

New
Specification



Rewarding Learning

ADVANCED

General Certificate of Education

2018

Centre Number

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Candidate Number

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Sports Science and the Active Leisure Industry

Unit A2 2

assessing

The Application of Science
to Sports Performance

[AAL21]

MONDAY 11 JUNE, MORNING



AAL21

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.
Answer **all five** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **3(c)**, **4(b)(ii)**, **5(b)** and **5(c)**.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	

Total Marks	
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(b) Research has clearly shown the positive impact of exercise on the respiratory system and the benefits for long-term health and well-being.

Identify **two** long-term effects of aerobic exercise on the respiratory system for an individual.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

2 One of the teaching styles used in coaching is the Reciprocal Style.

(a) Identify and describe **three** other teaching styles a coach could use when working with a group of athletes.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

3. _____

_____ [3]

(b) Explain **two** positive and **two** negative effects of using the Reciprocal teaching style when working with young athletes.

Positive effects:

_____ [2]

Negative effects:

_____ [2]

Examiner Only	
Marks	Remark

(ii) Spatial summation:

[2]

Examiner Only	
Marks	Remark

[8]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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