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**PHYSICAL EDUCATION**

**9396/11**

Paper 1

**October/November 2015**

**2 hours 30 minutes**

No Additional Materials are required.

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**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.

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

Answer **all** questions.

**Section A: Applied Anatomy and Physiology**

- 1 (a) Fig. 1.1 shows a footballer kicking a ball.



**Fig. 1.1**

Identify the items 1–6 in the table below to describe a movement analysis of the **hip** and **knee** joints of the kicking leg as it moves from position **A** to position **B**. Your analysis should include the type of movement occurring and the main agonists involved in the movement.

	type of movement	main agonists
<b>hip joint</b>	1	2
		3
<b>knee joint</b>	4	5
		6

[6]

- (b) Using examples from the action of kicking, describe the main functions of:
- (i) antagonists [2]
- (ii) synergists. [2]
- (c) During exercise a performer's heart rate increases. Describe how the sinoatrial node (SAN) controls this increase in heart rate. [6]
- (d) During exercise a performer will experience an increase in venous return. Describe the mechanisms that assist this increase. [4]
- (e) During physical activity there is an increase in blood flow to the working muscles.
- (i) Explain why there is a need for this increase. [1]
- (ii) Describe how this increase is achieved. [5]
- (f) Describe **four** structural features of alveoli that assist the diffusion of respiratory gases. [4]

[Total: 30]

**Section B: Acquiring, Developing and Performing Movement Skills**

- 2 (a) Classify the triple jump according to the following four continua and justify each of your choices.
- open to closed
  - internally paced to externally paced
  - discrete, serial to continuous
  - gross to fine [4]
- (b) (i) Explain what you understand by the term *reinforcement* and distinguish between positive and negative reinforcement. [3]
- (ii) Using examples, explain how a coach would assist learning through the use of operant conditioning. [3]
- (c) Skilled movements are controlled by motor programmes.
- (i) Describe closed loop control. [3]
- (ii) Explain why a closed loop control system is not applicable to all skills. [3]
- (d) (i) Explain the term *selective attention* and give examples of its use from a game of your choice. [4]
- (ii) How can a coach improve a player's selective attention? [4]
- (e) (i) Explain the different types of motivation. [3]
- (ii) What strategies could a coach use to motivate a group of performers who train regularly? [3]

[Total: 30]

**Section C: Contemporary Studies in Physical Education and Sport**

- 3 (a)** Compare the differences between physical recreation and physical education. [4]
- (b)** Young children often engage in play. Outline the benefits of play. [4]
- (c) (i)** What do you understand by the term *excellence*? [2]
- (ii)** Using a country of your choice, describe the policy, administration and provision that is in place to make sure that excellence in sport is achieved. [6]
- (d)** Identify the benefits of increased participation in sport to:
- the individual
  - society. [5]
- (e)** Elite performers have the potential to earn vast sums of money, but may rely on sponsorship as part of their income.
- (i)** Outline the characteristics of commercialised sports. [4]
- (ii)** Describe the advantages and disadvantages of sponsorship to the performer. [5]

[Total: 30]

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