



Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/31

Paper 3

May/June 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 **4** pages. Blank pages are indicated.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) State **three** forms of energy that are present in the human body. [3]
- (b) Explain the role of ATP in exercise physiology. [4]
- (c) During a match a performer may use all three energy systems.
Explain, using examples from a game, why the predominant energy system will change. [3]
- (d) It is important to have a good knowledge of the recovery process in order to plan effective training sessions.
- (i) Define the term *recovery process*. [1]
- (ii) When planning a training session a cool down should be included.
Explain the other implications of the recovery process that should be considered when planning training sessions. [3]
- (iii) Describe the benefits of a cool down after a strenuous training session. [4]
- (e) State **four** factors that may affect the aerobic capacity of an individual. [4]
- (f) The body composition of an individual depends on the lean body mass and fat mass in the body.
- (i) Describe a method of evaluating body composition. [3]
- (ii) Outline a suitable exercise programme to reduce the fat mass of an overweight individual. [5]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) State **two** characteristics of type B personalities. [2]
- (b) Attitudes towards physical activity can be positive or negative.
- (i) Suggest influences on the formation of attitudes. [4]
- (ii) Explain how cognitive dissonance can be used to change a performer's attitude towards fitness training from negative to positive. [3]
- (c) Various theories about leadership have been proposed. Sport performers can become good leaders in different ways.
- (i) Describe the theory that proposes that leaders are born, not made. [3]
- (ii) Outline the differences between emergent leaders and prescribed leaders. [2]
- (d) Weiner's model of attribution consists of the dimensions of causality and stability.
- Describe how Weiner allocated different attributions on his model using a combination of these **two** dimensions. [4]
- (e) Anxiety may cause a reduction in sporting performance.
- (i) Explain the multi-dimensional theory of anxiety. [5]
- (ii) Describe the technique of progressive muscular relaxation (PMR). [4]
- (f) The SMARTER principle for goal-setting includes the following factors:
- measurable
 - realistic
 - time-phased.
- Explain, using practical examples, what is meant by each of these **three** factors. [3]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a) Describe the place of women at the ancient Olympic Games. [3]
- (b) Describe the political statement made by the American athletes Tommie Smith and John Carlos at the 1968 Olympic Games in Mexico. [3]
- (c) Describe the methods used to nurture talent in the pursuit of excellence at the Olympics by the United States of America. [5]
- (d) Outline the financial costs of hosting the Olympic Games. [3]
- (e) Describe how the IOC can try to prevent competitors at the Olympic Games from using prohibited performance-enhancing drugs. [4]
- (f) Suggest reasons why competitors at the Olympic Games may use prohibited performance-enhancing drugs. [4]
- (g) Describe the traditional definition of amateurism in the Olympic Games. [3]
- (h) In 2000, the President of the British Olympic Association reportedly called for all team sports to be excluded from the Olympic Games.

Discuss the view that team sports should be excluded from the Olympic Games. [5]

[Total: 30]

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