



# Cambridge International AS Level

CANDIDATE NAME



CENTRE NUMBER

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CANDIDATE NUMBER

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**SPORT & PHYSICAL EDUCATION**

**8386/12**

Paper 1 Theory

**October/November 2025**

**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

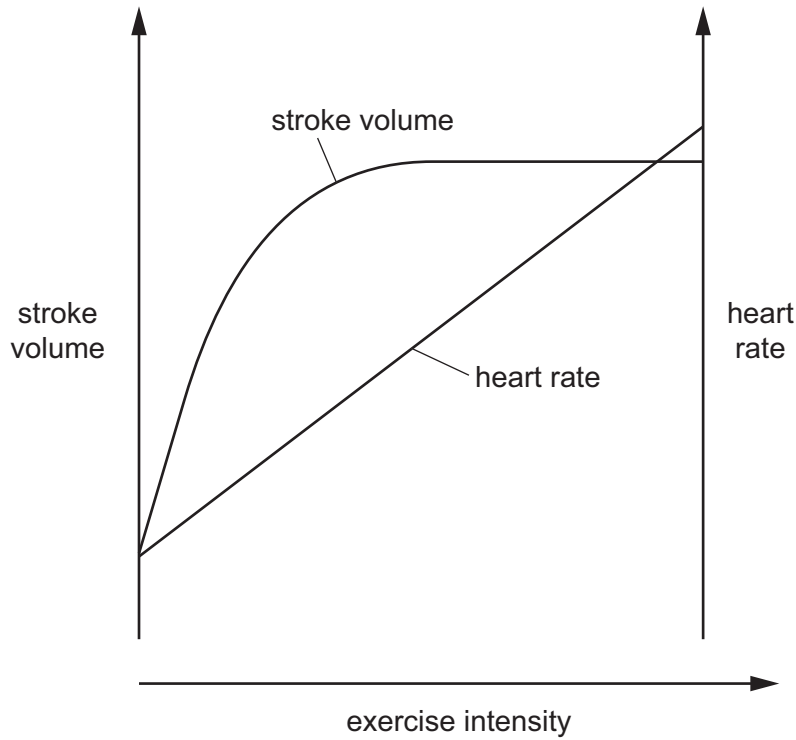
- The total mark for this paper is 70.
- The number of marks for each question or part question is shown in brackets [ ].

This document has **12** pages.





1 The diagram shows responses of the heart to exercise.



(a) Use the diagram to describe the changes to stroke volume and heart rate as exercise intensity increases.

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(b) Explain the changes to stroke volume shown in the diagram.

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..... [3]

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2 The photograph shows a performance of a handstand balance.



(a) (i) Performing a handstand balance may involve extension at the hips and plantar flexion at the ankles.

State the main agonist for:

extension at the hips .....

plantar flexion at the ankles. ....

[2]

(ii) State the **two** bones that articulate at the hip joint.

1 .....

2 .....

[1]

(b) (i) A handstand balance uses isometric muscle contractions.

Explain what isometric means.

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..... [1]





(ii) Describe factors affecting the stability of a performer during a handstand balance.

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..... [4]

3 Describe the role of the memory process that is used in the learning of a skill.

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4 (a) Swimming can be a competitive sport.

Describe **four** other characteristics of sport.

1 .....

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2 .....

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3 .....

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4 .....

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[4]

(b) Determine the distance travelled and the displacement of a swimmer who completes 12 lengths of a 50-metre pool.

distance travelled = ..... metres

displacement = ..... metres  
[2]

(c) Explain each of the following pathways to excellence for a swimmer:

clubs .....

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scholarships. ....

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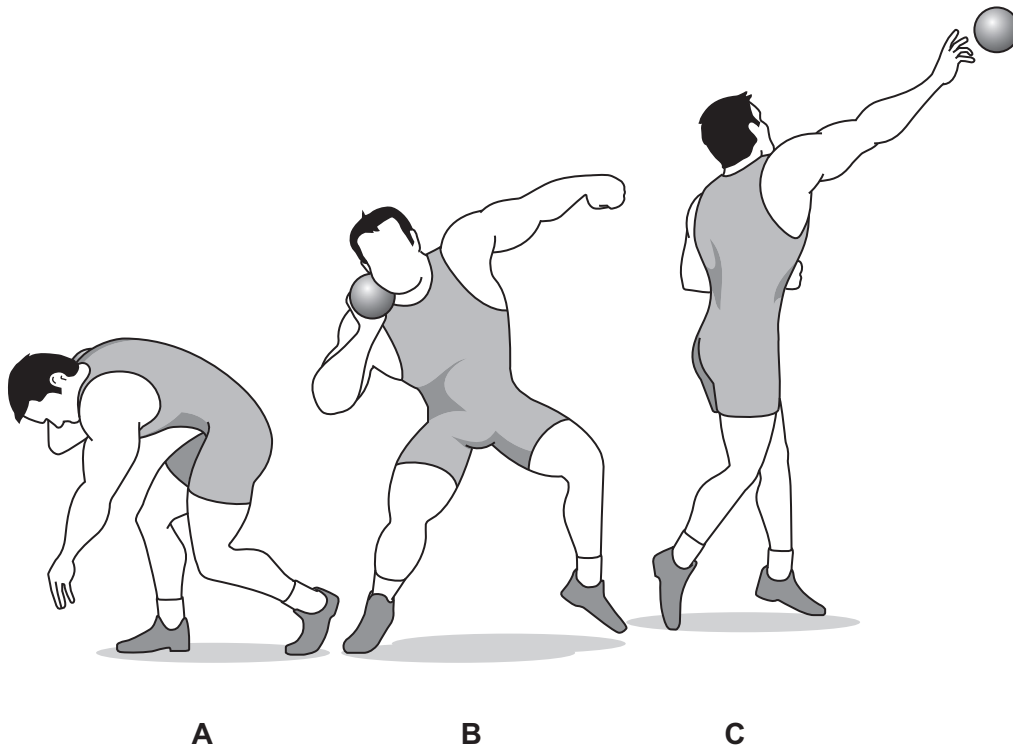
[2]







5 (a) The diagrams show a performance of a shot put.



Complete the table for the performer's movement at each of the joints.

joint	type of movement	main agonist	antagonist
performer's left knee from A to C			
performer's right elbow from B to C			
performer's right shoulder from B to C			

[9]







(d) Skill continua are used to classify skills such as the shot put.

(i) Explain the pacing continuum (externally paced to internally paced).

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..... [2]

(ii) Use specific examples from the shot put to justify its classification as:

a gross skill .....

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.....

a discrete skill. ....

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..... [2]

(e) Suggest strategies to reduce the use of prohibited performance-enhancing drugs (PEDs) in a throwing event such as the shot put.

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6 The table shows the tidal volume of seven students.

student	tidal volume / millilitres
<b>A</b>	480
<b>B</b>	590
<b>C</b>	480
<b>D</b>	580
<b>E</b>	490
<b>F</b>	520
<b>G</b>	500

(a) Determine the following for students **A** to **G**:

(i) the mean tidal volume

mean = ..... millilitres [1]

(ii) the median tidal volume.

median = ..... millilitres [1]

(b) Explain how a student could determine their minute ventilation from their tidal volume.

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..... [2]



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7 (a) State the **two** rules of recall schema.

- 1 .....
- 2 ..... [2]

(b) State the **two** rules of recognition schema.

- 1 .....
- 2 ..... [2]

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