



GCE AS/A LEVEL

2550U10-1

TUESDAY, 14 MAY 2024 – MORNING

PHYSICAL EDUCATION – AS unit 1

Exploring Physical Education

1 hour 45 minutes plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 2 _____

For Examiner's use only

Question	Maximum Mark	Mark Awarded
1.a	1	
1.b	3	
1.c	3	
1.d	6	
2.a	3	
2.b	6	
3.a	4	
3.b	4	
3.c	6	
4.a	6	
4.b	4	
4.c	3	
5.a	1	
5.b	2	
5.c	6	
6.	14	
Total	72	

ADDITIONAL MATERIALS

In addition to this paper you may require a calculator and a ruler.

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Answer ALL questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Answer ALL questions.

1. **FIGURE 1 – A footballer using large muscle groups to take a penalty kick.**



- (a) Identify which of the following terms is used to classify the penalty kick. [1 mark]

Tick (✓) ONE box only.

Fine

Extrinsic

Serial

Gross

(Turn over)

1 (b) Outline **THREE** reasons why a performer may reach a plateau during the learning process.

[3 marks]

(c) Explain how different types of transfer can help the learning of a new skill. [3 marks]

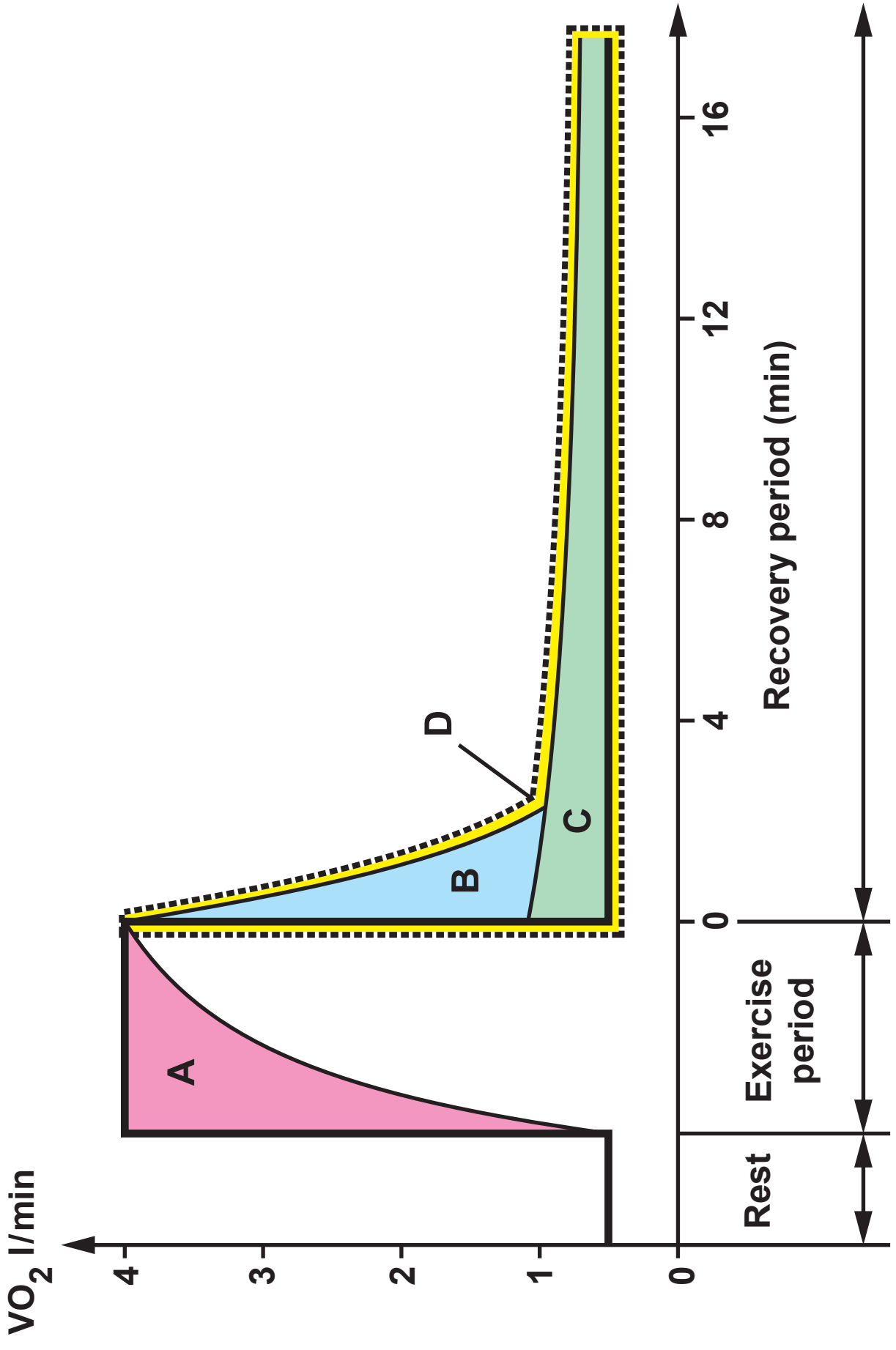
2. FIGURE 2 – A 100 m hurdles race.



(a) Explain why fast twitch muscle fibres are predominantly used by a 100 m hurdler. [3 marks]

(Turn over)

FIGURE 3



3. **FIGURE 3 opposite – A graph that illustrates oxygen consumption during the recovery process.**

(a) **Place ONE letter into each box (A, B, C, D).**

[4 marks]

Identify the area on the graph representing:

Excess Post-Exercise Oxygen Consumption (EPOC)

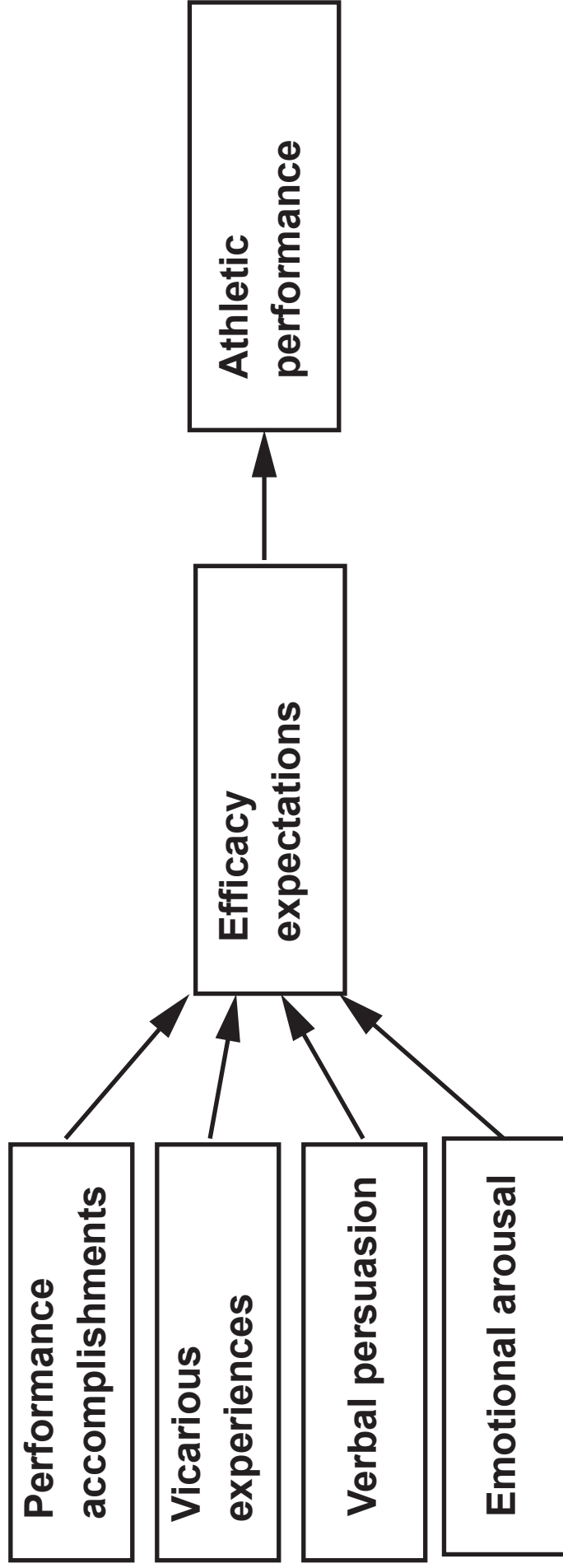
Alactic recovery

O₂ deficit

Lactacid recovery

3 (b) Describe FOUR physiological effects of a warm-up. [4 marks]

FIGURE 4



4 (b) Evaluate how the use of different types of rewards can increase the motivation of a performer.

[4 marks]

4 (c) Explain how the setting of goals can influence performance. [3 marks]

5. (a) The development of unequal layers based on factors such as income, education, status and power is a definition of: [1 mark]

Tick (✓) ONE box only.

- Social stratification
- Centrality
- Racial stacking
- Social institution

(b) Identify TWO strategies aimed at improving participation in sport for disadvantaged groups. [2 marks]
