

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) Describe the lactic acid system. [5]
- (b) During physical activity the body will use different energy systems depending on the duration and intensity of the activity.
- Explain, using a practical example, why the predominant energy system changes from the ATP/PC system to the lactic acid system. [3]
- (c) Describe the processes that take place in the body during recovery after exercise. [5]
- (d) Explain the following principles of training using an example of each from a fitness-training programme:
- overload
 - variance.
- [4]
- (e) (i) Define the terms *maximum strength* and *explosive strength*. [2]
- (ii) Describe the use of plyometrics to develop explosive strength. [4]
- (f) Identify a recognised test to evaluate each of the following fitness components:
- balance
 - agility
 - body composition.
- [3]
- (g) Describe the physiological effects of human growth hormone on a performer. [4]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) Compare the trait perspective of personality with the social learning perspective of personality. [3]
- (b) Outline ways that a coach could improve the cohesiveness of a team. [4]
- (c) Suggest **three** characteristics of effective leaders in sport. [3]
- (d) Give a different sporting example of each of the following attentional styles:
- narrow external
 - broad external
 - broad internal.
- [3]
- (e) Describe the characteristics of a peak flow experience in sport. [4]
- (f) (i) Explain what is meant by the term *evaluation apprehension*. [2]
- (ii) Describe possible effects of evaluation apprehension on sport performance. [3]
- (g) (i) Use a sporting example to explain what is meant by the term *assertion*. [2]
- (ii) Suggest methods that a coach could use to reduce aggression in their performers. [6]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a) Fair-play ideals are a feature of the Olympic Games.

Suggest **three** different ways that fair play may be shown by a performer at the Olympic Games. [3]

- (b) Suggest reasons why many cities may be reluctant to bid to host the Olympic Games. [6]

- (c) Give a reason for each of the following boycotts of the Olympic Games:

- the 1976 Montreal Games by many African nations
- the 1980 Moscow Games by the USA
- the 1984 Los Angeles Games by the USSR.

[3]

- (d) Outline ways that mass audiences may bring financial benefits for the host country of the Olympic Games. [3]

- (e) Explain why amateur athletes may find it difficult to win a medal at the Olympic Games when competing against professional athletes. [4]

- (f) The Olympic Oath has been taken by judges and officials as well as by athletes.

Suggest ways that a judge or official may go against the Olympic Oath and show dysfunctional aspects. [3]

- (g) Describe the role of Sir Ludwig Guttmann in the development of the Paralympics. [4]

- (h) Suggest reforms to the Olympic Games that may reduce the influence of politics. [4]

[Total: 30]

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