



**GCE A LEVEL**

1550U30-1



S24-1550U30-1

**FRIDAY, 24 MAY 2024 – MORNING**

**PHYSICAL EDUCATION – A2 unit 3**

**Evaluating Physical Education**

2 hours

### **ADDITIONAL MATERIALS**

A WJEC pink 16-page answer booklet.

A calculator and a ruler.

### **INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen.

Answer **all** questions.

Write your answers in the separate answer booklet provided, following the instructions on the front of the answer booklet.

### **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. Preparing for competition at elite level requires detailed understanding and application of biomechanical and physiological principles.
  - (a) Identify Newton's three laws of motion. [3]
  - (b) Explain how an athlete could apply Newton's third law of motion to improve their performance. [4]
  - (c) Describe how the pulmonary and systemic circulatory systems distribute blood. [6]
  
2. The role of a sports coach is to create the right conditions for learning and to find ways of motivating athletes. Sports coaches also encourage and reinforce desired behaviour.
  - (a) Explain, giving examples, how a coach could use feedback to improve an athlete's performance. [6]
  - (b) Explain, with reference to relevant theories, possible reasons for aggressive behaviour in sport. [6]

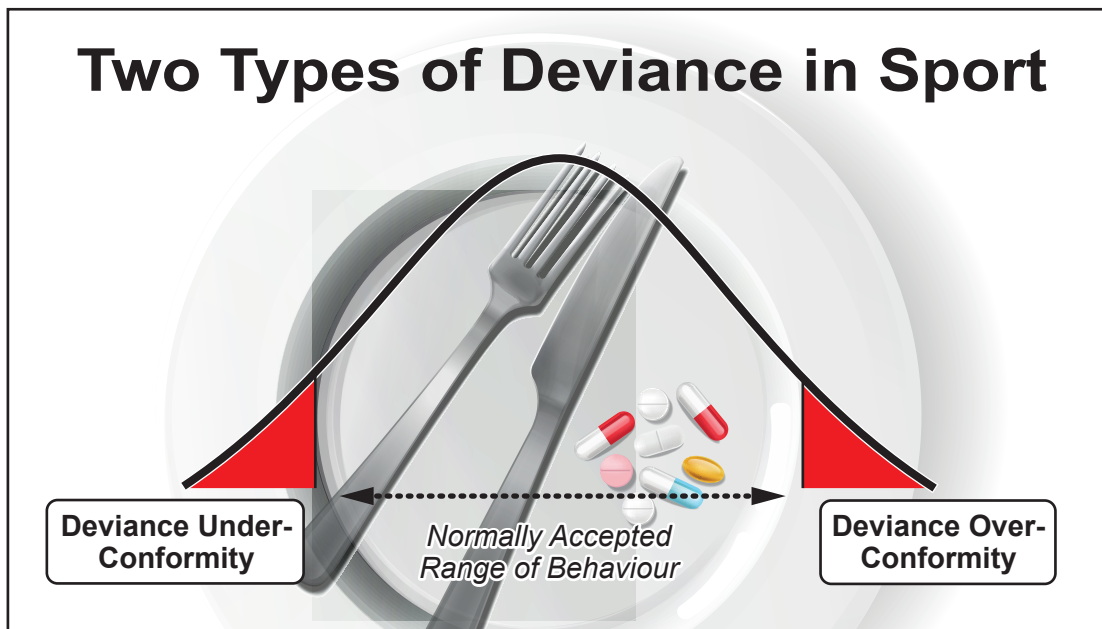
3. **Figure 1** – Disguising a shot can be very effective in sports such as badminton



- (a) Describe how anticipation can influence reaction time. [4]
- (b) Explain, using examples, the psychological refractory period. [4]
- (c) Outline strategies that could be used to ensure information is stored in the long-term memory. [4]
- (d) Explain, using examples, how motor programmes are used when performing a skill. [6]

4. For many years the use of illegal aids has been associated with sport. This, and other examples of deviant behaviour, are getting increased media coverage.
- (a) (i) Outline **three** negative implications of illegal performance-enhancing drugs on sport. [3]
- (ii) Analyse why athletes continue to use performance-enhancing drugs despite the risks. [4]
- (b) Describe strategies employed by agencies such as the World Anti-Doping Agency (WADA) to eliminate the use of performance-enhancing drugs. [4]

**Figure 2** – Two types of deviance in sport (Coakley, 1992)



- (c) Explain, using examples, the difference between deviance under-conformity and deviance over-conformity. [4]
- (d) Discuss, using current examples, how television has influenced modern sport. [12]
5. In order to be effective, coaches need an understanding of physiological, biomechanical and psychological principles. Analyse how a coach's understanding of long-term adaptations, fluid mechanics and group dynamics could improve a team's performance. [20]

**END OF PAPER**