

Answer **all** questions.

Section A: Exercise and sport physiology

- 1 (a) A gymnast performing a floor routine relies heavily on the lactic acid system for ATP resynthesis.
- (i) Describe the lactic acid system. [5]
- (ii) Once the floor routine is completed, the gymnast begins the recovery process. Explain the processes that occur during the first few minutes of recovery. [4]
- (b) Periodisation of training involves splitting the training year into blocks of time. Explain, using sporting examples, the following terms:
- *macrocycle*
 - *mesocycle*
 - *microcycle*. [3]
- (c) Flexibility and balance are important components of fitness that will impact on the effective performance of a range of motor skills.
- (i) Define the term *balance* and, using practical examples, identify the **two** dimensions of balance. [3]
- (ii) Describe a recognised test to evaluate balance. [3]
- (iii) Describe the types of training used to develop flexibility. [6]
- (iv) Describe the physiological adaptations to flexibility training that will enhance sporting performance. [3]
- (d) Caffeine is an ergogenic aid that is used by many athletes. Explain, using a sporting example, how caffeine enhances performance. [3]

[Total: 30]

Section B: Psychology of sport performance

- 2 (a) A talented young sports performer shows a positive attitude towards fitness training.

Describe how the **three** components of an attitude contribute towards this positive attitude to fitness training. [3]

- (b) Successful teams generally have effective leaders and show good cohesion between their members.

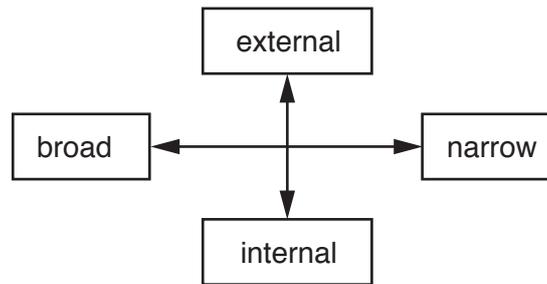
(i) State **three** features of effective leadership. [3]

(ii) Explain, using sporting examples, how a coach could improve the cohesiveness of a team. [5]

- (c) Goal setting in sport can help a performer control anxiety and boost self-confidence.

Describe, using sporting examples, what is meant by *product goals*, *performance goals* and *process goals* to improve performance. [3]

- (d) The diagram shows Nideffer's dimensions of attentional style.



Explain, using sporting examples, each of the **four** attentional styles. [4]

- (e) Sporting contests between local rivals may result in aggressive behaviour by the players.

(i) Suggest other possible causes of aggression in sport. [4]

(ii) Describe methods that coaches could use to eliminate the aggressive tendencies of players. [5]

- (f) Mastery orientation is a term used to describe the persistence an individual will show even when failure is experienced in sport.

Explain how attributional retraining can be used to develop mastery orientation. [3]

[Total: 30]

Section C: Olympic Games: a global perspective

- 3 (a) One of the ideals of the Olympic Games is to promote fair play, which can be adopted in other aspects of life.

Describe ways that an Olympic competitor could conform to fair-play ideals. [3]

- (b) The Ancient Olympic Games were seen as a blueprint for the modern era.

Outline **four** characteristics that are shared by both the Ancient and Modern Olympic Games. [4]

- (c) There have been numerous examples of political interventions and manipulations in the Olympic Games, such as boycotts by countries in protest at the actions of other countries.

Describe **four** examples, other than boycotts, of when the Olympic Games have been used as a platform for political confrontation. [4]

- (d) The issue of 'broken time' payments came to prominence in the 1928 Olympic Games and was associated with the sport of association football.

Explain what is meant by 'broken time' payments and the impact of these on the amateur ideal of Olympism. [5]

- (e) Describe the benefits to athletes of competing at the Olympic Games. [3]

- (f) Explain why the men's 100-metre final in the 1988 Olympic Games in Seoul has been called 'the dirtiest race in history'. [4]

- (g) Critically evaluate the view that a ban on doping in the Olympic Games should be lifted. [7]

[Total: 30]

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