



Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/32

Paper 3

May/June 2023

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.

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) Describe how endothermic reactions and exothermic reactions are used in the breakdown and resynthesis of ATP. [4]
- (b) State the by-products of the aerobic energy system. [2]
- (c) (i) Describe what is meant by the energy continuum. [2]
- (ii) Identify **two** sporting activities or skills that are found at opposite ends of the energy continuum. [1]
- (iii) Explain why **one** of the sporting activities or skills identified in (c)(ii) is found at the end of the energy continuum. [3]
- (d) Overload is one of the principles of training.
- Describe, using practical examples for each, **three** other named principles of training. [3]
- (e) Suggest physiological reasons why athletes should perform a cool down after an intense training session. [4]
- (f) Explain how the following factors affect an athlete's VO_2 max:
- age
 - sex
 - physiological make up.
- [6]
- (g) Describe long-term physiological adaptations to the muscular system that take place after a three-month period of aerobic training. [5]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) Outline **two** named theories of personality. [4]
- (b) (i) Using a practical example for each, describe the following components of an attitude:
- cognitive
 - affective.
- [4]
- (ii) Describe how a coach may change the negative attitude of a performer using persuasive communication. [4]
- (c) Fiedler's contingency model considers how a leader interacts with the situation.
- (i) Describe this model of leadership. [3]
- (ii) Explain why effective leadership is important for success in sport. [4]
- (d) A 100-metre sprinter has a long-term goal to win a medal at the next Olympic Games.
- (i) Suggest a practical example of a short-term performance goal and a practical example of a short-term process goal to motivate the sprinter to win a medal. [2]
- (ii) Other than for motivation, suggest **one** benefit of short-term goals. [1]
- (e) Describe the progressive muscular relaxation technique. [3]
- (f) Frustration caused by playing badly can lead to aggression in sport.
- Suggest other causes of aggression in sport. [5]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a)** One of the events at the ancient Olympic Games was the stade.
Outline the format of the stade. [3]
- (b)** Describe the role of the International Olympic Committee (IOC) in the leadership of the Olympic Movement. [6]
- (c)** Countries have boycotted the Olympic Games to make political statements.
Describe the boycott of the 1984 Los Angeles Olympic Games. [3]
- (d)** Suggest how a host city may prepare to stage the Olympic Games. [6]
- (e)** Other than the honour of representing your country, outline spectacular aspects of the Olympic Games. [4]
- (f)** In the early twentieth century the Olympic Games were strictly amateur. Some athletes who abused the amateur ideals of the IOC were disqualified and banned.
Suggest ways athletes may have abused the amateur ideals. [4]
- (g)** Women were not allowed to participate as athletes at the ancient Olympic Games.
Outline how the role of women as athletes has changed at the modern Olympic Games since 1896. [4]

[Total: 30]

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