

## YEAR 11 INTO 12 SUMMER TRANSITION TASK

# PHYSICAL EDUCATION

<b>Qualification/Level</b>	A Level
<b>Examination Board</b>	AQA
<b>Hand into:</b>	Mr Maybury
<b>Duration:</b>	5 hours

### The Tasks:

Read and complete the research tasks in the PE KS4 to KS5 booklet before completing the questions below

### Applied anatomy and physiology

- 1) It has been widely reported that Mo Farah has around 10% body fat. Analyse the immediate and long term effects of exercise that enable him to achieve such a low percentage of body fat. (8 marks)

### Skill acquisition

- 2) The images below show two golfers trying to hit successful shots.

Analyse how Schmidt's schema theory can be applied to a single shot and the implications of this theory for the golfer's coach when trying to maximise performance. (8 marks)

### Exercise Physiology

- 3) Evaluate Glycogen Loading prior to performing in an endurance event (8 marks)

### Biomechanical Movement

- 4) Evaluate the role of Newton's 3 laws of motion during a rugby scrum (8 marks)

### Sport Psychology

- 5) Evaluate how well the interactionist perspective explains the behaviour of a team member in varying competitive situations. (8 marks)
- 6) Elite performers need high levels of health and fitness to display a positive attitude to training and competition to be successful.

Explain the term attitude and using named psychological theories, outline how the negative attitude of a performer towards training could be changed. Use examples to support your answer. (8 marks)

### **Sport and Society**

7) The graph below shows the number of worldwide registered female footballers between 1980 and 2015.

Using your knowledge of the factors affecting the emergence of elite female performers, analyse the graph and suggest reasons for the results shown. (8 marks)

### **Sport and Society-Technology**

8) In 2012, eight badminton players were charged with not using their best efforts to win a match at the Olympic Games.

Discuss the extent to which the Olympic Oath is irrelevant at the modern Olympic Games (8 marks)