
PHYSICAL EDUCATION

9396/32

Paper 3

October/November 2018

2 hours 30 minutes

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

An answer booklet is provided inside this question paper. You should follow the instructions on the front cover of the answer booklet. If you need additional answer paper ask the invigilator for a continuation booklet.

Answer **all** questions.

Electronic calculators may be used.

You may lose marks if you do not show your working or if you do not use appropriate units.

The number of marks is given in brackets [] at the end of each question or part question.



This document consists of **4** printed pages and **1** Insert.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) The body requires energy for physical activity and power is important in many sports.
- (i) Define the terms *energy* and *power*. [2]
 - (ii) Glucose is a fuel that can be broken down to release energy for physical activity.
State **three** other fuels that can provide energy for physical activity. [3]
- (b) Name and describe the predominant energy system used during a 100-metre sprint. [5]
- (c) Outline the physiological benefits of a warm up. [4]
- (d) Aerobic capacity is defined as 'the maximum amount of oxygen that can be taken in and used in one minute'. It is also known as VO_2 max.
- (i) Describe **one** recognised method of evaluating aerobic capacity. [4]
 - (ii) Outline an interval training programme to improve aerobic capacity. [4]
- (e) In order to enhance their performance, marathon runners may use nutritional aids during the event.
State **two** nutritional aids that would enhance performance during a marathon and explain how each aid benefits a marathon runner. [4]
- (f) Describe the physiological effects of alcohol on performance in sport. [4]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) Goals are set in sport to improve performance.

Suggest a sporting example of each of the following.

- a short-term goal
- an intermediate-term goal
- a long-term goal

[3]

- (b) Personality profiling is used to identify particular traits that may influence an individual's behaviour.

Explain the limitations of personality profiling in sport.

[3]

- (c) Explain the importance of effective leadership in sport.

[4]

- (d) A lack of attentional control is often given as a reason for a drop in sport performance.

(i) State what is meant by the term *attentional control*.

[1]

(ii) Explain, using sporting examples, how a coach could encourage a performer to use attentional control effectively.

[3]

(iii) Explain how a performer's attention is affected by different levels of arousal.

[2]

- (e) (i) State what is meant by the term *anxiety*.

[1]

(ii) Describe **four** possible causes of anxiety in sport.

[4]

- (f) Aggression may be defined as any form of behaviour intended to harm or injure another living being.

(i) Describe the instinct theory of aggression.

[5]

(ii) Explain, using a sporting example, what is meant by the term *channelled aggression*, and why a coach is justified in encouraging this form of aggression in sport.

[4]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3** (a) Describe how the Ancient Olympic Games were used as a blueprint for the Modern Olympic Games. [6]
- (b) Describe the role of the International Olympic Committee (IOC). [5]
- (c) Describe the terrorist attack that took place at the 1972 Olympic Games in Munich. [4]
- (d) Outline how different nations have used the Olympic Games to promote a particular ideology and enhance national prestige. [4]
- (e) Sources of funding for an athlete hoping to compete at the Olympic Games include sponsorship, grants and bursaries.
Describe each of these sources of funding. [3]
- (f) Outline the main features of the Olympic Oath created in 2000. [4]
- (g) Since 1984 commercialisation of the Olympic Games has led to a spiral of extravagance.
Explain what is meant by the term *spiral of extravagance* in relation to the staging of the Olympic Games. [4]

[Total: 30]

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