



## Practice Questions

# OCR A-Level PE – Exercise Physiology

(Revision session on Monday 9th 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. Identify the type of athlete that might be tempted to blood dope.

(1 marks)

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2. Explain how blood doping is carried out.

**(3 marks)**

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11.

Explain why non-steroid anti-inflammatory drugs (NSAIDs) are often used following an acute injury.

(3 marks)

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