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Sports, exercise and health science
Standard level
Paper 2

29 April 2026

Zone A morning | **Zone B** morning | **Zone C** morning

Session number

1 hour 30 minutes

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Instructions to students

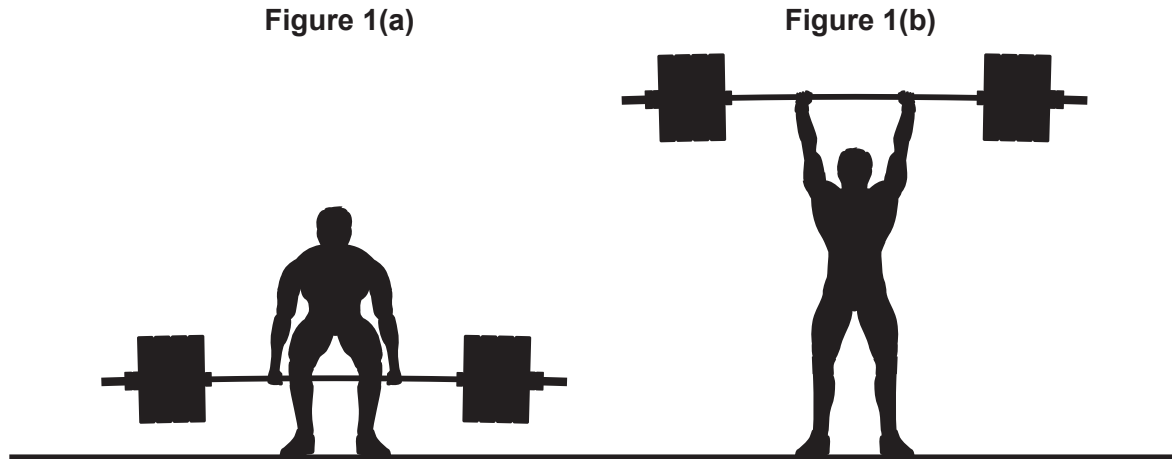
- Write your session number in the boxes above.
- Do not open this examination paper until instructed to do so.
- Answer all questions.
- Answers must be written within the answer boxes provided.
- A calculator is required for this paper.
- A clean copy of the **SEHS data booklet** is required for this paper.
- The maximum mark for this examination paper is **[50 marks]**.



Answer **all** questions. Answers must be written within the answer boxes provided.

1. Olympic weightlifting is a competitive sport which focuses on strength and power. **Figure 1(a)** shows an athlete preparing to lift a loaded bar. **Figure 1(b)** shows the bar lifted above the athlete's head.

Figure 1: (a) An athlete preparing to lift a loaded bar and (b) the bar lifted above the athlete's head



- (a) State the joint movement, the axis of movement and the movement plane for the knee joint as the bar is lifted from **Figure 1(a)** to **Figure 1(b)**.

[3]

Joint movement:

Axis of movement:

Movement plane:

- (b) Predict the prime mover and contraction type that cause the movement of the knee in the lift from **Figure 1(a)** to **Figure 1(b)**.

[2]

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(This question continues on the following page)



(Question 1 continued)

- (c) Suggest **one** example of a performance goal and **one** example of a process goal for a weightlifter to enhance their motivation.

[2]

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2. (a) Discuss how a coach can use specificity and variety of training for a 100 m runner. [3]

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- (b) A female sprinter has adapted their training during pregnancy. Describe **three** potential risk factors for injury when training while pregnant or immediately after giving birth. [3]

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3. The World Triathlon Championship Series requires athletes to compete in a range of hot environments.

- (a) Explain **one** physiological response that reduces core temperature when completing a triathlon in a hot environment.

[1]

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- (b) Discuss the impact of progesterone on thermoregulation throughout the menstrual cycle.

[3]

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- (c) Explain why an athlete may be susceptible to relative energy deficiency in sport (RED-S) near the end of the triathlon season.

[2]

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- (d) Competing in The World Triathlon Championship Series can cause anxiety. Explain the use of the galvanic skin response to measure anxiety.

[2]

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4. (a) Olympic rowers self-report high levels of mental toughness in high-pressure environments. Describe how mindfulness helps develop mental toughness in aspiring rowers.

[2]

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- (b) Describe the mechanism controlling inspiration as a rower begins a race.

[3]

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(Question 4 continued)

- (c) Rowers have a large vital capacity which they use during a 2 km race. Contrast the role of the muscles used for inspiration during rest and rowing.

[4]

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- (d) Analyse the relative energy contribution of a rower competing in a 2 km race.

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5. Stand up paddleboarding (SUP) is a fast-growing recreational activity and competitive sport.

Figure 2: Stand up paddleboarder



- (a) An experienced surfer is interested in taking up SUP on the ocean. Explain the type of transfer that may occur as the surfer begins SUP.

[2]

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- (b) Outline **three** behaviours of a high-achiever who is starting SUP.

[3]

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(Question 5 continued)

- (c) Maintaining balance while on a paddleboard is important for performance and safety.

Analyse how the position of the line of gravity for a paddleboarder affects stability. [2]

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6. (a) A soccer player completes a 12-week aerobic training programme. Outline **one** positive effect of regularly playing soccer (football) on the musculoskeletal system. [1]

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- (b) Using examples, outline how a coach may use a traditional linear pedagogical approach to coach shooting in soccer (football). [2]

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- (c) Tennis players use spin to make the ball lift or dip. Using an example, describe how spin can be created when a tennis ball is struck in a match. [2]

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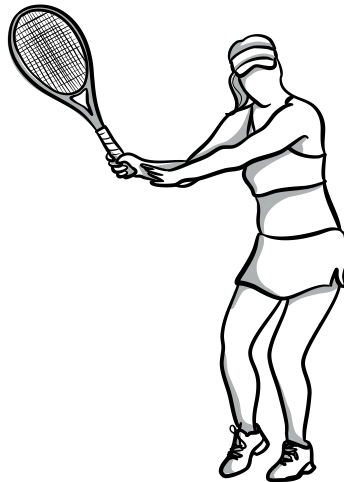


(Question 6 continued)

- (d) **Figure 3** shows a tennis player in the preparation phase of hitting a tennis forehand stroke. Outline the force production, critical instant and follow through phases of a tennis forehand stroke.

[3]

Figure 3: Tennis player



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References:

- Figure 1** YoungID, 2012. *Vector of weight lifters with weights - stock illustration*. [image online] Available at: <https://www.gettyimages.co.uk/detail/illustration/vector-of-weight-lifters-with-weights-royalty-free-illustration/165789939?adppopup=true> [Accessed 6 June 2025]. Source adapted.
- Figure 2** Recep-bg, 2020. *Senior adult man with artificial leg paddleboarding in sea - stock photo*. [image online] Available at: <https://www.gettyimages.co.uk/detail/photo/senior-adult-man-with-artificial-leg-paddleboarding-royalty-free-image/1287999201?searchscope=image%2Cfilm&adppopup=true> [Accessed 6 June 2025]. Source adapted.

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