



# Cambridge International AS & A Level

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**PHYSICAL EDUCATION**

**9396/33**

Paper 3

**October/November 2021**

**2 hours 30 minutes**



You must answer on the enclosed answer booklet.

You will need: Answer booklet (enclosed)

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## 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 [ ].

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This document has **4** pages.

Answer **all** questions.

**Section A: Exercise and sport physiology**

- 1 (a) Describe the energy system that releases most of the energy during a short-duration, maximum-intensity activity such as a javelin throw. [5]
- (b) Outline the processes involved in the lactacid debt component of recovery after exercise. [5]
- (c) Describe a fartlek training session that would develop aerobic capacity. [4]
- (d) Suggest **five** physiological adaptations that may take place after strength training. [5]
- (e) Describe **two** factors affecting flexibility. [2]
- (f) (i) Define speed. [1]
- (ii) Describe a recognised method to evaluate speed. [3]
- (g) (i) Identify **two** dimensions of balance. [1]
- (ii) Describe a mesocycle programme to improve balance. [4]

[Total: 30]

**Section B: Psychology of sport performance**

- 2 (a) (i) Describe the **three** components of an attitude. [3]
- (ii) Explain, using a practical example, how a negative attitude can be changed to a positive attitude using cognitive dissonance. [4]
- (b) Describe the interactionist theory of leadership. [3]
- (c) Explain, using at least one sporting example, how a goal may meet the following SMARTER principles:
- specific
  - realistic
  - exciting.
- [3]
- (d) Compare Vealey's concept of trait sports confidence with her concept of state sports confidence. [2]
- (e) Describe, using practical examples, how the following may be used to increase self-efficacy:
- vicarious experiences
  - performance accomplishments.
- [2]
- (f) Describe, using a sporting example for each, **four** different attentional styles. [4]
- (g) Explain the use of biofeedback as an anxiety management technique in sport. [4]
- (h) Suggest possible causes of aggressive behaviour in sport. [5]

[Total: 30]

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

- 3 (a) Describe how the Olympic Games act as a social force. [4]
- (b) The ancient Olympic Games were held in Greece for 1000 years.

State:

- the venue of the ancient Olympic Games
- the frequency of the ancient Olympic Games
- the duration of a single ancient Olympic Games.

[3]

- (c) Outline different ways the modern Olympic Games have been used for political motives. [5]
- (d) Suggest how a country may apply an elitist approach to the pursuit of success at the Olympic Games. [4]
- (e) Explain the transition from amateurism to professionalism at the Olympic Games. [5]
- (f) Describe the relevance of the Second World War to the development of the Paralympic Games. [4]
- (g) Some Olympic athletes have been caught using prohibited performance-enhancing drugs to improve components of fitness.

Suggest other reasons why athletes may be tempted to use prohibited performance-enhancing drugs. [5]

[Total: 30]

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