

Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/11

Paper 1

October/November 2020

2 hours 30 minutes

You must answer on the enclosed answer booklet.

You will need: Answer booklet (enclosed)

INSTRUCTIONS

- Answer all questions.
- Follow the instructions on the front cover of the answer booklet. If you need additional answer paper, ask the invigilator for a continuation booklet.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 90.
- The number of marks for each question or part question is shown in brackets [].

This document has 8 pages. Blank pages are indicated.

PapaCambridge

DC (KS/TP) 180771/4 © UCLES 2020

[Turn over

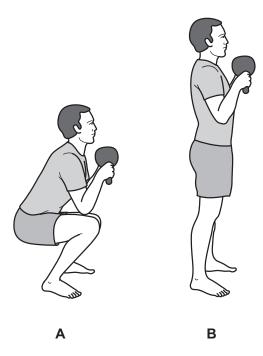
Answer all questions.

Section A: Applied anatomy and physiology

- 1 (a) Describe the following types of movement that can occur at the shoulder joint and identify a main agonist involved in each type of movement at the shoulder.
 - abduction
 - rotation

[4]

(b) The diagrams show part of a performance of a weight-training exercise.



Identify the items 1–5 in the table to describe a movement analysis of the ankle joints and hip joints from position **A** to position **B**. Your analysis should include the type of movement occurring, the main agonist and the type of muscle contraction.

	type of movement occurring	main agonist	type of muscle contraction
ankle joints	1	2	3
hip joints	4	5	

[5]

- (c) Explain the route taken when blood travels from the lungs, through the chambers and valves of the heart, to the aorta. [5]
- (d) (i) Define the term *stroke volume*. State a unit for stroke volume. [2]
 - (ii) Explain how an increase in venous return causes an increase in stroke volume. [4]

PapaCambridge

- (e) Explain the different roles of haemoglobin and myoglobin in the transport of oxygen. [3]
- (f) Describe the processes of inspiration and expiration during exercise. [4]
- (g) Describe three structural features of alveoli that assist gaseous exchange. [3]

[Total: 30]

Section B: Acquiring, developing and performing movement skills

2 (a) Skilful performances are learned, efficient and goal directed.

Identify three other characteristics of skilful performances.

[3]

(b) The photograph shows elite swimmers on their starting blocks waiting for the start of the race.



- (i) Classify an elite swimming start according to the following **three** continua. Justify each of your answers.
 - open–closed
 - externally—internally paced
 - high–low organisation

[3]

[3]

- (ii) Explain how **two** of these classifications may change when performing the swimming stroke during the race. [2]
- **(c)** During a match games players receive different forms of reinforcement.
 - (i) Explain the terms *negative reinforcement* and *punishment*, giving examples of each from a game. [4]
 - (ii) Describe, using examples, different ways a coach could use positive reinforcement to improve the performance of their players. [3]
- (d) Schmidt's schema theory is based on various sources of information that are used to modify and evaluate motor programmes.
 - (i) Identify and explain the functions of recall schema.
 - (ii) Suggest how a coach may use schema theory to develop a performer's skills. [4]
- (e) During the development of skills a performer will progress through various phases of learning.
 - Name the final phase of learning and explain how a coach can maximise learning during this phase. [4]
- (f) Describe the terms *intrinsic motivation* and *extrinsic motivation*. Suggest why intrinsic motivation is often thought to be more important. [4]

[Total: 30]

© UCLES 2020 9396/11/O/N/20



Section C: Contemporary studies in physical education and sport

3

(a) Hill walking and sailing are examples of outdoor recreation activities. Suggest benefits for an individual of participating in outdoor recreation activities. [4] (b) Sport is competitive. Identify three other characteristics of sport. [3] (c) (i) Describe what is meant by elite sport. [3] (ii) Suggest the provision required for a performer to reach an elite level in sport. [3] (d) Suggest how a community could benefit from regular participation in physical activity. [5] (e) Suggest how racial and religious factors may reduce participation in sport. [6] Explain how sponsorship of sport is closely linked to the media. [6] [Total: 30]

© UCLES 2020 9396/11/O/N/20

BLANK PAGE



BLANK PAGE



BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

Cambridge Assessment International Education is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which itself is a department of the University of Cambridge.

© UCLES 2020 9396/11/O/N/20

