



GCE AS/A LEVEL

2550U10-1

TUESDAY, 13 MAY 2025 – MORNING

PHYSICAL EDUCATION – AS unit 1

Exploring Physical Education

1 hour 45 minutes plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 2 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a(i)	1	
1.a(ii)	2	
1.b	3	
1.c(i)	1	
1.c(ii)	3	
2.a	4	
2.b	10	
2.c	2	
3.a(i)	1	
3.a(ii)	6	
3.b	3	
4.a	5	
4.b(i)	3	
4.b(ii)	2	
5.a(i)	1	
5.a(ii)	2	
5.b	5	
6.a(i)	4	
6.a(ii)	4	
6.b	10	
Total	72	

ADDITIONAL MATERIALS

A calculator

A ruler

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Answer ALL questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

(Turn over)

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

FIGURE 1 – THE PLANK



Answer ALL questions.

1 (a) (i)

Identify, using FIGURE 1 opposite, the type of muscular contraction. [1 mark]

Tick (✓) ONE box only.

Isotonic concentric	
Isokinetic	
Isometric	
Isotonic eccentric	

(ii) Describe, using an example, the antagonistic muscle action. [2 marks]

(Turn over)

1 (b) Explain why altitude training is used by endurance athletes to improve performance. [3 marks]

Hydration is essential for sports performance.

1 (c) (i)

Identify the type of drink needed when your primary goal is hydration. [1 mark]

Tick (✓) ONE box only.

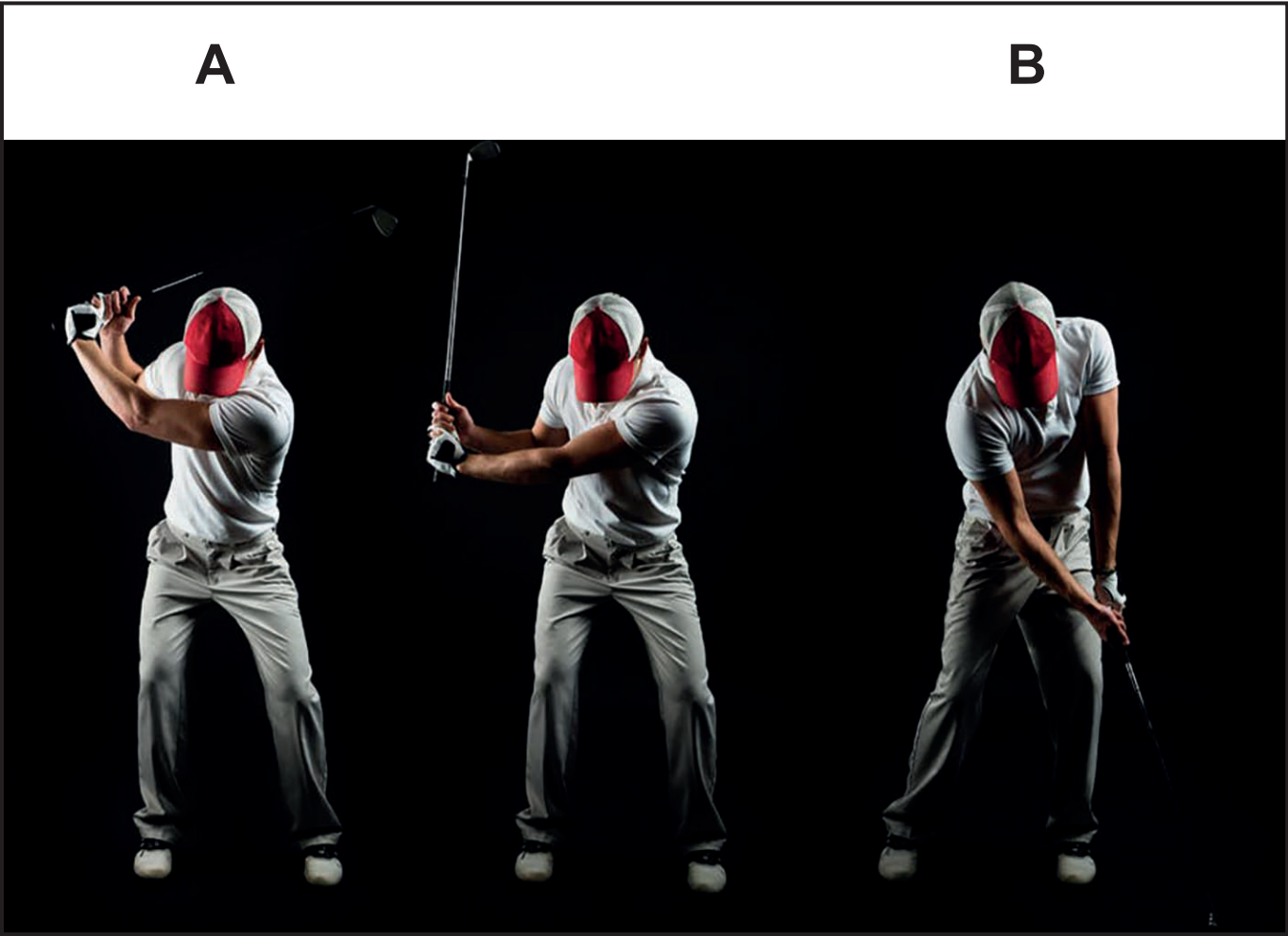
Glycaemic	
Hypotonic	
Isometric	
Isotonic	

(ii) Explain why dehydration affects performance.

[3 marks]

(Turn over)

FIGURE 2 – GOLF SWING



2 (a) Analyse FIGURE 2 opposite and complete the table below. [4 marks]

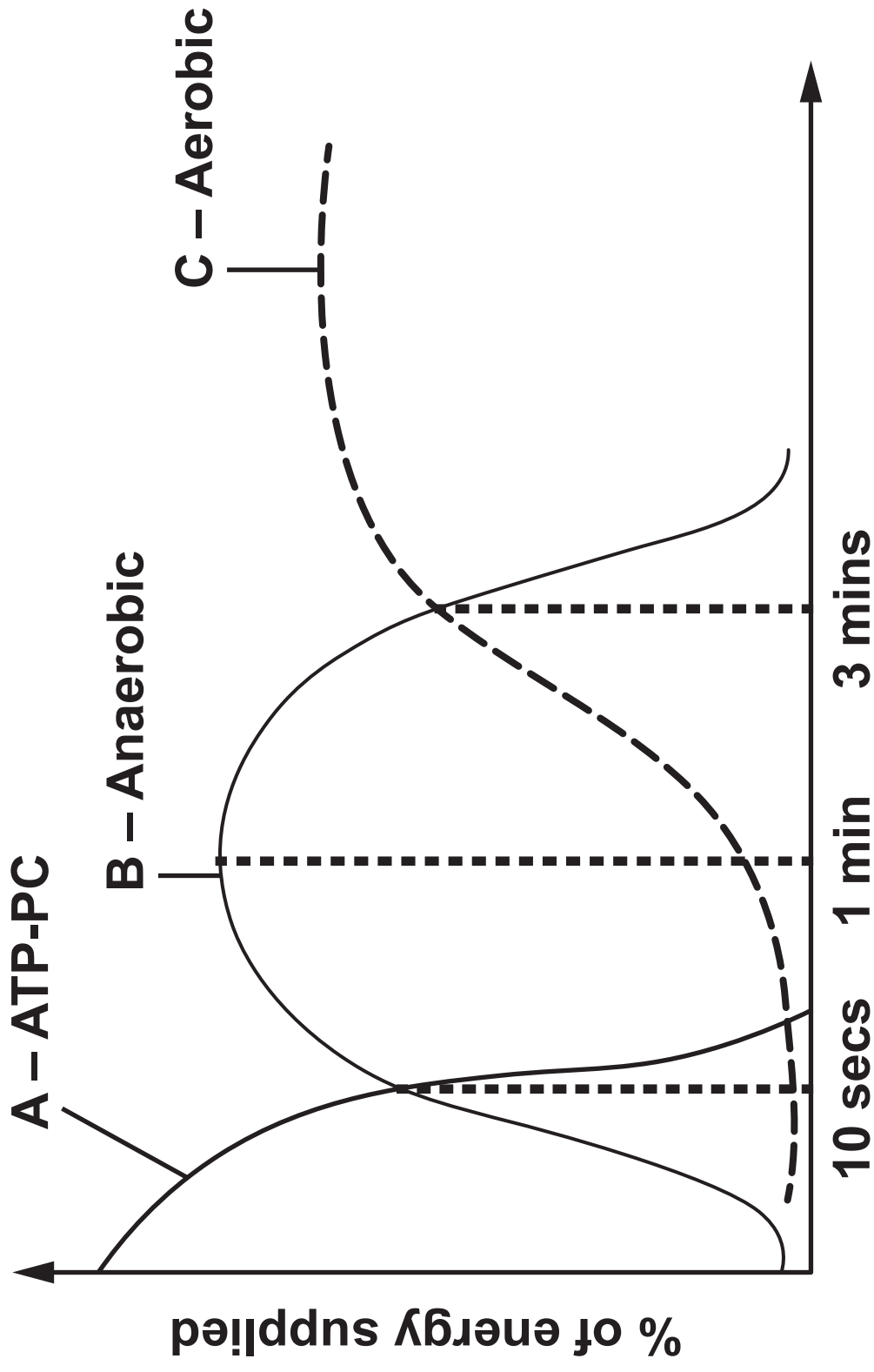
Joint name	Hip
Joint type	
Type of movement from A to B	
Axis of movement	
Predominant muscle fibre used	

- (b) Analyse, using examples, how the theory of observational learning can be used for teaching skills. [10 marks]**

[illegible]

2 (c) Describe, using an example, psychomotor abilities. [2 marks]

FIGURE 3 – ENERGY CONTINUUM



3 (a) (i)

Identify the term from the definition below.

[1 mark]

‘The excess oxygen consumption, above that at a resting level, during recovery, to restore the body to its pre-exercise state’.

Tick (✓) ONE box only.

OBLA	
EPOC	
DOMS	
EDV	

(ii) Explain, using FIGURE 3 opposite, the inter-changing of the three energy systems during exercise. [6 marks]

(Turn over)

3 (b) Explain how an effective warm-up could affect a skeletal muscle. [3 marks]

4 (a) Assess the role video analysis plays in improving sporting performance. [5 marks]

[illegible]

(Turn over)

4 (b) (i)

Outline THREE ways the government makes use of sport within society. [3 marks]

4 (b) (ii)

Explain, using an example, the reason why location may be a social barrier to participation in sport and physical activity. [2 marks]

5 (a) (i)

Identify which of the following recovery stages is the fastest restoration of creatine phosphate (PC).
[1 mark]

Tick (✓) ONE box only.

Lactacid	
DOMS	
Alactacid	
Cool-down	

(ii) Identify TWO factors that cause fatigue.

[2 marks]

(Turn over)

5 (b) Evaluate why a coach uses previous accomplishments and vicarious experiences to increase levels of self-efficacy in a sportsperson.

[5 marks]

(Turn over)

6 (a) (i)

Explain, giving examples, the difference between state and trait anxiety. [4 marks]

6 (a) (ii)

Describe TWO different methods of controlling anxiety. [4 marks]

(Turn over)

6 (b) Analyse the role of English public schools and universities in the development of sport during the 19th century. [10 marks]

[illegible]

(Turn over)

(Turn over)

Question number	Additional page, if required. Write the question number(s) in the left-hand margin.

(Turn over)

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