

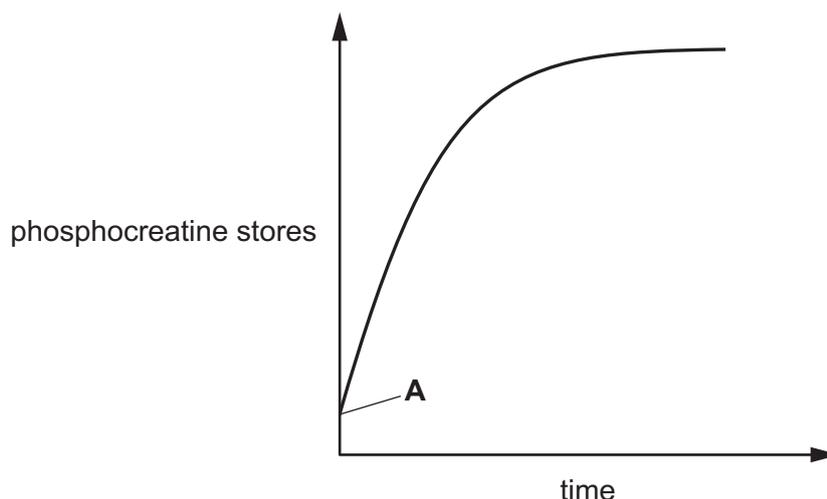
Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) Glycolysis is the first stage of the aerobic system and occurs in the sarcoplasm.

Describe the stages of the aerobic system that occur in the mitochondria. [6]

- (b) The graph shows phosphocreatine replenishment, which is part of the alactacid debt component of the recovery process.



- (i) Using a practical example, suggest why phosphocreatine stores are low at point **A** on the graph. [2]
- (ii) Other than the replenishment of phosphocreatine stores, describe a process that occurs during the alactacid debt component. [2]
- (iii) Suggest the duration needed for full recovery of the alactacid debt component after complete depletion of the phosphocreatine stores. [1]
- (c) (i) Static flexibility is the range of motion at a joint without reference to movement. Two factors that may affect static flexibility are the age of the individual and the gender of the individual.
- Describe other factors that may affect static flexibility. [2]
- (ii) Describe a named method of evaluating static flexibility. [4]
- (iii) Outline a static stretching session to develop static flexibility. [5]
- (d) Describe the following components of fitness:
- agility
 - speed
 - balance.

[3]

- (e) Discuss the use of anabolic steroids as an ergogenic aid to enhance performance. [5]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) There are several theories of personality.
- (i) Describe the theory that personality is made up of stable traits. [3]
- (ii) Evaluate the use of personality profiling as a guide to sporting success. [4]
- (b) The productivity of a group can be affected by various factors.
- Describe, using a practical example for each, what is meant by the following:
- social loafing
 - Ringelmann effect. [4]
- (c) Describe the social learning theory of leadership. [3]
- (d) A 100-metre sprinter with a personal best time of 11.20 seconds has been told that they have been set a goal to achieve a time of 10.20 seconds in a 100-metre sprint.
- Explain why this goal does **not** meet some of the SMARTER principles of goal setting. [3]
- (e) Outline **two** named cognitive techniques to manage anxiety in sport. [6]
- (f) Discuss possible effects of an audience on arousal and performance in sport. [5]
- (g) Describe, using a practical example, what is meant by channelled aggression. [2]
- [Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a)** The format of the ancient Olympic Games was the model for the first modern Olympic Games.
Describe the format of the ancient Olympic Games. [5]
- (b)** Two aims of the International Olympic Committee (IOC) are to promote fair-play ideals and to oppose any political abuse of sport and athletes.
Suggest other aims of the IOC. [5]
- (c)** Describe Hitler's use of the 1936 Berlin Olympic Games to promote his political ideology. [3]
- (d)** Selling tickets to spectators provides money that the host nation can use to pay for staging the Olympic Games.
State other sources of funding available to the host nation to cover the costs of staging the Olympic Games. [4]
- (e)** To qualify for the Olympic Games some athletes have large financial costs.
Suggest financial costs for these athletes. [4]
- (f)** Explain how a positive legacy from the Olympic Games should support regeneration in a host country. [5]
- (g)** Suggest reasons for the introduction and development of the Paralympics. [4]
- [Total: 30]

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