

Cambridge International AS & A Level

PHYSICAL EDUCATION

Paper 3

9396/32

October/November 2022

2 hours 30 minutes

*1740056831

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.

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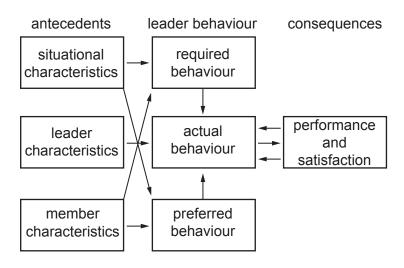
Answer **all** questions.

Section A: Exercise and sport physiology

1	(a)	Des	scribe the role of ATP, including its breakdown and resynthesis.	4]
	(b)	-	lain how each of the following determine the energy system used by a performer duriner the intensities of exercise:	ıg
			 availability of oxygen level of fitness. 	6]
	(c)	(i)	Describe the following types of strength:	
			strength endurancestatic strength.	
			[2]
		(ii)	Describe how a grip strength dynamometer is used to evaluate strength.	4]
		(iii)	Outline values for the repetitions, sets and resistance guidelines to improve streng endurance.	th 3]
		(iv)	State the predominant energy system and food fuel used during strength endurance training.	се 2]
	(d)	Exp	lain the use of BMI as a measure of body composition in elite athletes.	5]
	(e)	Exp	lain the use of blood doping as a prohibited method to enhance performance.	4]
			[Total: 3	0]

Section B: Psychology of sport performance

- 2 (a) State three characteristics of a Type A personality. [3]
 (b) Describe Atkinson and McClelland's theory of achievement motivation. [4]
 (c) (i) Outline Steiner's model of group performance. [3]
 - (ii) Describe, using a practical example for each, **four** problems that may affect the productivity of a sports team. [4]
 - (d) The diagram shows a representation of Chelladurai's multi-dimensional model of leadership.



Explain, using a practical example, how the antecedents in this model affect leader behaviour. [6]

- (e) Using a practical example of each, describe what is meant by:
 - a short-term goal
 - a long-term goal.

[4]

- (f) Explain the relationship between arousal, optimum performance and the following factors:
 - introverted personality type of the performer
 - ability level of the performer
 - complexity of the task.

[3]

[3]

(g) Describe the instinct theory of aggression.

[Total: 30]

Section C: Olympic Games: a global perspective

3	(a)	(i)	Outline the limited role of women at the ancient Olympic Games.	[3]		
		(ii)	Describe how the role of women has changed since the first modern Olympic Game 1896.	es in [5]		
	(b)	The Olympic Games has been used for political purposes because it is a global even receives worldwide media coverage.				
		Out	line how the Olympic Games has been used for political purposes.	[3]		
	(c)) Explain the transition from amateurism to professionalism at the Olympic Games.				
	(d)	Sug	gest potential benefits for athletes who compete successfully at the Olympic Games.	[3]		
	(e)	(i)	One dysfunctional aspect at the Olympic Games is a win-at-all-costs ethic.			
			Outline ways that a win-at-all-costs ethic might occur at the Olympic Games.	[3]		
		(ii)	Suggest methods that the International Olympic Committee (IOC) can use to red dysfunctional aspects at the Olympic Games.	luce [4]		
	(f)	Des	cribe the key features of the Olympic Oath 2000.	[4]		
			[Total:	30]		

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