

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
ADVANCED GCE**

**2565**

**PHYSICAL EDUCATION**

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

**THURSDAY 4 JUNE 2009: Afternoon**

**DURATION: 1 hour 15 minutes**

**SUITABLE FOR VISUALLY IMPAIRED CANDIDATES**

**Candidates answer on the Answer Booklet.**

**OCR SUPPLIED MATERIALS:**

**8 page Answer Booklet**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **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.

## **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.

**Answer TWO questions, at least ONE must be from Section A.**

**SECTION A**

**HISTORICAL STUDIES IN PHYSICAL EDUCATION**

- 1 Popular recreation, public school athleticism and rational recreation are key aspects of sports history.**
- (a) (i) Which characteristics of public schools lead to EACH of the following features of public school games:**
- time to play;**
  - specialist facilities and equipment;**
  - development of values such as courage and determination? [3]**
- (ii) Explain the ‘melting pot’ influence that occurred in public schools. [2]**
- (iii) Explain how public schools and their ex-pupils influenced the emergence of rational sport. [3]**
- (b) (i) Explain the impact of socio-cultural factors on the characteristics of popular recreation. [6]**
- (ii) Give reasons for the development of sports and pastimes in river towns in pre-industrial Britain. [3]**
- (c) Describe amateurism and professionalism in rationalised cricket. [4]**

**[Total: 21 marks]**

## **COMPARATIVE STUDIES IN PHYSICAL EDUCATION**

- 2 (a) The French government has invested heavily to support sport, Physical Education and Outdoor Education in schools.**
- (i) Identify the Outdoor Education programme in French primary schools. Describe TWO of the components of this programme. [3]**
  - (ii) What has the French government done to improve the quality of sport and Physical Education in French schools? [4]**

**Australia is said to have a national obsession with sport.**

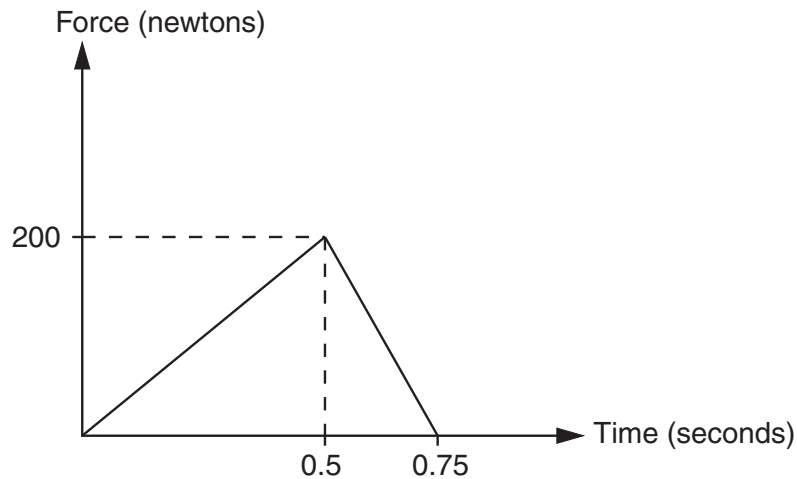
- (b) (i) Outline the factors that encourage mass participation in sport in Australia. [4]**
  - (ii) Explain why Association Football is becoming more popular in Australia. [3]**
- (c) Explain why American Football (grid iron) is a popular sport in the USA. [7]**

**[Total: 21 marks]**

## SECTION B

### BIOMECHANICAL ANALYSIS OF HUMAN MOVEMENT

- 3 (a) Fig. 1 shows the amount of force applied to a discus during a throw.



**Fig. 1**

- (i) Define the term impulse. Using the information on the graph, calculate the value of the impulse of force acting on the discus during the throw. [3]
- (ii) If the mass of the discus is 1.5 kg, calculate its outgoing velocity. [2]
- (iii) Explain how the use of a follow through would affect the motion of the discus. [4]
- (b) Explain how a lift force can be generated by the discus during its flight. [5]

**(c) An athlete performs with rotation prior to the release of the discus.**

**Identify the axis of rotation through which the discus thrower rotates and explain how the thrower uses the Law of Conservation of Angular Momentum to enhance performance. [7]**

**[Total: 21 marks]**

## PSYCHOLOGY OF SPORT PERFORMANCE

- 4 (a) Having an effective leader can be important for team success.
- (i) Identify THREE characteristics of an effective leader in sport. Give a practical example of how EACH characteristic can help team success. [3]
- (ii) Explain when an autocratic leadership style and a democratic leadership style could be used by an effective leader to maximise the success of a sports team. [6]
- (b) The levels of arousal in individuals can often affect their performance in sport.

Explain, using practical examples, how:

- the personality of the performer;
- the ability level of the performer;
- the complexity of the task;

can each affect levels of arousal and therefore sports performance. [6]

- (c) Aggressive behaviour in sport can lead to a decrease in performance both for individuals and for the team.

As a sports coach explain how you would help team members eliminate aggressive tendencies.

Use practical examples to illustrate your answer.

[6]

[Total: 21 marks]



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