



General Certificate of Education
Advanced Level Examination
June 2011

Physical Education

PHED3

Unit 3 Optimising Performance and Evaluating Contemporary Issues within Sport

Friday 24 June 2011 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 question 1, question 5 and question 9, you will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Section A

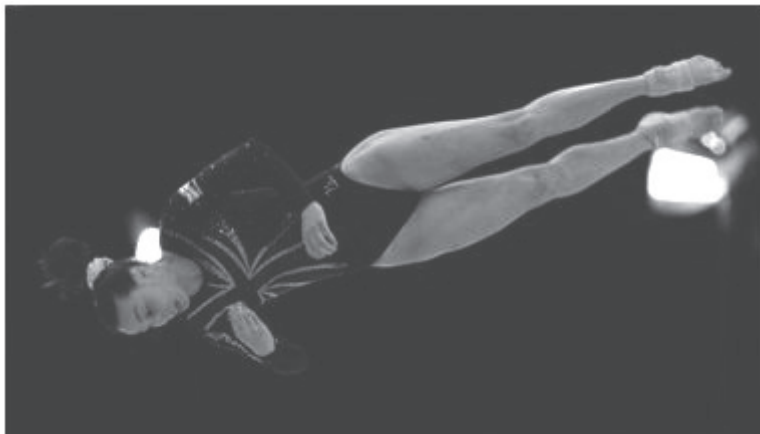
Answer **three** questions.

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

Question 1

British gymnast Beth Tweddle won the 2009 World Championship Floor Exercise title. Her routine involved a series of powerful tumbling sequences, balances and rotational movements, one of which is shown in **Figure 1**.

Figure 1



- | | |
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| 0 | 1 |
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 Explain how a gymnast can alter the speed of rotation during flight **and** outline how plyometrics can assist in their preparation to achieve maximum lift at take-off. (14 marks)

Question 2

Gymnastic events can last up to 90 seconds.

- | | |
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| 0 | 2 |
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 Explain how the majority of energy is provided for these events. (7 marks)

Question 3

All gymnastic events require controlled powerful movements.

- | | |
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 How can a performer vary the strength of muscular contractions to ensure that a skill is completed correctly? (4 marks)

Some performers break the rules and use banned substances to enhance their performance.

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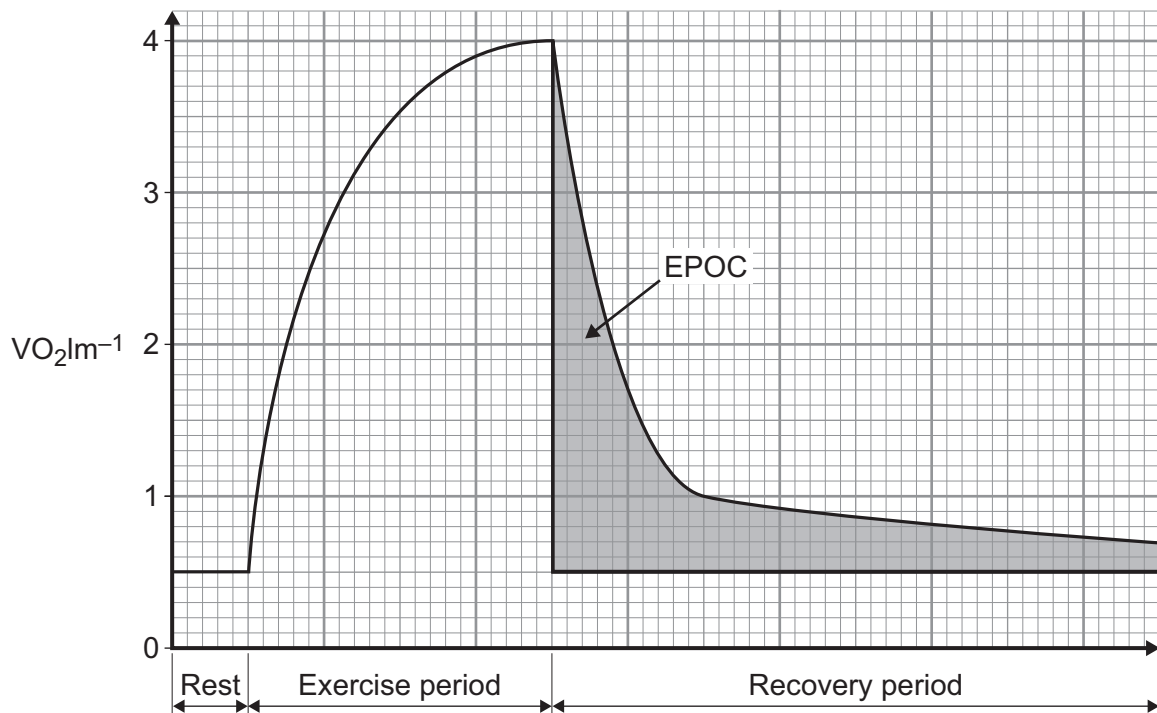
 Describe the physiological reasons why a performer may use anabolic steroids. (3 marks)

Question 4

The recovery process after training and between events during competition is vital to maximise performance.

Figure 2 illustrates the 'excess post-exercise oxygen consumption' (EPOC) of a performer following strenuous exercise.

Figure 2



0 | 5 Outline the function and process of the fast component of the recovery process. (4 marks)

0 | 6 How can a performer reduce the effects of 'delayed onset of muscle soreness' (DOMS)? (3 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

Figure 3 shows the England Women's Cricket Team celebrating, having won the 2009 World Cup. To win they demonstrated excellent teamwork, leadership and the ability to perform under pressure.

Figure 3



0 | 7

Explain the importance of cohesion to group productivity **and** outline possible strategies that can be used to reduce the negative impact of faulty processes on performance. *(14 marks)*

Question 6

The coach and captain of a team must motivate players to perform in competitive situations and encourage them to believe in their own ability.

0 | 8

Explain the factors that contribute to a performer's level of 'achievement motivation'. *(3 marks)*

0 | 9

Explain how 'approach behaviour' can be developed within the team. *(4 marks)*

Question 7

All players within a team are likely to experience 'anxiety' at some point during their performance.

1 | 0

Identify **and** explain the different types of anxiety that may affect a performer. *(3 marks)*

1 | 1

Discuss the suggestion that 'home field advantage' will always improve the performance of the home team. *(4 marks)*

Question 8

The captain of a team should be respected and should ensure that all players have a positive attitude.

- | | |
|---|---|
| 1 | 2 |
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 Identify **three** characteristics of a good leader **and** explain the difference between an emergent leader and a prescribed leader. *(3 marks)*
- | | |
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 Using **one** named psychological theory, outline how the negative attitude of an individual or of a team can be changed. *(4 marks)*

Turn over for the next section

Turn over ►

Section C

Answer **three** questions.

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

Question 9

Watching elite sport has become easier due to increased media coverage and commercialisation.

In 2009, the Deputy Leader of the Secondary Headteachers Association suggested that football should only be shown on television after the 9 o'clock watershed because of the bad example that it sets to children.

1	4
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Discuss the suggestion that there has been a decline in sportsmanship since the late 19th Century **and** outline strategies that the sporting authorities have used in an attempt to maintain high standards of behaviour. *(14 marks)*

Question 10

Some sports have experienced violence, both on and off the field of play, involving both players and spectators.

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How does the law and sports legislation help to ensure that performers are protected during sporting contests? *(3 marks)*

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Explain the consequences of spectator violence, for example hooliganism, for the clubs and the sporting authorities. *(4 marks)*

Question 11

Many elite sports are now commercialised and seen as a form of entertainment.

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Discuss the suggestion that an increase in the 'commercialisation' of sport has been beneficial for performers and the sport. *(7 marks)*

Question 12

Sporting organisations work together to develop elite performers and to ensure that they understand doping regulations.

1	8
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How does 'Sportscoach UK' fulfil its aim of improving the standard of coaching available to elite performers? *(3 marks)*

1	9
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Explain the advantages **and** the disadvantages of all sports, in all countries, testing for performance enhancing drugs. *(4 marks)*

END OF QUESTIONS

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Figure 1: © Clive Rose/Getty Images
Figure 3: © Mark Kolbe/Getty Images

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