Please write your NAME and your MEG grade below.

|  |  |
| --- | --- |
| **Name :** | **MEG :** |
| **Total** |  **/ 32**  | **%** |  | **Grade**  |  |
| **Staff Comments :** **+****-** |
| **Student Comments :**  |

**Please make sure that you :**

* Read the question repeatedly & INTERPRET IT correctly (verb (s) to tell you HOW to write; general topic are, the specific things within that area to be included); how many parts of the question are there; how many marks are available.
* Write clearly so work can be read! Write within the boxes (the summer papers are marked online and content outside boxes cannot be read!).
* IF you have time to, read through your work to check for content and quality.
* For 10 markers : plan the content, so you write with quality and the process is logical for the marker.
1. **Describe the cognitive theory of learning. Give a practical example of how the cognitive theory of learning might be applied to learning a movement skill and a practical example of how it might be applied to a healthy lifestyle. (6 marks)**

1. **Memory plays a significant role in the performance of movement skills. What strategies can be used to retain information in the long-term memory? (4 marks)**
2. **How do UK sport and home country organisations such as Sport England influence both excellence and mass participation in sport in the UK? (6 marks)**

1. **Explain possible reasons for the continued existence and popularity of ethnic sports. (4 marks)**
2. **How might physical activity affect the development, and assist in the prevention, of osteoarthritis? (4 marks)**
3. **For a performer at rest, describe the mechanics of breathing during both inspiration and expiration. (5 marks)**
4. **Atherosclerosis is one of the four main coronary heart diseases. (3 marks)**
5. **Describe atherosclerosis**

**ii) Name two other coronary heart diseases .**