



Rewarding Learning

ADVANCED

General Certificate of Education

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]

Assessment



AAL21

TIME

2 hours.

Assessment Level of Control:

Tick the relevant box (✓)

Controlled Conditions	
Other	

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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(Questions continue overleaf)

2 (a) Identify **two** causes of the 'learning plateau effect' and explain methods a coach could use to overcome these causes.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

3 (a) Ergogenic aids, such as altitude training, are widely used to improve performance.

Select **two** other **legal** ergogenic aids and explain how they would improve performance.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

3. _____

_____ [4]

Examiner Only	
Marks	Remark

5 (a) A ball and socket joint allows a wide range of sporting movements to be performed.

Identify **two** other types of synovial joint. Describe the types of movement they allow and how they can be used in specific sporting actions.

1. _____

_____ [4]

2. _____

_____ [4]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

THIS IS THE END OF THE QUESTION PAPER

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