



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

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Forename(s)

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Candidate signature

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I declare this is my own work.

A-level

PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Friday 23 May 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 1 0 1

IB/H/Jun25/G4001/E10

7582/1

Section A

Applied anatomy and physiology

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

Which **one** of the following is responsible for delaying the spread of the electrical impulse in the cardiac conduction system?

[1 mark]

A Atrio-ventricular node

☐

B Bundle of His

☐

C Purkinje fibres

☐

D Sino-atrial node

☐

0 2

During aerobic exercise, arterio-venous oxygen difference (A-VO₂ diff) will increase.Which **one** of the following is a reason for this increase in A-VO₂ diff?

[1 mark]

A Oxygen content of arterial blood will be lower than at rest.

☐

B Oxygen content of venous blood will be higher than at rest.

☐

C Oxygen content of venous blood will be lower than at rest.

☐

0 3

Describe the mechanisms within the body that support venous return.

[3 marks]

0 4

Passive stretching and isometric muscle contraction are stages in PNF (Proprioceptive Neuromuscular Facilitation).

Each stage activates different proprioceptors.

0 4 . 1

For the **passive stretching** stage:

- name the main proprioceptor involved
- explain the role of that proprioceptor.

[2 marks]

0 4 . 2

For the **isometric muscle contraction** stage:

- name the main proprioceptor involved
- explain the role of that proprioceptor.

[2 marks]

Turn over ►

0 5

Analyse how redistribution of blood during exercise helps performance.

[3 marks]



0 6

Table 1 shows data collected from gas analysis VO_2 max tests performed by football players on a treadmill. Each football player performed the same test on two separate occasions.

Test 1 and **Test 2** were carried out one week apart.

Table 1

	Test 1 (ml/kg/min)	Test 2 (ml/kg/min)
Footballer A	52	54
Footballer B	46	61
Footballer C	45	45
Footballer D	41	39

Evaluate the suitability of this VO_2 max test for football players. Refer to the validity and reliability of the test protocol, and the results in **Table 1** in your answer.

[8 marks]

You may use this space to plan your answer.

Turn over ►



[illegible]

[illegible]

0	7
---	---

Fast glycolytic (type IIx) and slow twitch (type I) muscle fibres generate ATP in different ways.

Analyse how differences in ATP generation in these muscle fibre types make them suitable for **two** athletics events of your choice.

Refer to the structural **and** functional characteristics of the muscle fibres in your answer.

[15 marks]

You may use this space to plan your answer.



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[illegible]

35

Section B

Skill acquisition

Answer **all** questions in this section.

0 8

Which **one** of the following immediately follows the effector mechanisms in Whiting's information processing model?

[1 mark]

A Feedback data

☐

B Muscular system output data

☐

C Perceptual mechanisms

☐

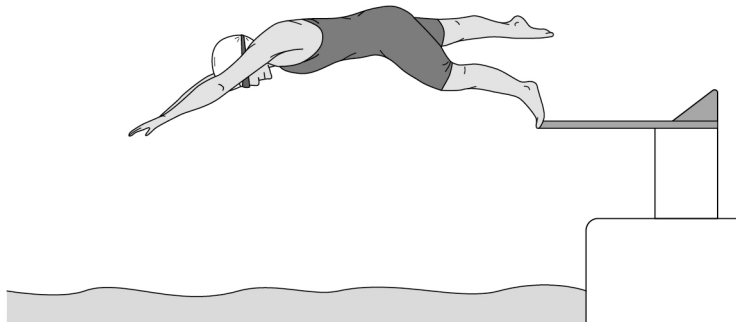
D Translatory mechanisms

☐

0 9

Figure 1 shows a swimmer performing a start in a race.

Figure 1



Which **one** of the following options shows the correct classifications for a start in a swimming race?

[1 mark]

A High organisation and continuous

☐

B High organisation and discrete

☐

C Low organisation and continuous

☐

D Low organisation and discrete

☐


1 0

The DCR process takes place during the first stage of the general information processing model.

1 0 . 1

Name the first stage of the general information processing model.

[1 mark]

1 0 . 2

Describe each stage of the DCR process.

[3 marks]

D

C

R

1 1

Explain how **different** strategies would allow a performer to overcome the following causes of a learning plateau:

- fatigue
- boredom
- lack of motivation.

[3 marks]

Fatigue

Boredom

Lack of motivation

Turn over ►

1	2
---	---

Evaluate whether whole–part–whole is the most effective method of practice for developing a gymnastics floor routine.

Refer to the stages of learning throughout your answer.

[3 marks]



Evaluate whether operant conditioning or insight learning would be most effective when coaching passing in a team sport.

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You may use this space to plan your answer.

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Extra space



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Turn over ►



Section C

Sport and society

Answer **all** questions in this section.

1 5

Sport is one of the components of the Golden Triangle.

Which are the other two components?

[1 mark]

A Commercialisation and the media

☐

B Elite performers and sponsorship

☐

C Sponsorship and national governing bodies

☐

D The media and professionals

☐

1 6

Which **one** of the following is a characteristic of rational recreation?

[1 mark]

A Codified

☐

B Only played locally

☐

C Violent in nature

☐

1 7 . 1

Sport England works with national partners to increase participation at grass roots level.

Name **two** national partners of Sport England.

[2 marks]

1 _____

2 _____



1 7 . 2

Sport England also works with local partners, such as Active Partnerships, to achieve its aims.

Identify **two** services provided by these partners.

[2 marks]

1 _____

2 _____

1 8

The role of women in sport changed during the industrial and post-industrial period (1780–1900). One change was that participation increased as more sports were viewed as suitable.

Explain why lawn tennis was deemed to be a suitable activity for women to play during this period.

[3 marks]

1 9

‘Sport is a powerful force for bringing about social change.’

Evaluate this statement.

[3 marks]

Turn over ►



Analyse how the formation of the national governing body for athletics improved the standard of the sport.

You may use this space to plan your answer.

You may use this space to plan your answer.

[illegible]

[illegible]

[illegible]

2 1

Table 2 shows the total prize money available in each of four men's and women's football world cups.

Table 2

	2010/11	2014/15	2018/19	2022/23
FIFA World Cup (men's)	\$420 million	\$358 million	\$400 million	\$440 million
FIFA Women's World Cup	\$10 million	\$15 million	\$30 million	\$110 million
Women's prize money as a percentage of the men's	2%	4%	8%	25%

Evaluate the impact that the factors affecting the emergence of elite female performers have had on:

- the prize money available in the Women's World Cup
- the gap between the prize money in the men's and women's world cups.

[15 marks]

You may use this space to plan your answer.

Turn over ►

[illegible]

[illegible]

[illegible]

[illegible]

35

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