



Cambridge International AS & A Level

PHYSICAL EDUCATION

9396/32

Paper 3

October/November 2022

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.

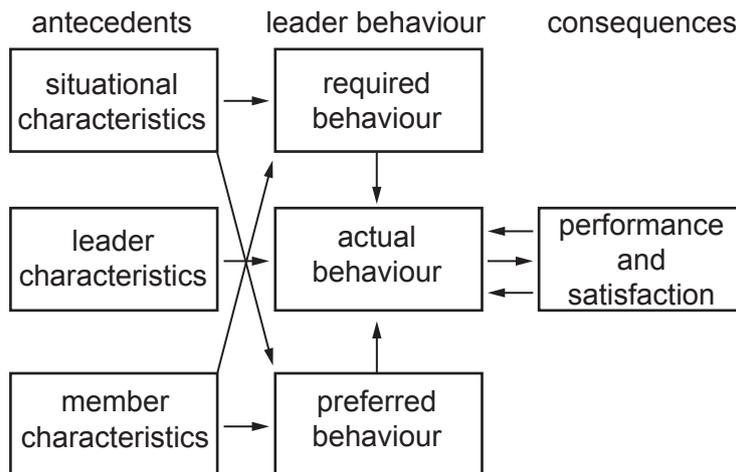
Section A: Exercise and sport physiology

- 1 (a) Describe the role of ATP, including its breakdown and resynthesis. [4]
- (b) Explain how each of the following determine the energy system used by a performer during different intensities of exercise:
- availability of oxygen
 - level of fitness.
- [6]
- (c) (i) Describe the following types of strength:
- strength endurance
 - static 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 strength endurance. [3]
- (iv) State the predominant energy system and food fuel used during strength endurance training. [2]
- (d) Explain the use of BMI as a measure of body composition in elite athletes. [5]
- (e) Explain the use of blood doping as a prohibited method to enhance performance. [4]

[Total: 30]

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]

- (g) Describe the instinct theory of aggression. [3]

[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 Games in 1896. [5]
- (b) The Olympic Games has been used for political purposes because it is a global event that receives worldwide media coverage.
- Outline how the Olympic Games has been used for political purposes. [3]
- (c) Explain the transition from amateurism to professionalism at the Olympic Games. [5]
- (d) Suggest 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 reduce dysfunctional aspects at the Olympic Games. [4]
- (f) Describe the key features of the Olympic Oath 2000. [4]

[Total: 30]

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