



Cambridge International AS Level

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SPORT & PHYSICAL EDUCATION**8386/11**

Paper 1 Theory

May/June 2026**1 hour 45 minutes**

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen. Do **not** use correction fluid or tape.
- Do **not** write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 70.
- The number of marks for each question or part question is shown in brackets [].

This document has **12** pages. Any blank pages are indicated.



- 1 The photograph shows a performance of a high jump.



- (a) Use specific examples to justify a classification of the skill of high jumping using each of the following skill continua:

pacing

justification

.....

organisation

justification

.....

environmental influence

justification

.....

[6]

- (b) The photographs show an exercise that could be used to improve high-jump performance.





- [1]

- and [1]

- [1]

- name of third stage [2]

- [5]





(d) Bandura suggested that skills, such as high jumping, can be learned by watching others perform.

(i) State the name of this theory of learning.

..... [1]

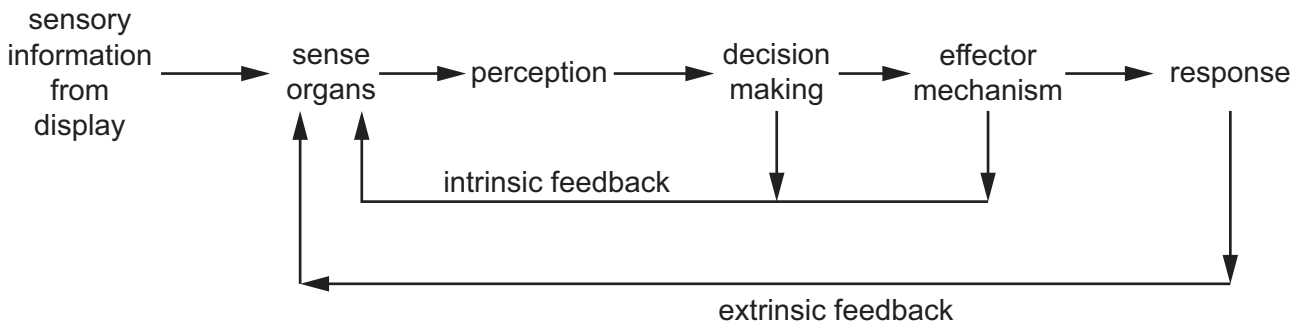
(ii) Describe this theory.

.....
.....
.....
.....
.....
..... [3]





2 (a) The diagram shows an information processing model.



During an activity such as badminton, performers will use their sense organs to detect sensory information from the display.

(i) Other than sight, identify **two** types of sensory information that are used when playing badminton.

- 1
- 2 [2]

(ii) Outline the processes that occur as part of perception.

-
-
-
-
-
-
-
-
- [3]





(b) Transfer of learning is the effect of learning a skill on the learning of another skill.

- (i) Describe negative transfer and retroactive transfer. Describe an example of each of these types of transfer using skills from badminton and tennis.

negative transfer

.....

example

.....

retroactive transfer

.....

example

.....

[4]

- (ii) Suggest how a coach could optimise positive transfer during the learning of a sports skill.

.....

.....

.....

.....

.....

.....

.....

.....

.....

[3]





[6]

- 4 (a) The table shows various physiological measurements for an individual during a run.

breathing rate / breaths per minute	20
heart rate / beats per minute	120
cardiac output / litres per minute	13.2

Use information from the table to calculate the individual's stroke volume during the run.

Show your working and include appropriate units.

stroke volume = ... [3]

- (b) Cross-country running as a sport is highly structured, competitive and has complex rules.

Describe **three** other characteristics of sport.

- 1

 2

 3
 [3]

- (c) Describe how each of the following forces acts on a runner:

friction

 gravitational force

 reaction
 [3]



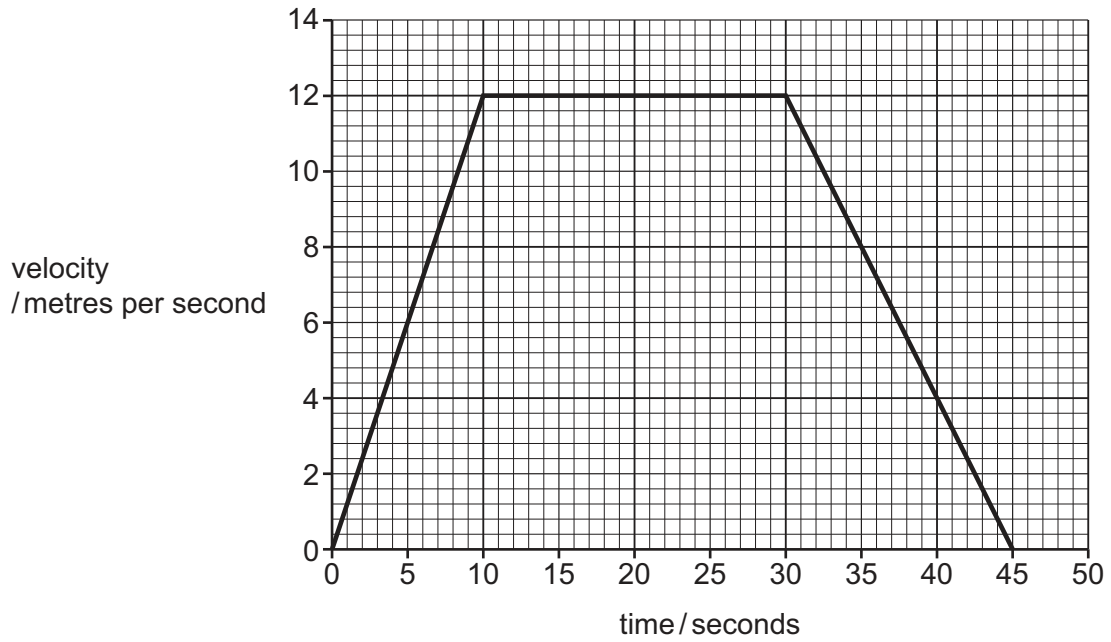


- [5]

- Describe the structure and function of slow oxidative (SO) muscle fibres.

[5]

- 5 (a) The simplified graph shows changes in the velocity of a cyclist.



- (i) Calculate the displacement of the cyclist when moving at a constant velocity.

Show your working.

displacement = ... metres [2]

- (ii) Calculate the acceleration of the cyclist from 0 to 10 seconds.

Show your working.

Give your answer to one decimal place and include appropriate units.

acceleration = ... [3]





Describe the role of the parasympathetic nervous system in regulating heart rate.

[4]

Suggest different strategies to reduce competition manipulation.

[4]



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