



ADVANCED GCE
PHYSICAL EDUCATION

2565

Physical Education: Historical, Comparative, Biomechanical
and Sport Psychology options

Candidates answer on the Answer Booklet

OCR Supplied Materials:

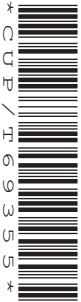
- 8 page Answer Booklet

Other Materials Required:

None

Thursday 29 January 2009
Morning

Duration: 1 hour 15 minutes



INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the spaces provided on the Answer Booklet.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **two** questions, at least **one** of which must be from Section A.
- If you use additional paper, fasten it to your Answer Booklet.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **45**.
- You will be awarded up to 3 marks for the quality of written communication in Section A, where answer(s) require a piece of extended writing.
- This document consists of **8** pages. Any blank pages are indicated.

Answer **two** questions, at least **one** must be from Section A.

Section A

Historical Studies in Physical Education

- 1 (a) Between 1900 and the 1950s organised physical activity in State Elementary schools changed considerably.

With reference to objectives, content and methodology, describe the Model Course of 1902 and *Moving and Growing/Planning the Programme* of the 1950s. [6]

- (b) Give reasons for the growth and development of association football after 1850. [6]

- (c) Public Schools went through three stages of development during the nineteenth century.

Describe each of the **three** stages with reference to the development of team games in **each** stage. [9]

[Total: 21 marks]

Comparative Studies in Physical Education

- 2 (a) In the USA sporting excellence is often achieved through the education system.
- (i) Why do sports fixtures in American High Schools often attract large crowds? [3]
 - (ii) Outline potential benefits and drawbacks to the performer of a sports scholarship at an American College (University). [4]
- (b) Australian schools provide high quality sport, Physical Education and Outdoor Education.
- (i) Describe initiatives used in Australian schools to deliver sport and Physical Education. [4]
 - (ii) Explain why outdoor education has a high priority in Australian schools. [3]
- (c) France has a tradition of success in international sport.
- (i) Explain why the Tour de France is considered by the French to be an important sporting event. [2]
 - (ii) Explain how sporting excellence is developed in France. [5]

[Total: 21 marks]

Section B

Biomechanical Analysis of Human Movement

- 3 (a) What is meant by the term 'centre of mass' and how does a performer use it to maintain balance? Using a practical example, explain how the performer can improve stability. [4]

- (b) Fig. 1 represents the foot of a rugby player lifting a team member in a lineout.

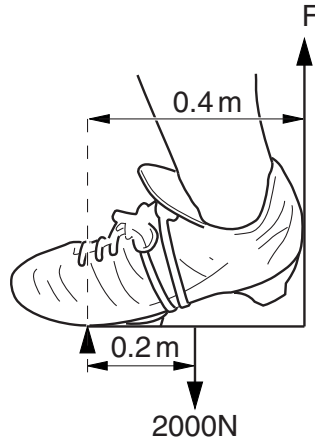


Fig. 1

- (i) State the principle of moments and calculate the force F needed by the gastrocnemius and soleus for this system to remain balanced. [4]
- (ii) Explain why this lever system is more efficient than that of the elbow during a bicep curl. [2]
- (c) Fig. 2 shows a rugby player kicking a ball.



Fig. 2

- (i) Sketch and label a free body diagram showing the forces acting on the ball at the moment of contact. [2]
- (ii) Show how you could work out the resultant force acting on the ball at the moment of contact. [3]
- (d) Explain the factors, other than the force applied, that determine the horizontal distance the ball is kicked. [6]

[Total: 21 marks]

Psychology of Sport Performance

- 4 (a) Concentration can sometimes be difficult for performers in sport. Paying attention is crucial to optimise performance.

- (i) Fig. 3 below illustrates **four** attentional styles. Give a characteristic of each style. [4]

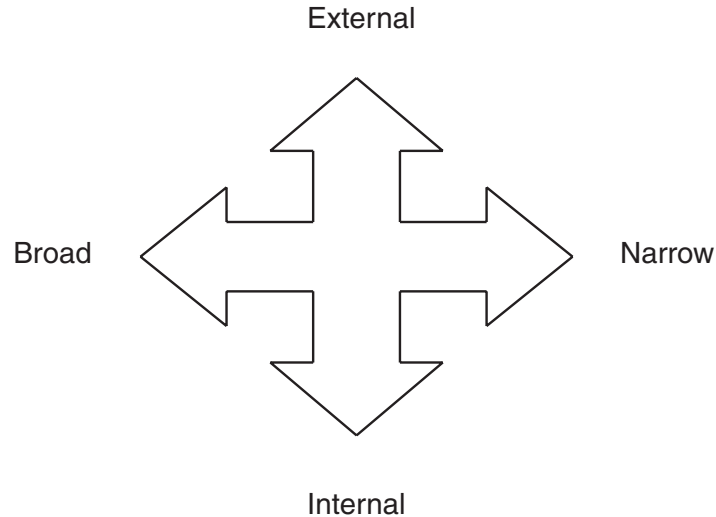


Fig. 3

- (ii) Using practical examples from sport explain how each of these attentional styles might be used in different situations. [4]

- (b) The audience or crowd at a sports event may help or hinder performance.

Using psychological theories and practical examples from sport, explain how an audience can affect performance. [6]

- (c) (i) Identify the different attributions according to Weiner's attribution model. [2]

- (ii) Use practical examples from sport to explain how attributions given for success and failure can affect motivation. [5]

[Total: 21 marks]



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