



Cambridge International AS Level

CANDIDATE
NAME



CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--

SPORT & PHYSICAL EDUCATION

8386/11

Paper 1 Theory

October/November 2024

1 hour 45 minutes

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Answer **all** questions.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.
- You may use a calculator.
- You should show all your working and use appropriate units.

INFORMATION

- The total mark for this paper is 70.
- The number of marks for each question or part question is shown in brackets [].

This document has **16** pages. Any blank pages are indicated.



1 (a) Cricket is a sport with predetermined roles for players.

Outline **four** other characteristics of sport.

- 1
-
- 2
-
- 3
-
- 4
-
- [4]

(b) Competition manipulation is a form of cheating that has happened in cricket.

(i) State **two** forms of competition manipulation.

- 1
-
- 2
-
- [2]

(ii) Suggest strategies to reduce competition manipulation in sport.

-
-
-
-
-
-
-
-
-
-
- [5]





- (c) Use specific examples from cricket to explain how skills can be learned through the following components of Bandura's observational learning theory:

attention

.....

.....

retention

.....

.....

motor reproduction

.....

.....

motivation.

.....

.....

[4]

- (d) Describe how Newton's third law of motion applies to a batter hitting a ball in cricket.

.....

.....

.....

.....

.....

.....

.....

.....

..... [3]





2 Compare the shoulder joint with the elbow joint.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN





BLANK PAGE

DO NOT WRITE IN THIS MARGIN





- 3 (a) During an association football match, the cardiac output of a player increases. Blood flow is distributed by the vascular shunt mechanism.

The table shows blood flow at rest and during exercise.

	at rest		during exercise	
	blood flow / millilitres per minute	percentage blood flow	blood flow / millilitres per minute	percentage blood flow
brain	750	15	750	
coronary blood vessels	250	5		8
kidneys		20	300	2
liver and gut	1 250	25	300	2
skeletal muscle	1 000	20	11 100	74
skin	500	10	1 050	7
other organs	250		300	2
whole body	5 000	100	15 000	100

Calculate the following:

- (i) the blood flow to the kidneys at rest

..... millilitres per minute [1]

- (ii) the percentage of blood flow to other organs at rest

.....% [1]

- (iii) the blood flow to the coronary blood vessels during exercise

..... millilitres per minute [1]

- (iv) the percentage of blood flow to the brain during exercise.

.....% [1]





(b) Explain the role of the precapillary sphincters in the distribution of blood during exercise.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [3]

(c) State a typical value for a trained footballer during sub-maximal exercise for:

breathing rate breaths per minute

tidal volume litres

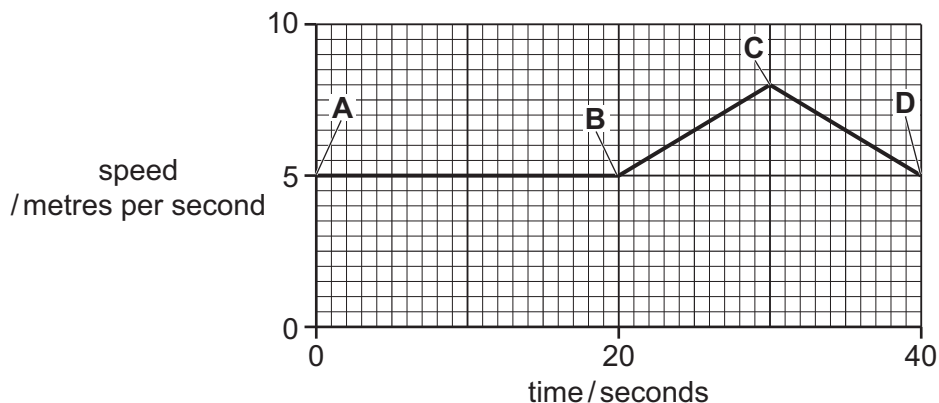
minute ventilation. litres per minute

[3]





(d) The simplified speed–time graph shows a footballer in motion during part of a match.



(i) Describe the different states of linear motion of the footballer:

from **A** to **B**

from **B** to **C**

from **C** to **D**.

[3]

(ii) Calculate the distance travelled by the footballer from **A** to **B**.

distance = metres [1]

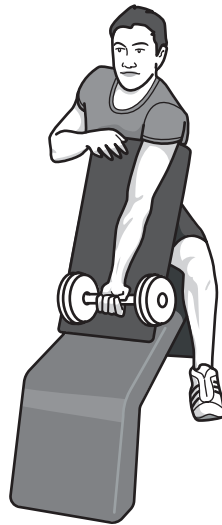




..... [7]



4 The diagrams show the performance of a weight-training exercise.



A



B

(a) State the type of movement at the elbow joint during the movement from:

A to B

B to A.

[2]

(b) Identify the main agonist muscle for the movement from B to A.

..... [1]

(c) State the name of the antagonist muscle and a fixator muscle during the movement from A to B. Explain the role of antagonists and fixators.

antagonist

fixator

role of antagonists

.....

.....

role of fixators

.....

.....

[4]





[6]

..... [7]

[7]



6 Outline the following characteristics of abilities:

innate

.....

enduring.

.....

[2]

7 Describe **four** factors that have increased the commercialisation of sport.

1

.....

.....

2

.....

.....

3

.....

.....

4

.....

.....

[4]







BLANK PAGE

DO NOT WRITE IN THIS MARGIN





BLANK PAGE

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

Cambridge Assessment International Education is part of Cambridge Assessment. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which is a department of the University of Cambridge.

