



Rewarding Learning  
**ADVANCED**  
 General Certificate of Education  
 2019

Centre Number

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Candidate Number

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# Sports Science and the Active Leisure Industry

Unit A2 2

*assessing*

The Application of Science  
 to Sports Performance

**[AAL21]****WEDNESDAY 5 JUNE, AFTERNOON**

AAL21

**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 **2(c)**, **3(c)**, **4(b)** and **5(b)**.

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

<b>Total Marks</b>	
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(c) Identify **two** types of muscle contraction involved in the upward and downward phase of the biceps curl.

(i) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

(ii) \_\_\_\_\_  
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\_\_\_\_\_ [2]

Examiner Only	
Marks	Remark

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**(Questions continue overleaf)**













Skills can be classified along different continuums.

4 (a) Identify and describe **three** classifications of skill using a named sporting activity.

(i) \_\_\_\_\_  
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(ii) \_\_\_\_\_  
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Examiner Only	
Marks	Remark















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