



Rewarding Learning
ADVANCED
 General Certificate of Education
 2019

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]

WEDNESDAY 5 JUNE, AFTERNOON



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 **2(c)**, **3(c)**, **4(b)** and **5(b)**.

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

Total Marks	
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(c) Identify **two** types of muscle contraction involved in the upward and downward phase of the biceps curl.

(i) _____

_____ [2]

(ii) _____

_____ [2]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

Skills can be classified along different continuums.

4 (a) Identify and describe **three** classifications of skill using a named sporting activity.

(i) _____

_____ [4]

(ii) _____

_____ [4]

Examiner Only	
Marks	Remark

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