

General Certificate of Education  
June 2007  
Advanced Level Examination



**SPORT AND PHYSICAL EDUCATION**  
**Unit 5**

**PED5**

Friday 15 June 2007 1.30 pm to 3.00 pm

**For this paper you must have:**

- a 16-page answer book.

Time allowed: 1 hour 30 minutes

**Instructions**

- Use blue or black ink or ball-point pen. Pencil should only be used for drawing.
- Write the information required on the front of your answer book. The *Examining Body* for this paper is AQA. The *Paper Reference* is PED5.
- In **Section A** answer **two** from **three** questions.
- In **Section B** answer **three** from **four** questions.
- Do all rough work in the answer book. Cross through any work you do not want to be marked.

**Information**

- The maximum mark for this paper is 70.
- Four of these marks will be awarded for using good English, organising information clearly and using specialist vocabulary where appropriate.
- Mark allocations are shown in brackets.
- **Section B** of this unit assesses your understanding of the relationship between the different aspects of Sport and Physical Education.

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**Section A****Factors Affecting the Nature and Development of Elite Performance**

Answer **two** from **three** questions from this Section.

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**1****Total for this question: 15 marks**

The successful bid to host the 2012 Olympic Games in London will have a major impact on sport in the United Kingdom.

*'We have got a great chance now to develop sport in our country and to have a fantastic Olympic Games and then to leave a legacy for the future.'* Tony Blair – Prime Minister, 2005.

- (a) All sports have to develop elite performers.

How can a National Governing Body ensure that they help develop elite performers? (5 marks)

- (b) The United Kingdom and France have centres of excellence to develop elite athletes.

Outline the similarities **and** differences between the English Institute of Sport (EIS) and the French National Sports Institute (INSEP). (5 marks)

- (c) Discuss the suggestion that hosting the 2012 Olympic Games will benefit the United Kingdom. (5 marks)

**2****Total for this question: 15 marks**

Elite athletes are role models and are expected to uphold the traditions of sport and the spirit of competition.

- (a) Explain the difference between *sportsmanship* and *gamesmanship*. Use examples to illustrate your answer. (3 marks)

- (b) How is the ethic of *fair play* encouraged and maintained at the highest level of sport? (3 marks)

**Question 2 continues on the next page**

- (c) The Olympic Ideal proposes that '*the most important thing in the Olympic Games is not to win but to take part*'.

With reference to the *contract to compete* why might many people feel, the Olympic Ideal has little relevance in the modern sporting arena? (4 marks)

- (d) Drug testing of elite sports performers is expensive and often ineffective.

Discuss the suggestion that performance-enhancing drugs should be allowed in competitive sport. (5 marks)

3

**Total for this question: 15 marks**

The commercialisation of sport in recent years has dramatically altered the nature of the sporting experience for performers and spectators.

- (a) Explain why major sporting events rely heavily on funding from commercial sponsorship and the media. (3 marks)

- (b) Discuss the impact of the media and the commercialisation of sport on spectators. (4 marks)

- (c) Many elite athletes in the United Kingdom are supported by funding from the National Lottery.

Justify the decision to allocate this money on the basis of performances at major competitions and performers' current world ranking. (3 marks)

- (d) The USA aims to provide equal access for all its citizens to develop their potential.

How does the cultural and economic system in the USA attempt to ensure that there are equal opportunities for all performers to reach elite levels of sport? (5 marks)

**Turn Over For The Next Section**

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**Section B****Synoptic Assessment**

Answer **three** from **four** questions from this Section.

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**4****Total for this question: 12 marks**

Racket sports, such as tennis, are a popular form of physical activity for many people.

- (a) Circuit training is often used by racket players as part of their conditioning programme.

Outline the factors which should be considered when devising a *circuit training session* **and** evaluate the suitability of this method of training for racket sports. (6 marks)

- (b) During the 19th century, public schools encouraged the development of many sports.

How did the public schools develop team games **and** why was provision more limited for racket sports? (6 marks)

**5****Total for this question: 12 marks**

Endurance athletes, such as marathon runners, require a structured training regime to achieve success.

- (a) Many athletes regularly use physiological testing as part of their preparation. The *Multi-Stage Fitness Test* is often used to measure *cardio-respiratory endurance*.

Evaluate the suitability of this test for an endurance athlete **and** identify the benefits of fitness testing. (7 marks)

- (b) Altitude training is commonly used by endurance athletes.

What are the physiological advantages **and** disadvantages of *altitude training* on preparation and performance? (5 marks)

6

**Total for this question: 12 marks**

The aim of a National Governing Body is to increase participation and to develop World and Olympic champions.

- (a) In the United Kingdom, sports such as trampolining and gymnastics are classed as minority sports. How can sporting organisations, schools and the community work together to increase the number of participants? (6 marks)
- (b) During competition, a trampolinist chooses to perform a more difficult routine in an attempt to win. Use the *achievement motivation* theory to explain this decision. (6 marks)

7

**Total for this question: 12 marks**

To win medals at major championships, such as a World Cup, teams require talented performers and public support.

- (a) Games players require fast reaction times. What is *reaction time* and explain how games players can use their **knowledge** of reaction time to maximise their performance? Use practical examples to illustrate your answer. (6 marks)
- (b) Some sports, receive limited media coverage. Suggest reasons why this may happen **and** discuss how the media may negatively influence the development of a sport. (6 marks)

**END OF QUESTIONS**

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