

# **Practice Questions**

# AQA A-Level PE - Exercise Physiology

(Revision session on Monday 16th May 2022, 5.45-7.15pm)

## Please read before distributing to students.

#### Purpose of this document

The questions contained within this document are those being answered live by James Simms during the May 2022 revision series on YouTube. The questions do not form a mock exam or practice paper as a whole. Rather, they are a series of questions that cover a range of content and skills required by the Advance Exam Information (AEI) published by the exam board in February 2022. There has been no attempt to organise the questions so that a mock or practice paper is formed. Instead, the questions are presented in the order of the AEI.

#### This paper contains:

- Questions in AEI order
- Where possible, examples of extended writing
- No one-mark or multiple-choice questions

### How should schools use these papers?

This paper has been constructed specifically for use in preparation for and during the live revision shows provided by James Simms in May 2022. I encourage students to attempt the questions in advance of the revision shows. Students will receive the mark schemes and model answers as part of the revision experience.

Mark schemes and model answers will be published as part of the live revision show.

We have provided students with plenty of writing space in each question, so that they can draft their answers, attempt questions multiple times or write additional information.

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering the AEI topics. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms

(2 marks)

Compare the effectiveness of objective **and** subjective data.

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The Cooper run test is scored by a distance achieved in 12 minutes of running. Describe this data.

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Explain how protective equipment and clothing can **minimise** the risk of injury. Use sporting examples to support your answer.

Rugby players use cryotherapy to support their post match recovery and rehabilitation. Evaluate the use of <b>cryotherapy</b> when rehabilitating from an injury.

(4 ma	arks)
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day. Evaluate the use of <b>ice baths</b> to speed up recovery.
(4 marks)

In a race to be fit for the 2017 Wimbledon Championships, Andy Murray had two ice baths a

(3 m

Evaluate the use of compression garments for long distance runners.

3.	Since Christian Eriksen collapsed from a heart attack at Euro 2021, the number of young sports performers being screened has increased. Evaluate the use of screening for young athletes.
	(3 marks)