



Practice Questions

AQA A-Level PE – Anatomy & Physiology

(Revision session on Thursday 5th 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

1. The shot put is one of the most explosive events in athletics.
Describe the predominant energy system which resynthesises ATP during this event.

(3 marks)



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The image shows a 3,000m track race.

- 4. Analyse the role of the aerobic energy system throughout the race and the benefits of glycogen loading and bicarbonate supplementation for a 3,000m runner.

(15 marks)



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5. The Denver Nuggets often have a large home-court advantage due to the opponents not having acclimatised to the altitude. Describe the **short-term effects** of performing at high altitude.

(2 marks)



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6. Discuss the use of plyometrics for a high jump athlete.

(4 marks)



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