



Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/31

Paper 3

May/June 2023

2 hours 30 minutes



You must answer on the enclosed answer booklet.

You will need: Answer booklet (enclosed)

INSTRUCTIONS

- Answer **all** questions.
- Follow the instructions on the front cover of the answer booklet. If you need additional answer paper, ask the invigilator for a continuation booklet.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 90.
- The number of marks for each question or part question is shown in brackets [].

This document has **4** pages.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) Describe the energy system that creates lactic acid as a by-product. [5]
- (b) During a sporting activity the predominant energy system used may change. One reason for this is the onset of blood lactate accumulation (OBLA).

Suggest other reasons why the predominant energy system used during a sporting activity may change. [2]
- (c) Describe what is meant by oxygen debt. [3]
- (d) Explain why a performer should follow the training principles of moderation and variance. [4]
- (e) Compare the guidelines for improving strength endurance with the guidelines for improving maximum strength in terms of:

 - repetitions
 - sets
 - resistance.[3]
- (f) Describe physiological changes to skeletal muscle that take place after a three-month period of strength training. [6]
- (g) Define the following components of fitness:

 - agility
 - body composition
 - coordination.[3]
- (h) Evaluate the effects of blood doping on sport performance. [4]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) Suggest why a person with a neurotic introverted personality would be unlikely to reach an elite level in sport. [3]
- (b) Describe the characteristics of an athlete with high levels of achievement motivation. [5]
- (c) (i) Explain social loafing using examples from a team sport. [4]
- (ii) Suggest ways that a coach could prevent social loafing in a sports team. [5]
- (d) Describe the theory of leadership which suggests that copying other leaders is an important feature. [3]
- (e) Outline **one** sporting example for each of the following attentional styles:
- narrow external
 - broad internal.
- [2]
- (f) Describe how mental rehearsal may be used to reduce social inhibition. [4]
- (g) Using suitable examples from sport, explain Weiner's model of attribution. [4]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a) State the names of the events that formed the pentathlon at the ancient Olympic Games. [5]
- (b) One of the aims of the International Olympic Committee (IOC) is to create a positive legacy in the host city.
- Suggest features of a positive legacy in the host city. [6]
- (c) Suggest reasons why a city may withdraw from the bidding process to host the Olympic Games. [5]
- (d) During the transition from amateurism to professionalism it has been suggested that there was a lack of policy from the IOC.
- Outline reasons for this lack of policy from the IOC. [4]
- (e) Describe the features of the Olympic Oath that is taken on behalf of all participants during the opening ceremony at the Olympic Games. [4]
- (f) Suggest reasons why the Paralympics gained impetus from the 1980s to the present day. [6]

[Total: 30]

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