



Rewarding Learning

ADVANCED

General Certificate of Education

2023

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 24 MAY, 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 **3(c)**, **4(b)(ii)**, **5(b)** and **5(c)**.

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

|                    |  |
|--------------------|--|
| <b>Total Marks</b> |  |
|--------------------|--|





2 (a) Identify and describe **two** motivational strategies a coach could use to prevent young people dropping out of sport.

(i) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

| Examiner Only |        |
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| Marks         | Remark |
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(iii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_ [4]

(b) (i) Name **two** types of muscular contraction.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

| Examiner Only |        |
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[10]

| Examiner Only |        |
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| Marks         | Remark |
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**THIS IS THE END OF THE QUESTION PAPER**

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