



National Mock Exams 2025

POWERED BY **ExamSimulator**

CIE AS Level Sport & Physical Education

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note the following:

- We believe this paper has a very strong association with the actual external exam in 2025 in relation to command terms, skills, AO distribution, extended-writing requirements and topics.
- However, this is categorically NOT a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited, as this will undermine the potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the revision session in May.

This paper contains:

- Questions in the format of the CIE AS Level Sport & Physical Education paper 2025
- Short-answer questions

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the revision sessions offered by James Simms on Friday 9th of May 2025 at 11:00 BST (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

This paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

James Simms



Subject	Physical Education
Course	CIE AS CIE AS Sport and Physical Education (8386)
Time allowed	1 hour 45 minutes

First name	
Last name	
Class	
Teacher	

Title	CIE AS Sport and Physical Education NME 2025
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 70 marks.• You have 1 hour and 45 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck!
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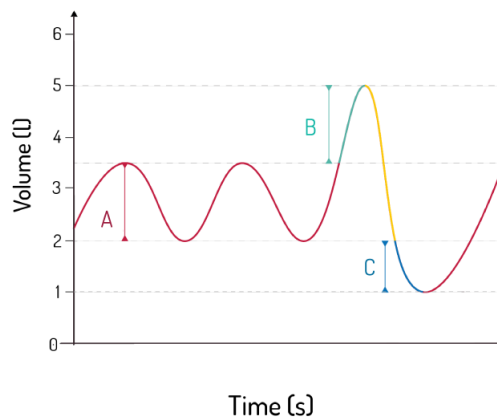
Total marks	70
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3. Explain how gaseous exchange at the alveoli changes during a long rally in badminton.

Marks: **[4]**

4. The image shows a spirometer trace. Identify the names of the missing volumes labelled A, B and C.

Lung volumes



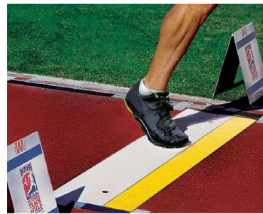
A:

B:

C:

Marks: **[3]**

5. The image shows a long jumper taking off from the board.
Complete the table to describe the action at the ankle.
Ensure your responses are correctly linked to the relevant letter in your answer.



Joint	Type of joint	Joint movement	Agonist
Ankle	A	B	C

A: _____
B: _____
C: _____

Marks: [3]

6. Compare the joint stability of a ball-and-socket joint and a hinge joint.

Marks: [4]

7. Describe the structure **and** function of the muscle fibres predominant in a marathon race.

Marks: [4]

8. Explain how **gravitational force** affects the following performances:

A track cyclist

A golf ball being lifted

Marks: [2]

9. Using a sporting example, describe the conservation of angular momentum.

Marks: **[4]**

10.Describe the nature of motor programmes.

Marks: [3]

11.Identify **two** types of feedback and explain why **both** are important for a beginner in gymnastics.

Feedback 1: -----

Explanation: -----

Feedback 2: -----

Explanation: -----

Marks: [4]

12.Analyse the role of choice and simple reactions for a sprint relay team.

Marks: **[3]**

13.Negative reinforcement and punishment both play a role in operant conditioning.
Using an example for each, explain why a coach may decide to use both negative reinforcement and punishment.

Negative reinforcement:

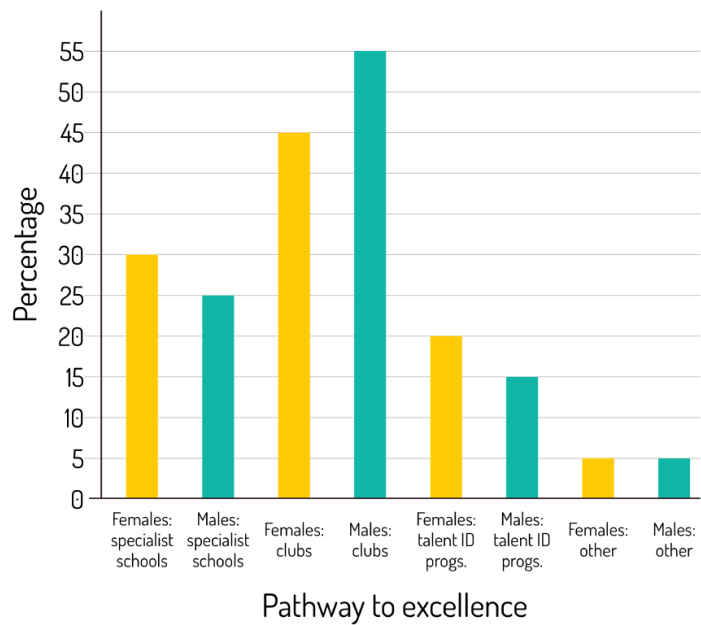
Punishment:

Marks: **[6]**

14.Evaluate the effectiveness of both types of motivation for an elite performer.

Marks: **[6]**

15.The number of athletes competing in the Olympics was over 10,000, many of whom came through different pathways to excellence.
Use the bar chart to calculate the difference between the percentage of females who attended specialist sports schools and the percentage of females who were selected through a talent identification programme.



Difference = _____

Marks: [1]

16.Describe **three** similarities and **three** differences between the concepts of physical education and sport.

Similarity 1: _____

Similarity 2: _____

Similarity 3: _____

Difference 1: _____

Difference 2: _____

Difference 3: _____

Marks: [6]

17. Describe **three** different examples of how technology can be used in athletics.

Marks: [3]

18. Identify **two** factors leading to the commercialisation of sport.

1:

2:

Marks: [2]

19. Describe **two** forms of competition manipulation that a tennis player might use.

Marks: [2]

20. A rugby player throws an uppercut punch during a scrummage. Explain the consequences of violence for the performer **and** the sport.

Marks: **[4]**