

Cambridge International AS Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

1 2 0 6 1 0 9 8 6

SPORT & PHYSICAL EDUCATION

8386/11

Paper 1 Theory May/June 2024

1 hour 45 minutes

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

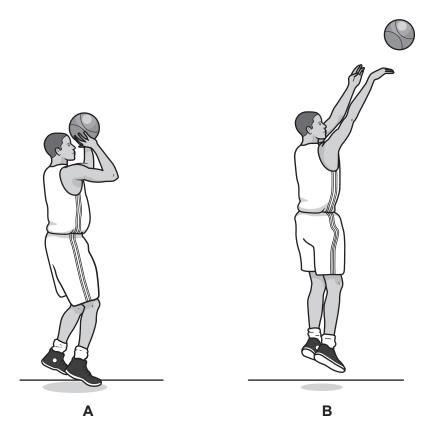
- Answer all questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do not use an erasable pen or correction fluid.
- Do not write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 70.
- The number of marks for each question or part question is shown in brackets [].

This document has 12 pages.

1 (a) The diagrams show a basketball player performing a jump shot.



Complete the table for the player's movement from position ${\bf A}$ to position ${\bf B}$.

joint	type of movement	main agonist
player's right shoulder joint		
player's right wrist joint		

		[4
b)	Basketball is often played as part of a physical education lesson.	
	Describe three characteristics of physical education.	
	1	
	2	
	3	

[3]

(c)	Elite basketball is highly commercialised and can be seen as a form of entertainment.
	Evaluate the commercialisation of sports such as basketball.
	[5]

(d)	(i)	Calculate the cardiac output of a basketball player who has a resting heart rate of 70 beats per minute and a resting stroke volume of 80 millilitres.
		Show your working and include appropriate units.
		cardiac output = [2]
	(ii)	Playing basketball will usually cause an increase in cardiac output.
		Explain how the vascular shunt mechanism affects the distribution of cardiac output during exercise.
		[4]

2 (a) Students can learn badminton skills through observational learning.

The diagram shows parts of a model of Bandura's observational learning theory.

	ation of stration attention A B performance
(i)	Identify A and B from the model.
	A
	B[2]
(ii)	Suggest how a coach could improve the retention of a student who is learning a skill.

(b) (i) The diagram shows the non-parabolic flight path of a badminton shuttlecock after being hit.



Explain this flight path of the shuttlecock in terms of the effect of air resistance and gravity.
[4]
A shuttlecock moves in one direction from point A to point B .
The velocity of the shuttlecock at point A was 70 metres per second. The velocity of the shuttlecock at point B was 10 metres per second. The shuttlecock took 0.50 seconds to travel from point A to point B .
Calculate the average acceleration of the shuttlecock between points A and B .
Show your working and include appropriate units.

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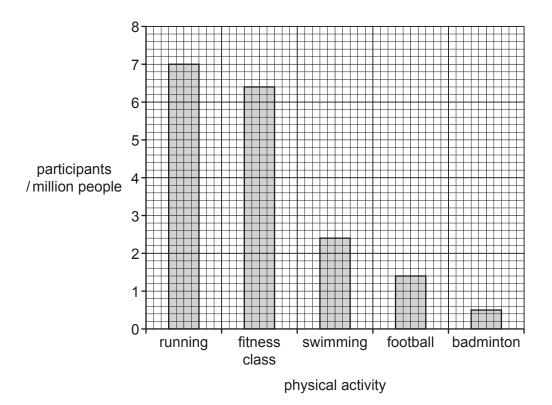
(ii)

(c)	Evaluate the advantages of the use of technology for performers in badminton.
	[6 _j

3	(a)	Ahil	ities are needed to perform skills in sport.	
•	(ω)	(i)	Describe the following characteristics of abilities:	
		.,	enduring	
			underpinning.	
				 [2]
		(ii)	Justify the following classifications of the skill of serving in tennis:	[4]
		. ,	closed	
			internally paced	
			high organisation	
			discrete.	
				[4]
	(b)	Spo	ort has complex rules.	
		Stat	te three other characteristics of sport.	
		1		
		2		
		J		
				[3]

(c)	Motivation is needed to perform well in sport.
	Describe the following:
	intrinsic motivation
	extrinsic motivation
	tangible rewards
	intangible rewards.
	[4]
(d)	A sports performer may use prohibited performance-enhancing drugs (PEDs) because of the pressure to win.
	Suggest other reasons why some sports performers may use PEDs.
	[5]

4 (a) The bar chart shows the number of participants in different physical activities for one country during a year.



(i) Use the bar chart to calculate the difference between the number of swimming participants and the number of badminton participants.

difference =[1]

	(ii)	Suggest four different benefits for an individual of regularly participating in a physical activity such as swimming.						
		1						
		2						
		3						
		4						
			[4]					
(b)	Wh	en a swimmer starts to exercise the mechanics of inspiration will change.						
	Exp	lain these changes.						
			. [6]					

(c) When swimming a performer will receive feedback.

Outline how the type of feedback used differs between performers in the cognitive stage of learning and performers in the autonomous stage of learning.
[4]

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