



# Cambridge International AS & A Level

**PHYSICAL EDUCATION**

**9396/32**

Paper 3

**October/November 2023**

**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) Describe each of the following stages of the aerobic system:
- aerobic glycolysis
  - electron transport chain.
- [6]
- (b) Describe the lactacid debt component of the recovery process. [4]
- (c) The energy system used is dependent on the intensity and the duration of an activity.  
Identify **three** other factors that determine the energy system used. [3]
- (d) Describe physiological benefits of a warm up. [4]
- (e) Describe differences between continuous running and fartlek training as types of training. [4]
- (f) Outline a sporting example of each of the following:
- static flexibility
  - dynamic flexibility.
- [2]
- (g) Describe a named test to measure agility. [4]
- (h) Some athletes take human growth hormone to improve their strength through muscular hypertrophy.
- For the use of human growth hormone:
- (i) describe **two** other positive physiological effects [2]
  - (ii) describe **one** negative effect on the long-term health of an athlete. [1]

[Total: 30]

### Section B: Psychology of sport performance

- 2 (a) Describe **three** differences between the characteristics of extroversion and the characteristics of introversion. [3]
- (b) (i) Describe possible influences on the formation of a negative attitude to physical activity. [4]
- (ii) Explain the use of cognitive dissonance to change a negative attitude to a positive attitude. [4]
- (c) Suggest benefits for a team of an emergent leader being chosen by the group. [3]
- (d) One of the SMARTER principles of goal setting is that goals must be realistic.  
Describe, using practical examples for each, **four** other SMARTER principles of goal setting. [4]
- (e) (i) Describe the causes and effects of evaluation apprehension. [5]
- (ii) State **two** cognitive techniques that a performer could use to reduce the negative effects of evaluation apprehension. [2]
- (f) Using examples from a team game of your choice, suggest different reasons a performer may give for aggressive behaviour during a game. [5]

[Total: 30]

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

- 3 (a) One role of the International Olympic Committee (IOC) is to lead the fight against doping in sport. The 'Big Drug Bust' is an example of a doping scandal at the Olympic Games.
- (i) Identify the year and the host city of the 'Big Drug Bust'. [2]
- (ii) Describe how the International Olympic Committee (IOC) leads the fight against doping in sport. [4]
- (b) American athletes Tommie Smith and John Carlos made a political statement at the 1968 Mexico Olympic Games.
- Describe this political statement. [4]
- (c) Explain why many African countries boycotted the 1976 Montreal Olympic Games. [4]
- (d) State **three** different forms of funding that may be available to performers hoping to compete at the Olympic Games. [3]
- (e) Describe the benefits and potential problems of hosting the Olympic Games. [7]
- (f) Suggest why participation in the early modern Olympic Games was more likely to be possible for the upper class than for the working class. [3]
- (g) Suggest ways that the medal ceremonies at the Olympic Games could be revised to reduce the emphasis on national prestige. [3]

[Total: 30]

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