



Bridging Project 2022 23

A level Physical Education

Name: _____

Class: _____

Date: _____

Time: **66 minutes**

Marks: **45 marks**

Comments:

Q1.

Which **one** of the following definitions best describes the term deviancy?

- A Behaviour which goes against society's norms and values
- B Not playing by the unwritten rules
- C Not showing opponents respect
- D Taking drugs to enhance performance

(Total 1 mark)

Q2.

Cristiano Ronaldo is one of the most followed athletes on Twitter. In 2015 he was the first athlete on social media to pass 50 million likes on his Facebook page.

Discuss the impact this exposure could have upon professional athletes.

(Total 3 marks)

Q3.

Describe some of the advantages to the spectator of developments in technology.

(Total 3 marks)

Q5.

All sports skills can be placed on a continuum from open at one end to closed at the other.

Which of the following would sit **nearest** to the closed end of the continuum?

- A Bowling in cricket
- B Centre pass in netball
- C Long shot in golf
- D Shot put in athletics

(Total 1 mark)

Q6.

During a tennis match, a player may display signs of anxiety and become over-aroused.

Name a 'cognitive stress management technique' **and** describe how a player could use this technique to control their arousal level.

(Total 3 marks)

Q7.

Elite performers must control their arousal levels in high pressure sporting situations, often in front of large audiences.

The inverted U theory suggests that performers have an optimal level of arousal.

Explain the factors that may influence different optimal levels of arousal.

(Total 3 marks)

Q8.

An athletics coach will use feedback to improve the performance of an athlete.

- (a) Give **one** example of positive feedback and **one** example of negative feedback in athletics.

Positive _____

Negative _____

(2)

- (b) Evaluate whether positive or negative feedback is most effective when coaching an athletics performer in the cognitive stage of learning.

(2)

(Total 4 marks)

Q9.

Identify **and** explain the different types of goals that a coach could use to motivate performers.

(Total 4 marks)

Q10.

Runners in the London Marathon will mainly use the aerobic energy system during their race.

State **one** long-term effect of smoking regularly on the structures of a runner's respiratory system.

(Total 1 mark)

Q11.

Discuss the importance of fat intake to an endurance athlete.

(Total 4 marks)

Q12.

Tidal volume and minute ventilation of a cyclist will vary at rest and during a race.

Define tidal volume **and** minute ventilation.

(Total 2 marks)

