



General Certificate of Education
Advanced Level Examination
June 2013

Physical Education

PHED3

Unit 3 Optimising Performance and Evaluating Contemporary Issues within Sport

Wednesday 19 June 2013 1.30 pm to 3.30 pm

For this paper you must have:

- an AQA 16-page answer book.

Time allowed

- 2 hours

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Write the information required on the front of your answer book. The **Examining Body** for this paper is AQA. The **Paper Reference** is PHED3.
- Answer **nine** questions.
- In **Section A**, **Section B** and **Section C**, answer the **first** question and **two** other questions from this section.
- Do all rough work in your answer book. Cross through any work that you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 84.
- Question 1, Question 5 and Question 9 should be answered in continuous prose.
- In these questions, you will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Section A

Answer **three** questions.

Answer Question 1 **and** any two from Question 2, Question 3 **or** Question 4.

Question 1

In 2012, Jessica Ennis won the Olympic Heptathlon title, which involved running, throwing and jumping over two days of competition, as shown in **Figures 1, 2 and 3**.

Figure 1

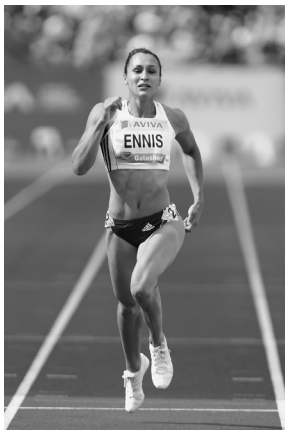


Figure 2

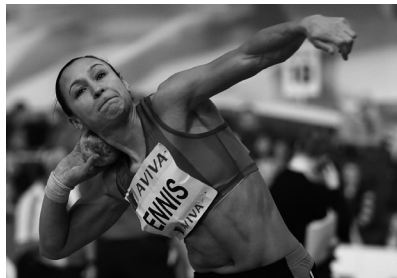


Figure 3



To maximise performance during competition, a performer must develop their flexibility and ensure that their body maintains the correct water and electrolyte balance.

0 | 1

Explain how a performer uses proprioceptive neuromuscular facilitation (PNF) to increase flexibility, **and** outline the physiological changes that will occur if the correct water and electrolyte balance is not maintained. (14 marks)

Question 2

Heptathletes are required to complete the 200 metre sprint, as shown in **Figure 1**.

0 | 2

A 200 metre runner must exert a large force in a short period of time to generate an impulse. Sketch and label a graph to show the impulse generated during the acceleration phase of a 200 metre race. (3 marks)

0 | 3

With reference to the Sliding Filament Hypothesis, explain the roles of tropomyosin and troponin during muscle contraction. (4 marks)

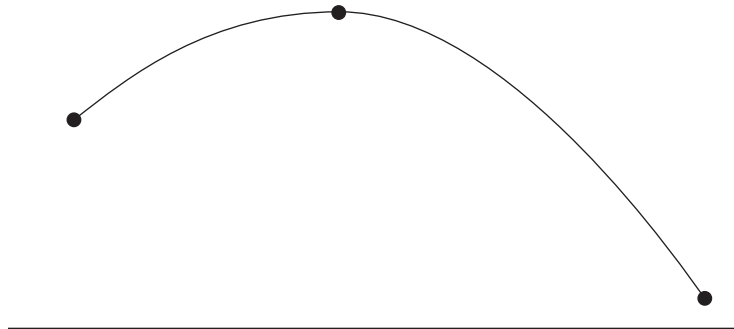
Question 3

One event in the heptathlon is the shot put, as shown in **Figure 2**. This involves one powerful, explosive movement.

0 | 4 Name **three** factors that affect the distance the shot travels. (1 mark)

Figure 4 shows the flight path of a shot.

Figure 4



0 | 5 Copy **Figure 4** and label your diagram to show the changing vertical and horizontal vectors at the following points:

- the point of release
- the highest point of flight
- the point immediately before landing. (3 marks)

0 | 6 Explain how energy is provided, allowing the athlete to complete the shot put. (3 marks)

Question 4

Athletes must have sufficient energy stores to compete and perform in a variety of weather conditions.

0 | 7 Identify the energy sources that a performer may use during competition. (3 marks)

Thermoregulation is essential in maintaining the correct body temperature.

0 | 8 Explain how thermoregulation is achieved by the body during exercise. (4 marks)

Turn over for the next section

Turn over ►

Section B

Answer **three** questions.

Answer Question 5 **and** any two from Question 6, Question 7 **or** Question 8.

Question 5

Sporting contests require the performer's full commitment, both physically and psychologically. The performance of some individuals can be hindered by over-arousal.

0	9
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Explain, using appropriate psychological theories, the possible causes of aggressive behaviour during sporting contests **and** suggest strategies that a coach could use to develop the assertive behaviour of a performer. *(14 marks)*

Question 6

Elite performers have to develop high levels of self-confidence to optimise their performance.

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What do you understand by the term learned helplessness? *(3 marks)*

1	1
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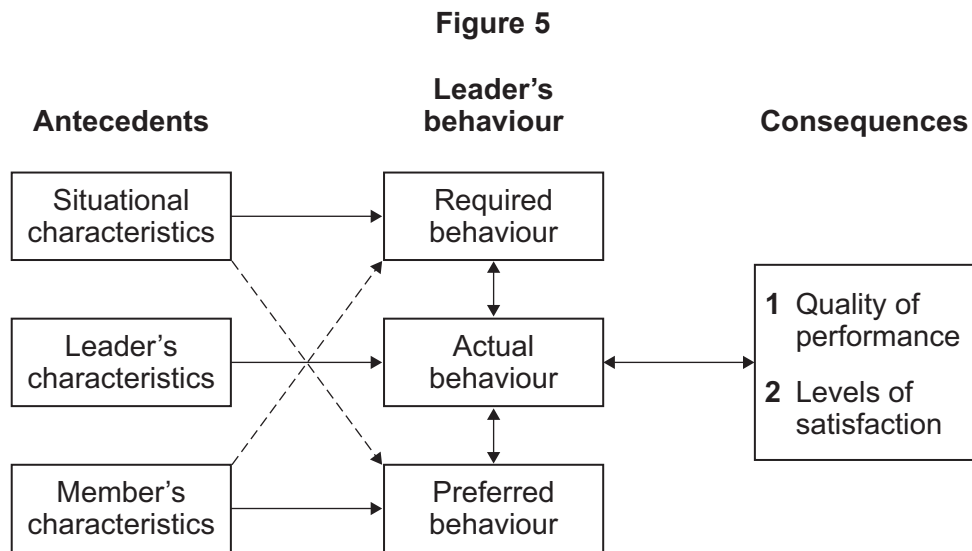
Explain how the self-efficacy of a performer may be improved. *(4 marks)*

Question 7

The performer and the coach must work together so that the performer can control their arousal levels during a competition.

- 1 | 2** Identify **three** characteristics of the peak flow experience. (3 marks)

Figure 5 shows Chelladurai's multi-dimensional model of leadership.



When quality of performance and levels of satisfaction are high, optimal levels of arousal are more likely.

- 1 | 3** Use **Figure 5** to explain how a coach can help the performer to reach optimal levels of arousal. (4 marks)

Question 8

Many elite performers complete personality and anxiety tests as part of their preparation for competition.

- 1 | 4** Name **one** self-report questionnaire often used to measure anxiety **and** outline the disadvantages of using this form of data collection. (3 marks)

- 1 | 5** How can knowledge of the interactionist theory of personality help a coach to improve the performance of an individual player? (4 marks)

Turn over for the next section

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Section C

Answer **three** questions.

Answer Question 9 **and** any two from Question 10, Question 11 **or** Question 12.

Question 9

The modern Olympic Games have changed in nature and size since Baron Pierre de Coubertin organised the 1896 Athens Games, which involved only amateur performers competing in nine sports.

1	6
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Explain the social factors **and** the support programmes in the UK that encourage the development of elite athletes and increase the chance of winning medals. *(14 marks)*

Question 10

The 19th century English public schools had a major impact on the development of rational recreation and the sporting values of the modern Olympic Games.

1	7
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What are the similarities between the sporting values of the 19th century English public schools and the modern Olympic Games? *(3 marks)*

1	8
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Explain how, during the 19th century, ex-public school boys influenced the development of sport in the UK and around the world. *(4 marks)*

Question 11

At the London 2012 Olympic Games, billions of people watched both amateurs and professionals competing in 26 sports.

1	9
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Suggest reasons why the International Olympic Committee (IOC) has allowed professional performers to compete at the Olympic Games in recent years. *(3 marks)*

2	0
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Discuss the suggestion that the increased media coverage of elite sport has had a positive impact on coaches. *(4 marks)*

Question 12

There have been many examples of deviancy throughout the history of the modern Olympic Games, even though all performers agree to the Olympic Oath.

- | | |
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| 2 | 1 |
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 Explain the terms positive deviancy and negative deviancy. Use practical examples to support your answer. *(3 marks)*
- | | |
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| 2 | 2 |
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 Suggest reasons why there have been very few instances of spectator violence at the modern Olympic Games compared with some other major sporting events. *(4 marks)*

END OF QUESTIONS

There are no questions printed on this page

Figure 1: © Getty Images
Figure 2: © Getty Images
Figure 3: © Getty Images

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