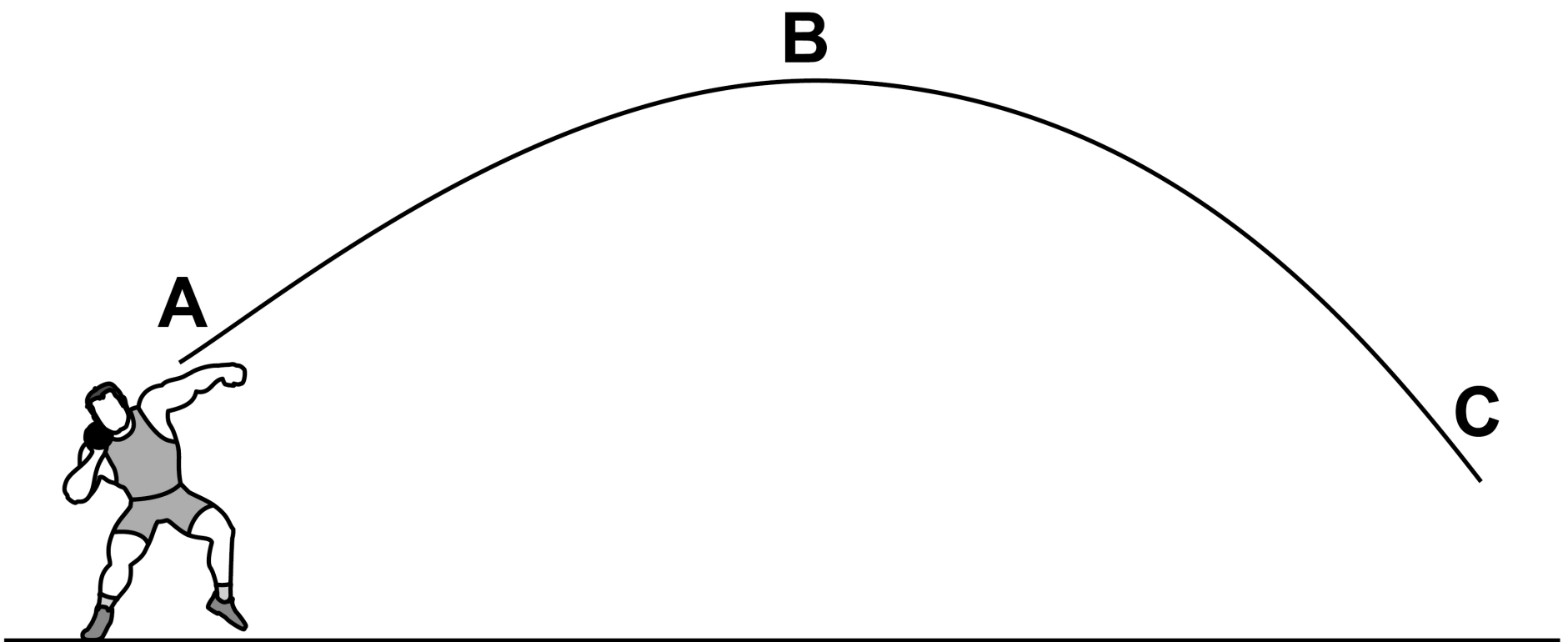
[Turn over]



07

FIGURE 2 shows the flight path of a shot put.

FIGURE 2



**Analyse the factors affecting the flight path of the shot put and how an athlete can maximise horizontal displacement.
[15 marks]**

You may use this space to plan your answer.

[Turn over]





[Turn over]



Lined writing area with 18 horizontal lines.



[Turn over]



Lined writing area consisting of 20 horizontal lines.



[Turn over]



Lined writing area consisting of 18 horizontal lines.



[Turn over]

35



SECTION B**SPORTS PSYCHOLOGY**

Answer ALL questions in this section.

0 8

‘A nervous response to a specific sporting situation.’

Which type of anxiety does this statement best describe? [1 mark]

A Cognitive anxiety

B Competitive state anxiety

C Competitive trait anxiety

D Somatic anxiety



0	9
---	---

Which ONE of these is an example of an intangible reward? [1 mark]

A Certificate

B Money

C Praise

D Trophy

[Turn over]



1 0

Zajonc developed a model to show the effect of the presence of others on performance.

1 0 . 1

Explain the possible impact of an audience on a performer in the cognitive stage of learning. [3 marks]

[Turn over]

1 0 . 2

Explain the strategies a coach may use to reduce the negative effects of the presence of others on performance. [4 marks]

[Turn over]

1 1 . 1

**Describe an outcome-orientated goal.
[1 mark]**

1 1 . 2

Evaluate the impact of an outcome-orientated goal on the confidence of a 100m sprinter. [2 marks]

[Turn over]

1	2
---	---

Crystal Palace are a professional football club. The team lost their first seven games of the 2017-2018 English Premier League season.

Analyse how the players may have attributed those defeats and the effect this may have had on their performance at that point in the season.

Refer to Weiner's model of attribution theory. [8 marks]

You may use this space to plan your answer.

[Turn over]





[Turn over]

1	3
---	---

A golf coach believes the most important aim of a warm-up is stress management.

A rugby coach believes the most important aim of a warm-up is injury prevention.

**Evaluate these TWO statements.
[15 marks]**

You may use this space to plan your answer.

[Turn over]



Horizontal lines for writing



[Turn over]





[Turn over]



[Turn over]

35

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

Answer ALL questions in this section.

1 4

Which organisation is responsible for creating the World Class Performance Programme? [1 mark]

A National Institute of Sport

B National Governing Body

C Sport England

D UK Sport

1	5
---	---

Which athlete would benefit the most from taking beta blockers? [1 mark]

- A 100m sprinter**
- B Golfer**
- C Road cyclist**
- D Weight lifter**

[Turn over]



1 6

**State FOUR reasons why sports legislation is important for performers.
[4 marks]**

1 _____

2 _____

3 _____

4 _____

17.1

State TWO forms of technology a coach could use in sports analytics. [2 marks]

1 _____

2 _____

[Turn over]

17.2

Discuss the role of technology for a coach in the analysis of team games. [4 marks]

[Turn over]

1	8
---	---

Amy plays badminton with her friends at the school lunchtime session. She is also a member of her local badminton club where she plays in the local league every weekend.

**Compare Amy's experience of badminton as recreation and her experience of badminton as sport, and explain how these might impact on her performance.
[8 marks]**

You may use this space to plan your answer.

[Turn over]



[Turn over]



Handwriting practice lines consisting of 20 horizontal black lines spaced evenly down the page.



1	9
---	---

Russia did not compete in the 2018 Winter Olympic Games due to allegations of drug taking.

**Analyse the social, physiological AND psychological reasons for an athlete to take drugs and the short term and long term implications this could have.
[15 marks]**

You may use this space to plan your answer.

[Turn over]







[Turn over]





END OF QUESTIONS

35



BLANK PAGE

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

Copyright information

For confidentiality purposes, acknowledgements of third-party copyright material are 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 © 2019 AQA and its licensors. All rights reserved.

IB/M/MW/Jun19/7582/2/E2