



Please write clearly in block capitals.

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

Surname

--

Forename(s)

--

Candidate signature

--

I declare this is my own work.

A-level

PHYSICAL EDUCATION

Paper 2 Factors affecting optimal performance in physical activity and sport

Wednesday 4 June 2025

Morning

Time allowed: 2 hours

Materials

For this paper you may use:

- a calculator.

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions. You must answer the questions in the spaces provided. Do **not** write on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 105.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	



J U N 2 5 7 5 8 2 2 0 1

IB/H/Jun25/G4001/E8

7582/2

Section A

Exercise physiology and biomechanics

Answer **all** questions in this section.Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

**0 1**

Different types of data are collected from laboratory or field tests.

Which **one** of the following terms is used to describe data which is based on judgement on how well a test was performed?**[1 mark]****A** Objective☐**B** Reliable☐**C** Subjective☐**D** Valid☐

0 2

A discus will generate lift when thrown with the optimal angle of attack.

Which **one** of the following correctly describes the air flow **and** resulting pressure change when this occurs?

[1 mark]

A Air passing over the discus travels further than the air passing under it, decreasing the pressure above the discus.

☐

B Air passing over the discus travels further than the air passing under it, increasing the pressure above the discus.

☐

C Air passing under the discus travels further than the air passing over it, decreasing the pressure below the discus.

☐

D Air passing under the discus travels further than the air passing over it, increasing the pressure below the discus.

☐**0 3**

Linear motion involves both vector and scalar quantities.

Give **three** examples of scalar quantities.

[3 marks]

1 _____

2 _____

3 _____

Turn over for the next question

Turn over ►

0	4
---	---

One example of a common sports injury is a sprain.

0	4	.	1
---	---	---	---

Describe a sprain.

[1 mark]

0	4	.	2
---	---	---	---

Explain how **three** different methods of injury prevention could decrease the likelihood of a sprain.

[3 marks]

1

2

3



0 5

Figure 1 shows a performer during a dive.

Figure 1



Evaluate the effectiveness of the diver using PNF (Proprioceptive Neuromuscular Facilitation) as a training method.

[3 marks]

Turn over for the next question

Turn over ►



A triathlete will need vitamins, minerals, fibre and water to maintain the healthy functioning of their body.

[8 marks]

You may use this space to plan your answer.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Extra space _____



Turn over for the next question

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

Turn over ►

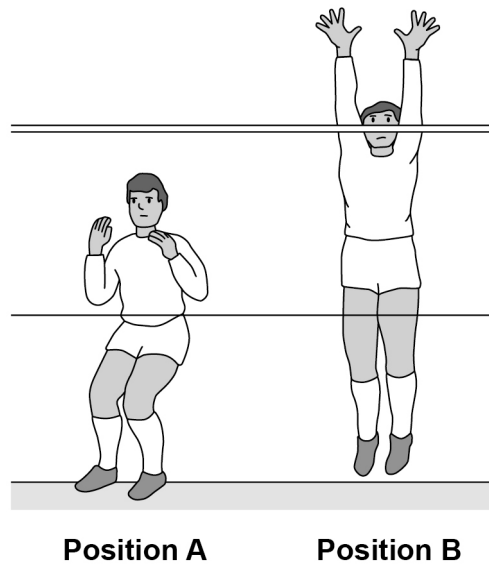


0 9

0 7

Figure 2 shows a volleyball player jumping upward. The player is performing a block as they move from **Position A** to **Position B**.

Figure 2



Analyse how the musculo-skeletal **and** lever systems operating at the knees **and** ankles contribute to gaining maximum height in the jump.

[15 marks]

You may use this space to plan your answer.



[illegible]

Extra space



[illegible]

*Do not write
outside the
box*

35



Section B**Sport psychology**Answer **all** questions in this section.**0 8**Which **one** of the following is an effective strategy to develop approach behaviours in the early stages of skill development?**[1 mark]****A** Allow success with little effort☐**B** Attribute success externally☐**C** Set outcome goals☐**D** Use of punishments☐**0 9**

A high jumper observes a performer of a similar ability successfully completing their jump.

Which factor from Bandura's model of self-efficacy is this an example of?

[1 mark]**A** Emotional arousal☐**B** Performance accomplishment☐**C** Verbal persuasion☐**D** Vicarious experience☐**1 0**

At optimal arousal levels a performer may experience peak flow.

State **three** characteristics of peak flow experience.**[3 marks]**

1 _____

2 _____

3 _____

Turn over ►

1	1
---	---

Name **two** types of anxiety experienced in sport. Give a sporting example of each.

[4 marks]

1 _____

Sporting example _____

2 _____

Sporting example _____

1	2
---	---

Evaluate the effectiveness of an autocratic style of leadership when coaching gymnastics.

[3 marks]



[8 marks]

You may use this space to plan your answer.

[illegible]

[illegible]

[illegible]

Analyse why a games player may form a poor attitude towards training **and** how a coach could change this attitude using knowledge of attitude formation and cognitive dissonance.

You may use this space to plan your answer.

You may use this space to plan your answer.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Extra space _____



[illegible]

35

Turn over ►



Section C

Sport and society and technology in sport

Answer **all** questions in this section.

1 5

Which **one** of the following is **not** a primary role of UK Sport?

[1 mark]

A Attract major events to the UK

☐

B Identify talent

☐

C Organise grass roots competitions

☐

D Run the World Class Programme

☐

1 6

Which **one** of the following is defined as 'bending the rules of a sport to the limit, without getting caught or punished'?

[1 mark]

A Amateurism

☐

B Gamesmanship

☐

C Sportsmanship

☐

D Win ethic

☐

1 7

State **three** ways a coach should ensure they fulfil their duty of care to their players.

[3 marks]

1

2

3



1 8 . 1 State **two** characteristics of physical recreation.

[2 marks]

1 _____

2 _____

1 8 . 2 Explain **two** reasons why someone may choose to take part in sport rather than take part in physical recreation.

[2 marks]

1 _____

2 _____

1 9 Evaluate the impact of commercialisation on officials in sport.

[3 marks]

Turn over for the next question

Turn over ►



2 0

The World Hour Record requires a cyclist to cover the furthest possible distance on a velodrome track in 60 minutes.

Figure 3 shows Victor Campenaerts breaking the record in 2019. The record was then broken by Dan Bigham in 2022.

Figure 3



Analyse the ways technology has helped cyclists to break this world record.

[8 marks]

You may use this space to plan your answer.



Extra space



[illegible]

Do not write
outside the
box

Turn over for the next question

Turn over ►



2 1

Table 1 shows the number of positive doping results recorded for six Olympic Games.

Table 1

Olympic Games	2000	2004	2008	2012	2016	2020
Number of positive doping results	15	37	91	132	16	9

Evaluate the effectiveness of the strategies used for the elimination of performance enhancing drugs in the Olympic Games.

Refer to the data in **Table 1** in your answer.

[15 marks]

You may use this space to plan your answer.



[illegible]

[illegible]

[illegible]

Do not write
outside the
box

35

END OF QUESTIONS



There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**



[illegible]

*Do not write
outside the
box*

[illegible]

[illegible]

Do not write
outside the
box

[illegible]

There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2025 AQA and its licensors. All rights reserved.

