



Surname _____

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Centre Number _____

Candidate Number _____

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I declare this is my own work.

A-level

PHYSICAL EDUCATION

**Paper 1 Factors affecting participation in physical
activity and sport**

7582/1

Friday 24 May 2024

Morning

Time allowed: 2 hours

**At the top of the page, write your surname and other
names, your centre number, your candidate number
and add your signature.**

[Turn over]



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MATERIALS

For this paper you may use:

- a calculator.

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.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- 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 105.**
- **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



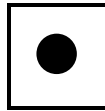
SECTION A**APPLIED ANATOMY AND PHYSIOLOGY**

Answer ALL questions in this section.

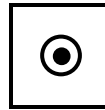
Only ONE answer per question is allowed.

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

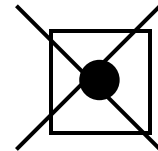
CORRECT METHOD



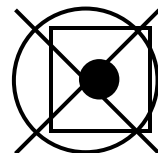
WRONG METHODS



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.



0	1
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**Which ONE of the following is converted directly into lactic acid in the anaerobic glycolytic energy system?
[1 mark]**

A Acetyl coenzyme A

B Citric acid

C Glucose

D Pyruvic acid

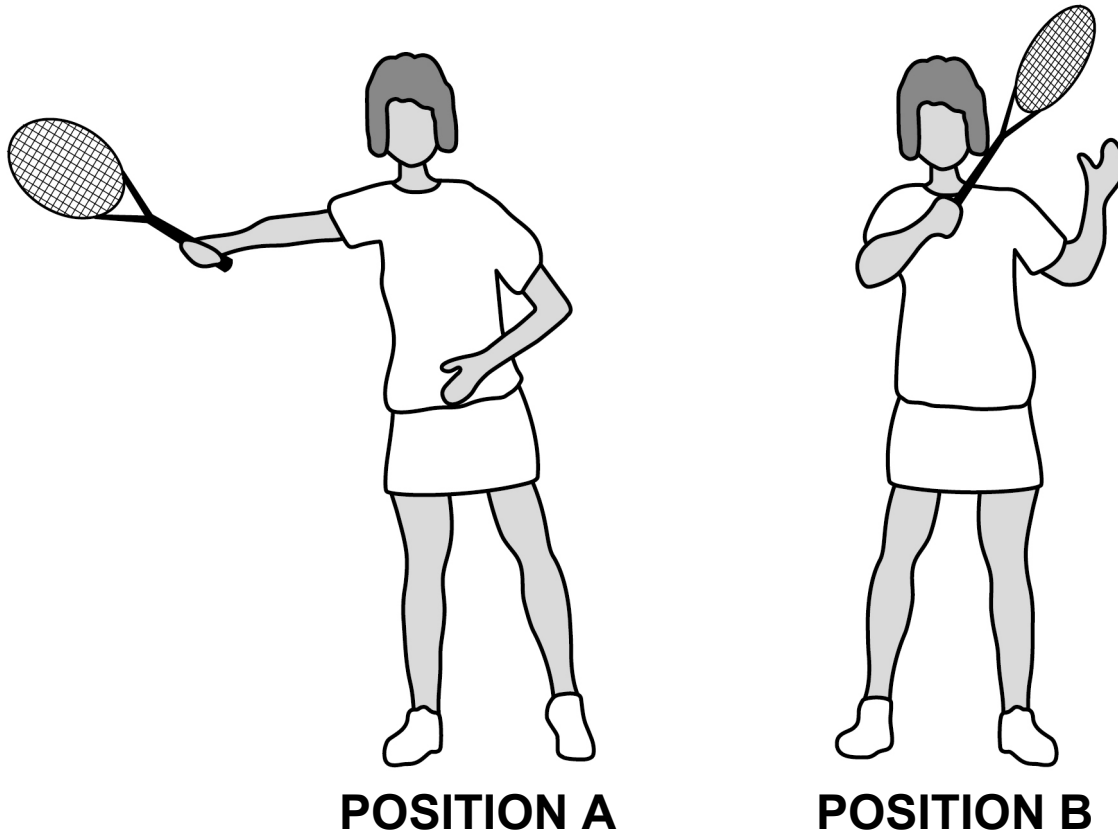
[Turn over]



02

FIGURE 1 shows a tennis player performing a forehand shot as they move from position A to B.

FIGURE 1



**Which ONE of the following is the plane of movement for the joint action at the elbow from position A to B?
[1 mark]**

A Frontal

B Sagittal

C Transverse

[Turn over]



0	3
---	---

During exercise CO₂ in the blood will increase.

Describe how an increase in blood CO₂ impacts the redistribution of blood. [3 marks]

0	4	.	1
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As a direct gas analysis VO_2 max test progresses, minute ventilation would increase.

Define 'minute ventilation'. [1 mark]

[Turn over]



04.2

Explain why minute ventilation needs to increase as the intensity of exercise gets harder. [3 marks]



0	6
---	---

Evaluate the effectiveness of plyometric training for a basketball player. [8 marks]

You may use this space to plan your answer.



[Turn over]





[Turn over]



[Turn over]



0	7
---	---

A sprinter is driving out of the blocks in a 100 m race.

Analyse how the following factors help the sprinter to make an explosive start:

- **recruitment of muscle fibres**
- **Newton's Laws of linear motion.**

[15 marks]

You may use this space to plan your answer.



[Turn over]





[Turn over]





SECTION B**SKILL ACQUISITION**

Answer ALL questions in this section.

0	8
---	---

Schmidt's schema theory states that learning occurs through the development of a schema.

Which ONE of the following shows the correct elements of recognition schema? [1 mark]

A Initial conditions and response outcomes

B Initial conditions and response specifications

C Response specifications and sensory consequences

D Sensory consequences and response outcomes



0	9
---	---

A badminton player watches the flight of the shuttlecock and hears shouts from the crowd.

Which ONE of the following components of Baddeley and Hitch's working memory model involves deciding which of these pieces of information to attend to?

[1 mark]

A Central executive

B Episodic buffer

C Phonological loop

D Visuospatial sketchpad

[Turn over]



1 1

Name the TWO types of anticipation.

Explain how a goalkeeper could use EACH type to save a shot. [4 marks]

Type of anticipation 1: _____

Explanation: _____

Type of anticipation 2: _____

Explanation: _____

[Turn over]



1	2
---	---

Divers often practise somersaults using trampolines.

Analyse how a coach can make sure positive transfer occurs between the somersaults practised on the trampoline and the somersaults performed into the water. [3 marks]



[Turn over]



1	3
---	---

Knowledge of performance and knowledge of results are two types of feedback available to a long jumper.

**Evaluate the effectiveness of OTHER types of feedback for a long jumper in the cognitive stage of learning.
[8 marks]**

You may use this space to plan your answer.







[Turn over]



1	4
---	---

‘Whole practice is the most suitable type of practice for a basketball team’s training’.

Evaluate this statement using your knowledge of the following skill continua:

- **Complex – Simple**
- **High organisation – Low organisation.**

[15 marks]

You may use this space to plan your answer.





SECTION C**SPORT AND SOCIETY**

Answer ALL questions in this section.

1	5
---	---

Which ONE of the following is an agent of primary socialisation? [1 mark]

A Friends

B Internet

C Parents

D PE Teachers



1	6
---	---

Which ONE of the following was a specific aim of the Wenlock Olympian Games? [1 mark]

A Develop international competition

B Form an Olympian Class

C Improve morals of the whole nation

[Turn over]



1	7
---	---

Factories played a major role in increasing participation in rational recreation during the industrial and post-industrial period (1780–1900).

State THREE ways factory owners helped to increase participation in rational recreation. [3 marks]

1

2

3



1	8	.	1
---	---	---	---

The characteristics of mob football and real tennis reflected the two-tier society in pre-industrial Britain (pre-1780). One characteristic of mob football was that it was played by the lower class.

State TWO OTHER characteristics of mob football.

[2 marks]

1

2

[Turn over]



1	8	.	2
---	---	---	---

Explain why the characteristics of real tennis prevented the lower class from playing it. [2 marks]



1 9

Steven has started regularly attending a running club to train for a marathon.

Explain ONE HEALTH benefit, ONE FITNESS benefit, and ONE SOCIAL benefit of regularly attending training. [3 marks]

Health benefit _____

Fitness benefit _____

Social benefit _____

[Turn over]



20

TABLE 1 shows the total number of social media interactions for the top three and bottom three football clubs by final league position in the Premier League at the end of the 2019/2020 season.

TABLE 1

TOP 3 BY FINAL LEAGUE POSITION	
CLUB	TOTAL SOCIAL MEDIA INTERACTIONS
1. Liverpool	65 250 010
2. Manchester City	59 087 585
3. Manchester United	123 630 624
BOTTOM 3 BY FINAL LEAGUE POSITION	
CLUB	TOTAL SOCIAL MEDIA INTERACTIONS
18. Bournemouth	1 257 279
19. Watford	2 211 768
20. Norwich City	1 584 177



Analyse how the growth in the use of social media in football may widen the performance gap between the top and bottom clubs in the Premier League.

Refer to the Golden Triangle AND the trends shown in TABLE 1 in your answer. [8 marks]

You may use this space to plan your answer.

[Turn over]







[Turn over]



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[Turn over]



2	1
---	---

Ethnic minority groups still face many barriers to participation in sport.

Solutions to increase participation amongst ethnic minorities have not been effective.

Evaluate these statements.

[15 marks]

You may use this space to plan your answer.



Additional page, if required.

Write the question numbers in the left-hand margin.



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For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

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