

A



Surname _____

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Centre Number _____

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A-level

PHYSICAL EDUCATION

**Paper 2 Factors affecting optimal performance in
physical activity and sport**

7582/2

Friday 15 June 2018 Morning

Time allowed: 2 hours

For this paper you may have:

- 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]



J U N 1 8 7 5 8 2 2 0 1

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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



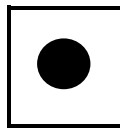
SECTION A**EXERCISE PHYSIOLOGY AND BIOMECHANICS**

Answer ALL questions in this section.

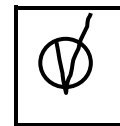
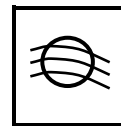
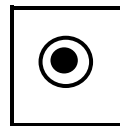
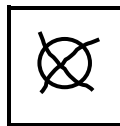
Only ONE answer per question is allowed.

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

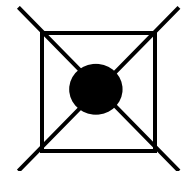
CORRECT METHOD



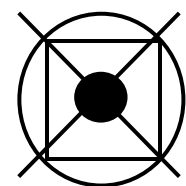
WRONG METHODS



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.



0 1

Which ONE of these measurements is a scalar quantity? [1 mark]

A Displacement**B Mass****C Velocity****D Weight****0 2**

A player has overstretched the ligaments in their ankle.

Identify this type of acute injury. [1 mark]

A Dislocation**B Fracture****C Sprain****D Strain**

[Turn over]



0 3

FIGURE 1 shows an athlete performing the long jump.

FIGURE 1



0 3

. 1

Identify AND explain TWO external forces acting on the athlete in FIGURE 1. [4 marks]

Force 1 _____



Force 2 _____

0 3 . 2 In FIGURE 1 a third-class lever is operating at the hip to allow flexion.

Explain the mechanical advantage of the third-class lever operating at the hip for the athlete. [2 marks]

[Turn over]



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03.3 Stretching is an important part of a warm up.

What is ballistic stretching? [1 mark]

03.4 Discuss the suitability of ballistic stretching for the athlete in **FIGURE 1**, on page 6. [3 marks]

[Turn over]



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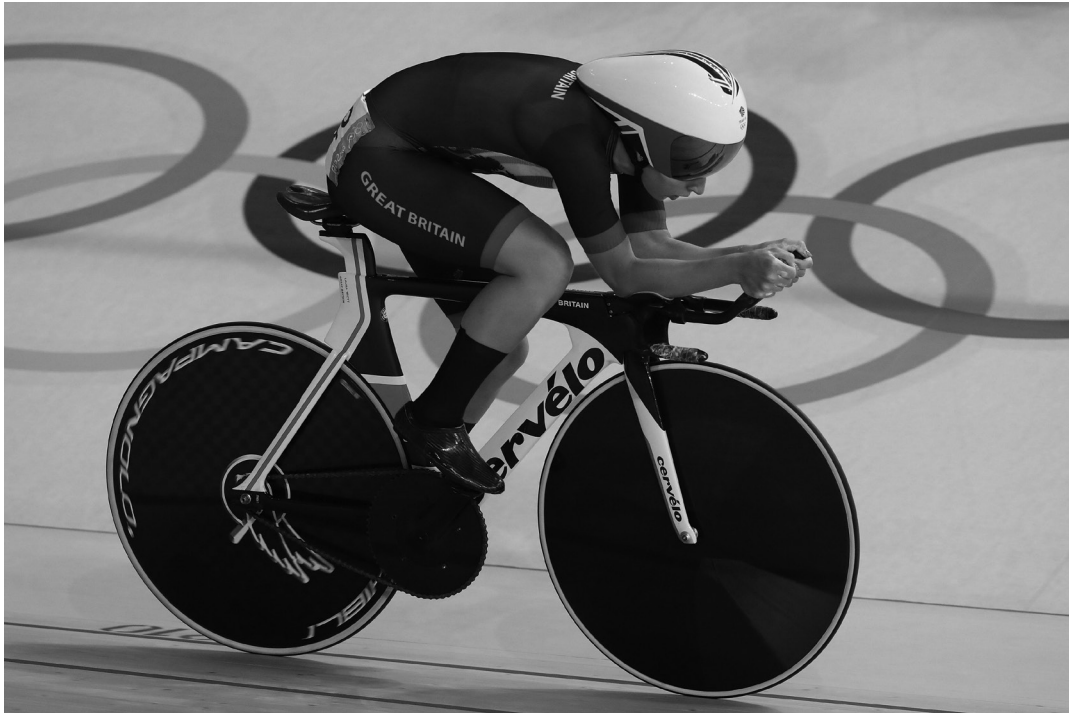
[Turn over]



05

FIGURE 2 shows Laura Kenny cycling at the Rio 2016 Olympics.

FIGURE 2



Analyse how Laura Kenny has maximised her speed in FIGURE 2. Use Bernoulli's principle of lift AND knowledge of the factors that influence drag. [15 marks]



You may use this space to plan your answer.

[Turn over]



SECTION B

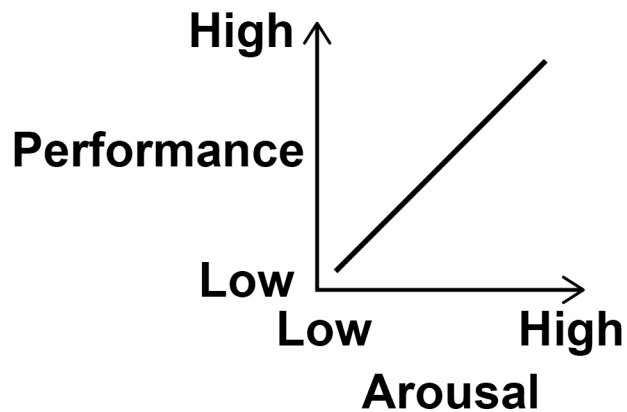
SPORTS PSYCHOLOGY

Answer ALL questions in this section.

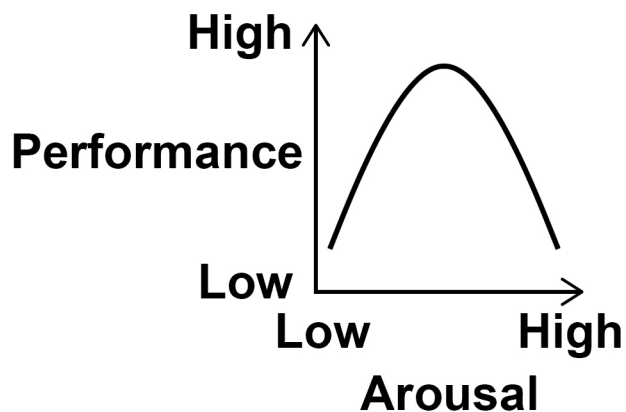
- 06** FIGURE 3 shows the relationship between arousal and performance for two different theories of arousal X and Y.

FIGURE 3

Theory X



Theory Y



Identify theories X and Y. [1 mark]

A X: Catastrophe theory Y: Drive theory

B X: Catastrophe theory Y: Inverted U theory

C X: Drive theory Y: Inverted U theory

D X: Drive theory Y: Catastrophe theory

07

Which of these statements describes social inhibition? [1 mark]

A The facilitated effect of the presence of others on performance

B The negative effect of the presence of others on performance

C The positive effect of the presence of others on performance

D The potential effect of the presence of others on performance

[Turn over]



0 8

A performer with a 'need to achieve' (Nach) personality often demonstrates approach behaviour.

0 8 . 1

Identify THREE other characteristics of an individual with a need to achieve (Nach) personality. [3 marks]

1. _____

2. _____

3. _____



0 8 . 2 Identify AND describe ONE strategy a coach could use to develop approach behaviour. Use a sporting example to support your answer. [3 marks]

[Turn over]



0 9 . 1 Outline the autocratic AND laissez-faire styles of leadership. [2 marks]

0 9 . 2 Explain when a coach would use the autocratic AND laissez-faire styles in a sporting context. [2 marks]



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[Turn over]



1 0

FIGURE 4 shows a rugby player preparing to kick a conversion during an important game.

FIGURE 4



The player is having negative thoughts about the kick. He is also experiencing increased heart rate and muscular tension.

Evaluate the use of visualisation AND centering by the rugby player to ensure the kick is successful. [8 marks]



1 1

Mo Farah is a four-time Olympic gold medallist. Before the 10 000m race at the 2017 World Championships, he said:

“I know I am the man to beat but that gives me confidence. I can’t wait to get on that track – bring it on!”

Analyse Mo Farah’s statement using Bandura’s model of self-efficacy AND Vealey’s model of self-confidence. [15 marks]

You may use this space to plan your answer.



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[Turn over]



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

Answer ALL questions in this section.

1 2 Which ONE of these statements describes amateurism? [1 mark]

- A** A fanatical devotion to sport involving high levels of physical endeavour and moral integrity
- B** Bending the rules and stretching them to their absolute limit without getting caught
- C** Conforming to the rules, spirit and etiquette of a sport
- D** Participation in sport for the love of it, receiving no financial gain



1 3

There are personal, social and cultural factors required to support the progression from talent identification to elite performance.

Which of the following are personal factors only? [1 mark]

A Commitment, determination, high levels of fitness

B Equal opportunities, self-discipline, structured levels of competition

C High levels of fitness, media coverage of sport, natural talent

D Media coverage of sport, motivation, natural talent

[Turn over]



1 4

Identify **THREE** characteristics of physical recreation. [3 marks]

1. _____

2. _____

3. _____



1 | 8

TABLE 1 shows the number of red cards awarded in the Football Premier League each season. Red cards can be given for aggressive acts.

TABLE 1

Season	Number of red cards
2013/2014	73
2014/2015	58
2015/2016	45
2016/2017	41

Instinct theory and the frustration-aggression hypothesis are psychological theories relating to aggression in sport.

Use these theories to analyse why aggressive acts still exist in football and evaluate the effectiveness of strategies used to prevent player violence. [15 marks]



You may use this space to plan your answer.

[Turn over]



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For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

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