





ATAR course examination, 2022 Question/Answer booklet

PHYSICAL EDUCATION STUDIES

	Place one of	your can	didate i	dentific	ation lab	els in this	box.
	Ensure the I						
In figures							
In words							

Number of additional answer booklets used (if applicable):

Time allowed for this paper

WA student number:

Reading time before commencing work:

Working time:

ten minutes two and a half hours

Materials required/recommended for this paper

To be provided by the supervisor

This Question/Answer booklet Multiple-choice answer sheet

To be provided by the candidate

Standard items: pens (blue/black preferred), pencils (including coloured), sharpener,

correction fluid/tape, eraser, ruler, highlighters

Special Items: up to three calculators, which do not have the capacity to create or store

programmes or text, are permitted in this ATAR course examination

Important note to candidates

No other items may be taken into the examination room. It is your responsibility to ensure that you do not have any unauthorised material. If you have any unauthorised material with you, hand it to the supervisor **before** reading any further.

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Structure of the examination

The Physical Education Studies ATAR course examination consists of a written component and a practical (performance) component.

Structure of this paper

Section	Number of questions available	Number of questions to be answered	Suggested working time (minutes)	Marks available	Percentage of written examination
Section One Multiple-choice	20	20	30	20	20
Section Two Short answer	7	7	70	56	50
Section Three Extended answer	4	2	50	30	30
				Total	100

Instructions to candidates

- 1. The rules for the conduct of the Western Australian external examinations are detailed in the *Year 12 Information Handbook 2022: Part II Examinations*. Sitting this examination implies that you agree to abide by these rules.
- 2. Answer the questions according to the following instructions.

Section One: Answer all questions on the separate Multiple-choice answer sheet provided. For each question, shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. Do not use erasable or gel pens. If you make a mistake, place a cross through that square, then shade your new answer. Do not erase or use correction fluid/tape. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Section Two: Write your answers in this Question/Answer booklet preferably using a blue/black pen. Do not use erasable or gel pens. Wherever possible, confine your answers to the line spaces provided.

Section Three: Consists of four questions. You must answer two questions. Write your answers in this Question/Answer booklet preferably using a blue/black pen. Do not use erasable or gel pens.

- 3. You must be careful to confine your answers to the specific questions asked and to follow any instructions that are specific to a particular question.
- 4. Supplementary pages for planning/continuing your answers to questions are provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Section One: Multiple-choice 20% (20 Marks)

This section has **20** questions. Answer **all** questions on the separate Multiple-choice answer sheet provided. For each question, shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. Do not use erasable or gel pens. If you make a mistake, place a cross through that square, then shade your new answer. Do not erase or use correction fluid/tape. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Suggested working time: 30 minutes.

- 1. A drop shot played in tennis would be **best** executed by placing which type of spin on the ball?
 - (a) side spin
 - (b) no spin
 - (c) back spin
 - (d) top spin
- 2. If the fulcrum of a first-class lever is closer to the resistance, it
 - (a) makes it harder to lift the load.
 - (b) requires the same amount of force the load is applying.
 - (c) is easier to lift the load.
 - (d) means no force is required to lift the load.
- 3. The main function of a sensory neuron is to
 - (a) detect a stimulus and send electrical signals via the spinal cord.
 - (b) transmit electrical signals to the motor neuron.
 - (c) receive information from the dendrites and send them to the motor neuron.
 - (d) detect a stimulus and send the information to the brain for processing.
- 4. With regard to transfer of learning, which of the following **best** describes a coach's aim to continue training in the rain?
 - (a) skill to skill
 - (b) training to competition
 - (c) practice to theory
 - (d) wet-weather training
- 5. Foods with a low glycaemic index rating will release
 - (a) glucose into the bloodstream slowly.
 - (b) glycogen into the bloodstream slowly.
 - (c) glucose into the bloodstream quickly.
 - (d) glycogen into the bloodstream quickly.

- 6. When monitoring their progress over time, and planning for future improvement, an athlete would refer to
 - (a) a questionnaire.
 - (b) their reflective journal.
 - (c) sensory feedback.
 - (d) a video of an elite player.
- 7. Which of the following is **not** considered an environmental factor in Carron's model of group cohesion?
 - (a) player contracts
 - (b) age of players
 - (c) size of playing group
 - (d) personal desire of players
- 8. A person serving during a game of volleyball contacts the ball at position X.

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As a result of this serve the ball will

- (a) dip quickly over the net.
- (b) float in a straight line over the net.
- (c) rise going over the net.
- (d) wobble going over the net.
- 9. Which structure is the sheath of connective tissue that surrounds the muscle belly?
 - (a) myomysium
 - (b) endomysium
 - (c) epimysium
 - (d) perimysium

- 10. Which part of the skeletal muscle is the largest?
 - (a) actin
 - (b) fascicle
 - (c) muscle fibre
 - (d) myosin
- 11. With reference to the diagram below of a spinning ball, which of the following is correct?

Area (i)

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Area (ii)

	Area (i)	Area (ii)
(a)	high pressure, high velocity air	low pressure, low velocity air
(b)	low pressure, high velocity air	high pressure, low velocity air
(c)	high pressure, low velocity air	low pressure, high velocity air
(d)	low pressure, low velocity air	high pressure, high velocity air

- 12. A biopsy from a quadriceps muscle of a track athlete found the following characteristics:
 - moderate mitochondrial density
 - intermediate capillary density
 - high glycolytic capacity.

Which of the following options is correct?

	Fibre type	Athlete's event
(a)	lla	400 m
(b)	lla	100 m
(c)	IIb	400 m
(d)	IIb	100 m

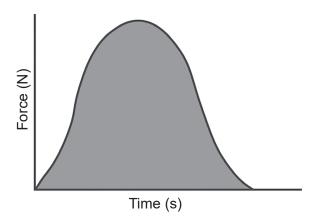
- 13. Keegan Palmer won the Men's Park Skateboarding gold medal at the Tokyo Olympic Games. His success hinged on his ability to manage tricks repeatedly that involved spinning in the air. Which of the following remained constant throughout his spinning manoeuvres?
 - (a) radial speed
 - (b) angular velocity
 - (c) moment of inertia
 - (d) angular momentum
- 14. An increased chance of an athlete suffering from osteoporosis is a side effect of which performance enhancer?
 - (a) stimulant
 - (b) protein powders
 - (c) anabolic steroids
 - (d) altitude training
- 15. The graph below shows the typical projectile motion curves of a ball hit by four different golf clubs.

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Which statement is correct?

- (a) Club 1 has a greater height of release than Club 3.
- (b) Club 4 has a greater angle of release than Club 2.
- (c) Club 2 has a greater angle of release than Club 3.
- (d) Club 3 has a greater height of release than Club 1.

- 16. The Avon Descent is a two-day, 124 kilometre, adventure river race from Northam to Bayswater, in which competitors race in a power boat, kayak or ski. Which is the predominant heat loss mechanism for competitors capsizing during the race and being submerged in the water?
 - (a) convection
 - (b) conduction
 - (c) evaporation
 - (d) radiation
- 17. Which statement is correct in reference to different altitude training regimes?
 - (a) Live low train high is the most beneficial regime, as it develops physiological adaptations to enhance the body's capacity to transport and use oxygen.
 - (b) Live high train low allows for physiological adaptations to occur plus the benefit of training with intensity.
 - (c) Live high train high is highly recommended for athletes involved in endurance events.
 - (d) Live low train low is the most beneficial regime as it allows for physiological adaptations to occur more quickly due to the ability to train with high intensity.
- 18. The shaded area in the graph below represents



- (a) velocity.
- (b) momentum.
- (c) inertia.
- (d) impulse.

- 19. The reason an athlete would sit in an ice bath is because it
 - (a) elevates the heart rate and increases muscle glycogen.
 - (b) causes vasodilation in the muscles to reduce inflammation.
 - (c) causes vasoconstriction in the muscles to reduce inflammation.
 - (d) reduces respiration rate allowing more oxygen to repair muscles.

Refer to the following training program for Question 20.

Me	socycle			1			2	2			3	3				1			5	5	
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١	Neek	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

20. The training program was devised for an athlete aiming to run in the 12 km City to Surf race.

Which statement about the program is correct?

- (a) A taper is in weeks 17–20, with the race at the end of week 20.
- (b) There is no taper in the program.
- (c) The principle of recovery is not planned for.
- (d) A taper is in weeks 14–16, with the race at the end of week 16.

End of Section One

Section Two: Short answer

50% (56 Marks)

This section has **seven** questions. Answer **all** questions. Write your answers in the spaces provided.

Use a blue or black pen (not pencil) for this section.

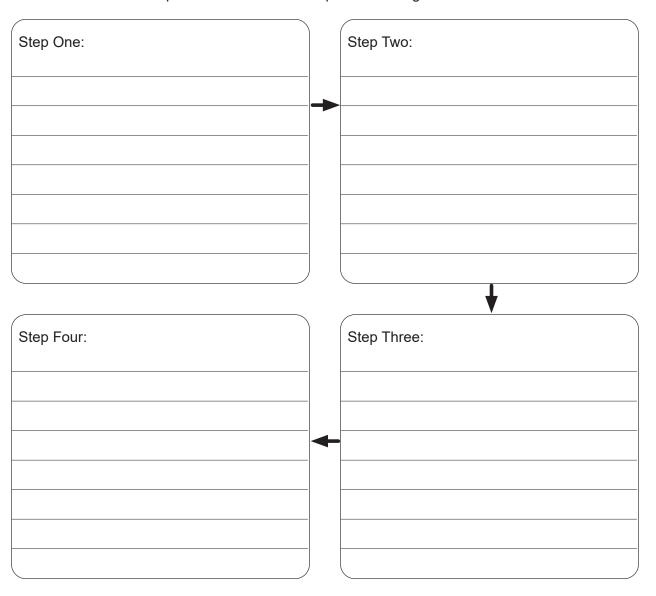
Supplementary pages for planning/continuing your answers to questions are provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Suggested working time: 70 minutes.

Question 21 (8 marks)

A physical education teacher is teaching a class of Year 1 students how to throw a ball.

Complete the diagram below by describing each stage of the qualitative analysis process the teacher would use to improve a student's technique in throwing a ball.



uestion 22		(9 mar
	For copyright reasons this image cannot be reproduced in the online version of this document, but may be viewed at the following link https://www.abc.net.au/news/2018-12-16/kookaburras-lose-hockey-world-cup-semi-final-in-shootout/10624552, see first photograph.	

straight World Cup title after losing a semi-final to the Netherlands 4-3 in a penalty shootout.

During an interview, the Kookaburras' coach Colin Batch said he was confident with the five players he picked in the shootout and the decision to change the goalkeeper to defend the penalties. He conceded to the journalist he might change the line-up if presented with the same situation again.

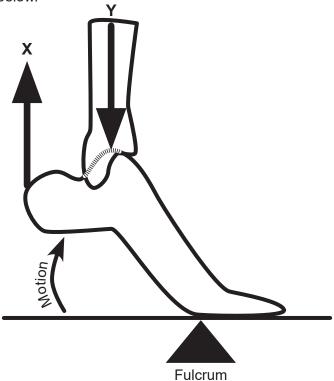
(a)	(i)	Identify the predominant leadership style Batch used in this situation. (1 mark)
	(ii)	Outline three advantages and one disadvantage that the above leadership style can have on a team or athletes. (4 marks)
		Advantages
		One:
		Two:
		Three:
		Disadvantage

After the loss, the Australian team were quite deflated. Divisions began to show in their connection as a team and some players' efforts and standards began to decline.

(b)	(i)	Define the term 'social loating' and provide an example.	(2 marks)
	(ii)	Outline two strategies Batch could use to restore the Kookaburras' ground cohesion.	up (2 marks)
		One:	
		Two:	

Question 23 (9 marks)

Australian Brooke Stratton came seventh in the Long Jump event at the 2020 Tokyo Olympic Games. In the take-off phase of the long jump, she used a second-class lever at the ankle, as shown in the diagram below.



(a)	Identify the parts of the lever labelled:	(2 marks)
	X:	
	Y:	
(b)	Describe why a second-class lever system has a high mechanical advantage.	(2 marks)

(c)

Brooke's coach often uses a tablet device to record her jumps during training as competition. Outline five benefits of using video analysis.	nd (5 marks)
One:	
Two:	
Three:	
Four:	
Five:	

Question 24

(5 marks)

For copyright reasons this image cannot be reproduced in the online version of this document, but may be viewed at the following link http://allsquash.co.uk/wp-content/uploads/2015/08/Squash-Ball-Bounce-Graph.jpg e squash balls are designed around the biomechanical concept of coefficient of restitution. Define 'coefficient of restitution'. (2 mar line) I D has been designed for use by beginners, and involves the concept of shaping. Define what shaping is and outline how it differs from chaining. (3 mar line)		
Define 'coefficient of restitution'. (2 mar	may be viewed at the following link http://allsquash.co.uk/wp-content/uploads/2015/08/Squash-Ball-	
		itution. (2 mark
Define what shaping is and outline how it differs from chaining. (3 mar		
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		may be viewed at the following link http://allsquash.co.uk/wp-content/uploads/2015/08/Squash-Ball Bounce-Graph.jpg uash balls are designed around the biomechanical concept of coefficient of resti

Question 25 (9 marks)

An elite triathlete has purchased the following foods to use as part of their competition nutrition strategy:







Gel shot

Chocolate milk

Salad sandwich

Complete the table by matching each food to the most appropriate time that it should be ingested. Justify your selection.

Timing	Food selection	Justification
1 to 2 hours before competition		
During competition		
Shortly after competition		

Question 26 (7 marks)

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Gear set A Gear set B

Identify which gear set requires the least effort to ride with.	(1 mar
Identify and explain the biomechanical principle that justifies your choice of ge	ear set. (3 mark
Cyclists need to have good balance. Define this biomechanical principle and key factor someone learning to ride needs to consider to avoid falling over.	outline the (3 marl
	(3 marl

Question 27 (9 marks)

Cricket fast bowlers can deliver the ball at speeds above 140 km/hr. They typically begin their delivery by running up to 20 m at full speed before releasing the ball through a well-coordinated bowling action that uses the biomechanical principle of segmental interaction.

(a)	Outline five key factors of segmental interaction that influence a bowler's ability to bowl a fast delivery. (5 marks)
	One:
	Two:
	Three:
	Four:
	Five:
	tet spin bowlers act to deceive batters by varying the flight path and bounce of the ball by ng spin on it.
(b)	Describe the relative flight path and bounce of a delivery with top spin and one with back spin. (4 marks)
	Top spin:
	Back spin:

End of Section Two

Section Three: Extended answer 30% (30 Marks)

This section contains **four** questions. You must answer **two** questions. Write your answers in the spaces provided.

Supplementary pages for planning/continuing your answers to questions are provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Suggested working time: 50 minutes.

Question 28 (15 marks)

Retired Australian Diamonds Netball head coach, Lisa Alexander, had an impressive 81% winning record. As part of her role as head coach she was responsible for using periodisation to plan the training program for the squad leading up to the World Championships.

1)	Describe the characteristics of each part of the Diamonds' training program and identify an objective Lisa may have had. (9 marks
	Pre-season:
	In-season:

19

Another of Lisa's responsibilities was ensuring her squad did not suffer from overl Describe what is meant by 'overtraining' and outline four symptoms the Diamond players may experience if they are overtraining. (t	ot suffer from overtr toms the Diamonds (6	as ensuring her squaining' and outline fo r overtraining.	Lisa's responsibilities nat is meant by 'overting' experience if they ar	Another of Lisa Describe what Dayers may ex
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		Overtraining.	experience if they are	

Ques	stion 29	(15 marks)
	http://www.j48tennis.net/media/ f8b55fe7-27f2-4a31-871a-38f980aff8c2- 2021-wimbledon-championships-day- 2?hit_num=578&hits=2205&page=12&per_ page=50&prev=4627a8c0-e7f8-42db-a62f- 722bf78fb6d5&search=barty	In 2021 Ash Barty became only the third Australian woman to win Wimbledon.
(a)		ash may have used prior to serving the ball to on, and outline how she would have applied each of (6 marks)

2 to 4 hours before the match:	
2 to 4 flours before the fliaton.	
During the match:	
-	
After the match:	

Question 30 (15 marks)





Australian, Bree Walker qualified to compete in the Monobob competition at the 2022 Winter Olympics. Success in this event requires the athlete to push their 170 kg sleigh as quickly as possible over the 50 m run up to get the best start.

Identify the predominant muscle fibre type Bree would have, and describe three			
characteristics of this fibre type to support your answer.	(7 marks)		

The Monobob is the first Olympic Bobsleigh competition in which all competitors use the same type of standard sleigh to minimise the influence of drag reduction technology on determining the results.

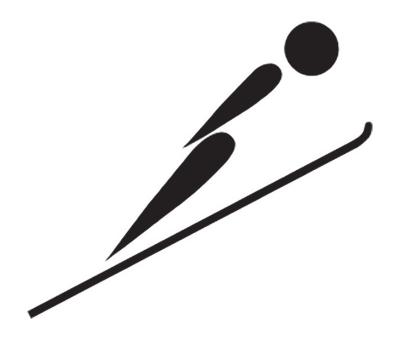
dentify and define two types of drag. Describe how each influe sleigh.	(8 marks

Question 31 (15 marks)

At the Ski Jumping World Cup in Norway in 2017, the world record for the longest jump was set by an Austrian, Stefan Kraft, who landed an incredible 253.5 m jump.

(a)	(i)	The biomechanical principle that enhanced Stefan's flight to achie record jump was Bernoulli's principle. Explain Bernoulli's principle	and describe
		how Stefan used it to enhance his jump.	(5 marks)

(ii) On the diagram below, draw the lines of airflow and label it to demonstrate your understanding of how Bernoulli's principle assists a ski jumper. (4 marks)



(b)

25	PHYSICAL	EDUCATION	STUDIES
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allowed Stefan to generate maximum force in his muscles to take off from the	ramp. (6 marks)

Supplementary page	
Question number:	
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Supplementary page
Question number:

27

Supplementary page Question number: _____

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29

ACKNOWLEDGEMENTS

Question 8 [Graph

[Graphic of volleyball]. (n.d.). Retrieved June, 2022, from https://www.transparentpng.com/details/volleyball-free-download-transparent 14389.html

Question 11

Adapted from: Rdurkacz. (2012). Sketch of magnus effect with streamlines and turbulent wake. Retrieved March, 2022, from https://commons.wikimedia.org/wiki/File:Sketch_of_Magnus_effect_with_streamlines_and_turbulent_wake.svg#/media/File:Sketch_of_Magnus_effect_with_streamlines_and_turbulent_wake.svg

Question 15

Adapted from: Murray, K. (2017). *Golf trajectory* [Graph]. Retrieved March, 2022, from https://commons.wikimedia.org/wiki/File:Golf_trajectory.jpg

Question 22

Rahi, A. (2018). 18349564088220 [Photograph of Australian hockey team at the India men's hockey world cup]. Retrieved March, 2022, from https://www.abc.net.au/news/2018-12-16/kookaburras-lose-hockey-world-cup-semi-final-in-shootout/10624552

Question 23

Adapted from: Russell, J. A., McEwan, I., Koutedakis, Y., & Wyon, M. A. (2008). Clinical anatomy and biomechanics of the ankle in dance (Fig. 2A) [Diagram]. *Journal of dance medicine & science: official publication of the International Association for Dance Medicine & Science, 12*(3). Retrieved June, 2022, from https://www.researchgate.net/figure/A-shows-a-second-class-lever-system-with-plantar-flexion-in-releve-B-shows-a-second_fig1_26682320

Question 24

[Graph that demonstrates different bounces to expect from each squash ball type]. (n.d.). Retrieved March, 2022, from http://allsquash.co.uk/wp-content/uploads/2015/08/Squash-Ball-Bounce-Graph.jpg

Question 25

Left image adapted from: monkik. (n.d.). *Gel free icon* (Aphiradee (monkik) flat) [Graphic]. Retrieved July, 2022, from https://www.flat icon.com/free-icon/gel 1576725

Middle image adapted from: pikisuperstar. (n.d.). Realistic world milk day elements collection free vector [Graphic]. Retrieved July, 2022, from https://www.freepik.com/free-vector/realistic-world-milk-day-elements-collection 13559648.htm

Right image adapted from: upklyak. (n.d.). Set of burgers with cheese meat bacon and vegetables isolated vector fast food with black buns sesame lettuce tomato eggs olives king size and classic American traditional cartoon junk meals free vector [Graphic]. Retrieved July, 2022, from https://www.freepik.com/free-vector/set-burgers-with-cheese-meat-bacon-vegetables-isolated-vector-fast-food-with-black-buns-sesame-lettuce-tomato-eggs-olives-king-size-classic-american-traditional-cartoon-junk-meals_24499410.htm

Question 26

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Left image adapted from: Olympic Winter Institute of Australia (OWIA). (2022). [Photograph of Bree Walker finishing fifth in the monobob]. Retrieved March, 2022, from https://img-s-msn-com.akamaized.net/tenant/amp/entityid/AASvs9c.img?h=450&w=799&m=6&q=60&o=f&l=f Right image from: Lacis, V. (2022). [Photograph of Bree Walker during the world series event in Winterberg, Germany]. Retrieved March, 2022, from https://live-production.wcms.abc-cdn.net.au/b1f531545ade 54dc8c377a19db96d83c?impolicy=wcms_crop_resize&cropH=1463&cropW=2195&xPos=1&yPos=0&width=862&height=575

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