



Surname \_\_\_\_\_

Other Names \_\_\_\_\_

Centre Number \_\_\_\_\_

Candidate Number \_\_\_\_\_

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**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**



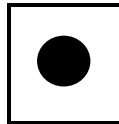
**SECTION A****APPLIED PHYSIOLOGY**

Answer ALL questions in this section.

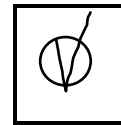
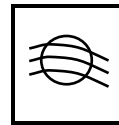
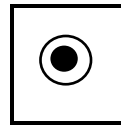
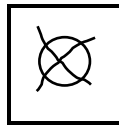
Only ONE answer per question is allowed.

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

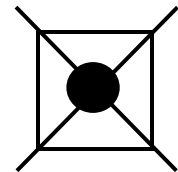
**CORRECT METHOD**



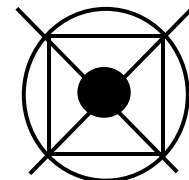
**WRONG METHODS**



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

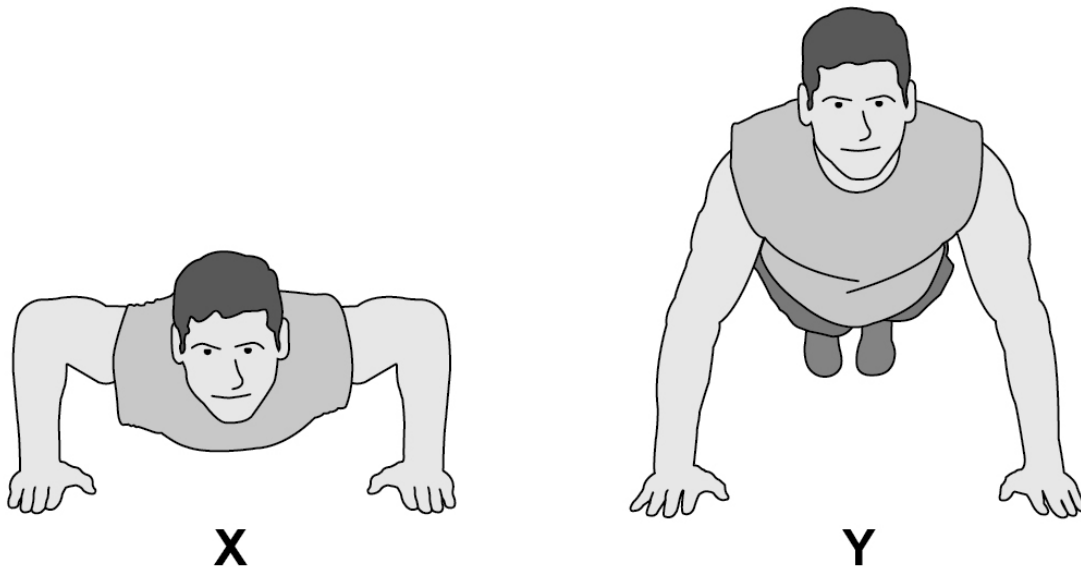


If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



**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]**

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**[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]**

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**[Turn over]**



**0 6**

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

**TABLE 1**

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

**0 6****. 1**

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

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

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**[Turn over]**



07

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

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[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]**

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**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 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]**

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1 3

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

1. \_\_\_\_\_

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2. \_\_\_\_\_

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\_\_\_\_\_

3. \_\_\_\_\_

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\_\_\_\_\_

4. \_\_\_\_\_

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[Turn over]







**1 | 5**

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

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**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]





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

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**[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**

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













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For Examiner's Use	
Section	Mark
A	
B	
C	
<b>TOTAL</b>	

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