



# Cambridge International AS & A Level

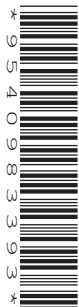
**PHYSICAL EDUCATION**

**9396/31**

Paper 3

**May/June 2021**

**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.

Answer **all** questions.

**Section A: Exercise and sport physiology**

- 1 (a) Compare the ATP/PC system with the aerobic system in terms of:
- specific site of reaction
  - controlling enzymes
  - energy yield.
- [3]
- (b) Explain, using an example from sport, periodisation of training. [4]
- (c) State **three** types of training that are commonly used to develop aerobic capacity. [3]
- (d) Explain how strength is dependent on the type of muscle fibre involved. [5]
- (e) (i) Define each of the following terms:
- static flexibility
  - dynamic flexibility.
- [2]
- (ii) Describe how a recognised test is conducted to evaluate flexibility. [4]
- (f) Ergogenic aids are used to enhance performance but may also have some unwanted side-effects.
- (i) Describe the effects of caffeine on an endurance athlete. [4]
- (ii) Describe the effects of creatine supplements on a sports performer. [5]

[Total: 30]

**Section B: Psychology of sport performance**

- 2 (a) Describe the trait perspective of personality. [3]
- (b) Explain, using a practical example, the links between the components of a positive attitude and behaviour. [3]
- (c) Outline **four** characteristics of a need-to-achieve (NACH) approach to performance. [4]
- (d) Fiedler's model suggests that the leadership style that is most effective depends on the favourableness of the situation.
- (i) Describe the characteristics of a highly favourable situation. [2]
- (ii) State the leadership style that is most effective in highly favourable situations. [1]
- (e) Suggest the psychological benefits of goal setting in sport. [3]
- (f) Describe, using sporting examples, causes of anxiety. [4]
- (g) Explain the frustration–aggression hypothesis. [4]
- (h) (i) Describe the term *social inhibition* in relation to sports performance. [1]
- (ii) Suggest strategies that a coach could use to reduce the effects of social inhibition. [5]

[Total: 30]

**Section C: Olympic Games: a global perspective**

- 3 (a) The IOC aims to promote an appreciation of cultural diversity and to challenge discrimination in all its forms.
- (i) Suggest how an appreciation of cultural diversity may be achieved at the Olympic Games. [3]
- (ii) Suggest **two** forms of discrimination. [2]
- (b) The modern Olympic Games contains some of the sporting events from the ancient Olympic Games.
- (i) Outline other similarities between the ancient Olympic Games and the modern Olympic Games. [4]
- (ii) Describe differences, other than the types of sporting event, between the ancient Olympic Games and the modern Olympic Games. [3]
- (c) Describe ways that Olympic athletes have been used to promote a political ideology. [3]
- (d) Outline the sources of funding that a country may use to cover the costs of hosting the Olympic Games. [4]
- (e) Explain how the IOC promoted a concept of amateurism but failed to operate a policy to support its promotion. [3]
- (f) Suggest ways that a win-at-all-costs ethic may lead to dysfunctional aspects of performance. [4]
- (g) Suggest reasons for:
- removing medal counts from the Olympic Games
  - revising the Olympic Motto (Citius, Altius, Fortius).
- [4]

[Total: 30]

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