



Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/33

Paper 3

October/November 2020

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. Blank pages are indicated.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) Sketch and label a graph to show the approximate contribution of each of the **three** energy systems during the first 5 minutes of a 3000-metre race. [4]
- (b) Explain how carbon dioxide is removed from the body during the recovery process. [4]
- (c) Specificity is one of the principles of training.
Describe how the principle of specificity may be applied to a swimmer's training programme. [3]
- (d) Elite games players require a high level of aerobic capacity.
(i) Define the term *aerobic capacity*. [2]
(ii) Describe how to carry out the PWC170 test to evaluate aerobic capacity. [4]
(iii) Outline physiological adaptations to the muscular and respiratory systems that take place after aerobic training. [6]
- (e) Coordination may be described as the ability to move two or more body parts together with control, smoothly and efficiently.
Describe how a coach can improve the hand–eye coordination of a performer. [3]
- (f) Describe carbohydrate loading as a method of performance enhancement. [4]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) Some opponents of the trait perspective of personality theory suggest that there is very limited value in personality profiling in sport.
- (i) Describe the limitations of personality profiling in sport. [4]
 - (ii) Suggest **one** reason why some coaches believe that personality profiling does have some value. [1]
- (b) Sports teams may suffer from a lack of group cohesion.
- Describe factors that may negatively affect group cohesion. [4]
- (c) Anxiety management is important in sport.
- (i) Describe the nature and influence of high trait anxiety on sport performance. [4]
 - (ii) Describe the process of thought stopping and evaluate its use as a technique to manage anxiety. [4]
 - (iii) Describe the positive effects, other than managing anxiety, of goal-setting in sport. [3]
- (d) Explain the positive effects of a large audience on elite performers. [6]
- (e) Use your knowledge of attribution theory to evaluate lack of effort as a reason for failure. [4]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a)** One of the major roles of the International Olympic Committee (IOC) is to eliminate discrimination in sport.
- (i) Describe other roles of the IOC. [4]
- (ii) Outline strategies used by the IOC to eliminate discrimination at the Olympic Games. [3]
- (b)** Politics has often affected the values of the Olympic Games.
- Explain how athletes have been used as political pawns by their governments. [4]
- (c)** Describe the methods used by the People's Republic of China to nurture talent in order to achieve gold medals at the Olympic Games. [5]
- (d)** Outline the financial benefits for the host country of staging the Olympic Games. [4]
- (e)** For many years the Olympic Games remained strictly amateur.
- Explain why professionalism is now seen as acceptable in the pursuit of Olympic success. [4]
- (f)** The 2002 Winter Olympics in Salt Lake City were tainted by what became known as the Salt Lake City scandal.
- Describe this scandal. [2]
- (g)** It has been suggested that competing in the Olympic Games is one of life's greatest moments because of its spectacular aspects.
- Describe the spectacular aspects of the Olympic Games. [4]

[Total: 30]

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