



Rewarding Learning

ADVANCED
General Certificate of Education
2015

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--

Sports Science and the Active Leisure Industry

Unit A2 2

assessing

The Application of Science
to Sports Performance

[A2LB1]

FRIDAY 29 MAY 2015, AFTERNOON



A2LB1

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.
Answer **all five** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question. Quality of written communication will be assessed in Questions **3(c)**, **4(b)(ii)**, **5(b)** and **5(c)**.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
Total Marks	

(ii) Anaerobic training:

[2]

(c) Identify **two** adaptations to the muscular system and **two** adaptations to the skeletal system of an athlete as a result of prolonged aerobic training.

(i) Muscular system:

[2]

(ii) Skeletal system:

[2]

Examiner Only

Marks

Remark

(iii) _____

_____ [3]

(b) Describe **two** types of muscle contraction and explain their use in a physical sporting movement.

_____ [4]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA
will be happy to rectify any omissions of acknowledgement in future if notified.