



## Practice Questions

# OCR A-Level PE – Anatomy & Physiology

(Revision session on Thursday 5th May 2022, 4.00–5.30pm)

**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.

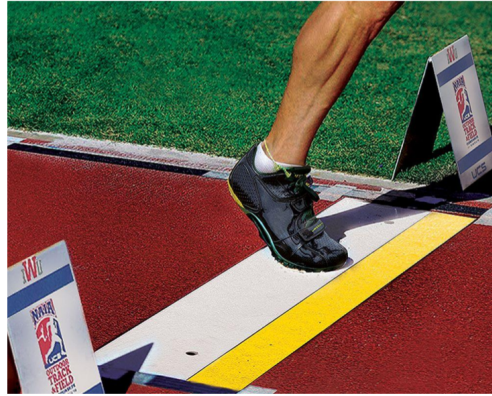
I hope this helps both students and teachers in their exam preparations.

*James Simms*

1.

Complete the table to analyse the long jump take-off action at the ankle.  
Ensure your responses are correctly linked to the relevant letter in your answer.

(4 marks)



Joint	Type of joint	Joint movement	Agonist	Plane of movement
Ankle	A	B	C	D

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2. Complete the table to analyse the lunge action at the hip.  
Ensure your responses are correctly linked to the relevant letter in your answer.

(4 marks)



Joint	Phase	Joint movement	Agonist	Type of contraction during the <u>downward motion</u>
Hip	Left (front)	A	B	C
	Right (back)	Extended	Gluteus maximus	D

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3. This video shows a volleyball player performing a spike.  
Using your knowledge of the musculoskeletal system and movement patterns, analyse the following:

The ankle joints during the take-off for the spike.  
The knee joints during the landing phase of the spike.  
Evaluate the use of plyometric training for a volleyball player.

**(20 marks)**



Scan with your phone

CLICK TO VIEW VIDEO

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7.

Analyse this spirometer trace showing the breathing patterns of a track athlete and do the following:

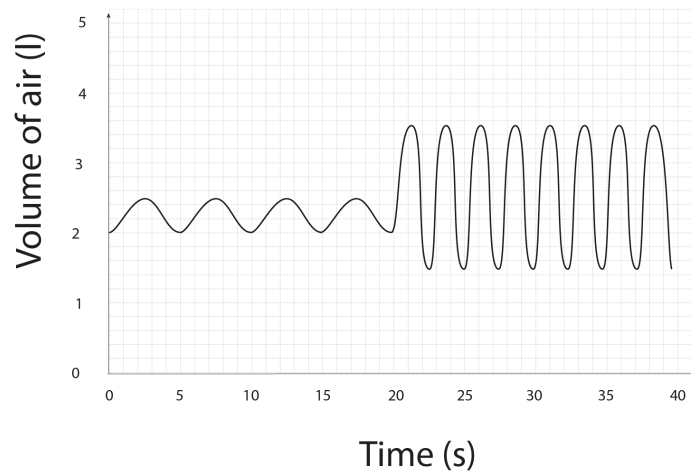
Estimate the resting tidal volume.

Estimate the exercising tidal volume.

Estimate the change in tidal volume between rest and exercise conditions.

**(3 marks)**

### Spirometer Trace



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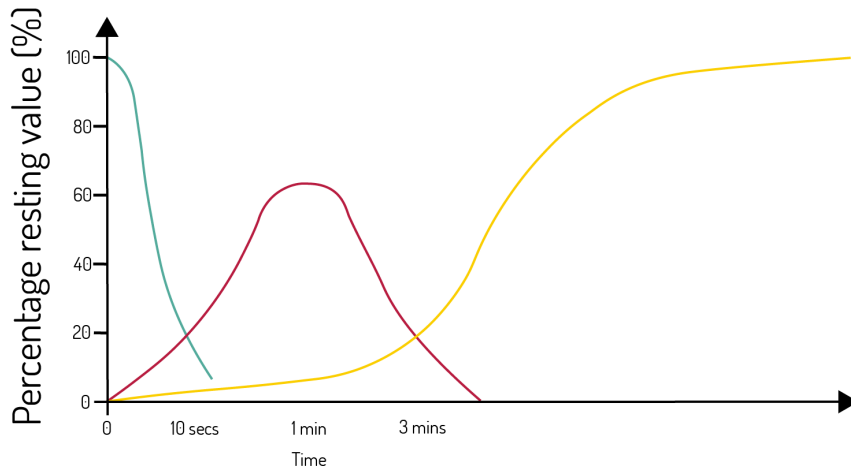
9.

The graph shows the relative contributions of the three energy systems during a sporting performance. Analyse the graph.

(6 marks)

Energy continuum

- ATP-PC system
- Glycolytic system
- Aerobic system



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