

Surname	Centre Number	Candidate Number
First name(s)		2



GCE AS/A LEVEL

2550U10-1



TUESDAY, 14 MAY 2024 – MORNING

PHYSICAL EDUCATION – AS unit 1 Exploring Physical Education

1 hour 45 minutes

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

A calculator
A ruler

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

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.



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ON THIS PAGE**



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]

Tick (✓) **one** box only.

Fine

Extrinsic

Serial

Gross



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

[3]

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

[3]

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2. Figure 2 – A 100 m hurdles race.



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

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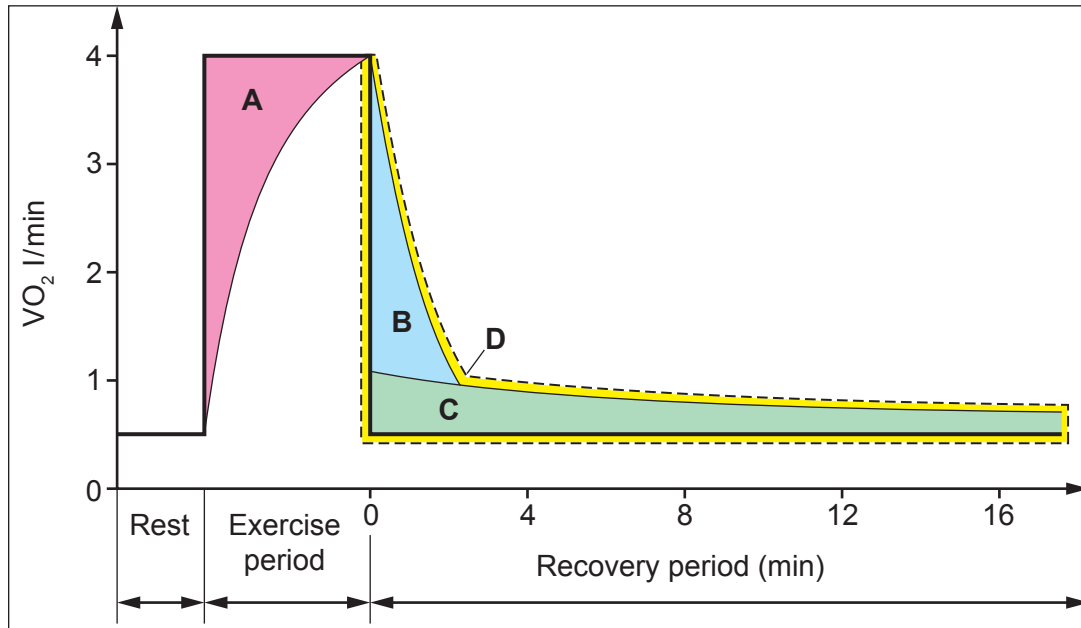
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3. Figure 3 – A graph that illustrates oxygen consumption during the recovery process.



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

[4]

Identify the area on the graph representing:

Excess Post-Exercise Oxygen Consumption (EPOC)

Alactic recovery

O₂ deficit

Lactacid recovery



(b) Describe **four** physiological effects of a warm-up.

[4]

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(c) Explain how a performer should hydrate before, during and after exercise.

[6]

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

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

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

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]

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