

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01



S15-1312-01

PHYSICAL EDUCATION – PE2

P.M. FRIDAY, 5 June 2015

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	3	
b	3	
c	4	
2.a	3	
b	3	
c	4	
3.a	5	
b	5	
4.a	4	
b	6	
5.	10	
Total	50	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Answer **all** the questions in the spaces provided.

INFORMATION FOR CANDIDATES

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Mark allocations are shown in brackets.

Candidates will be assessed on their quality of written communication.



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Answer all the questions in the spaces provided.

1. A warm up prior to competition is a key element in maximising an individual's sporting performance.

(a) Briefly describe the different stages of a warm up that should be undertaken prior to competition. [3]

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(b) Explain the physiological benefits of a warm up prior to sporting performance. [3]

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(c) Explain how you have applied the principles of training to develop **one** component of fitness, within your sporting activity. [4]

Name of sporting activity

Component of fitness

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2. High levels of fitness and a healthy lifestyle are required for high quality, consistent sporting performance.

(a) Explain how aerobic training improves the performer's ability to transport oxygen to the working muscles. [3]

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(b) Describe how a high level of aerobic fitness improves recovery after intense exercise. [3]

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(c) Apart from exercise, explain how an individual's lifestyle choices could affect their sporting performance. [4]

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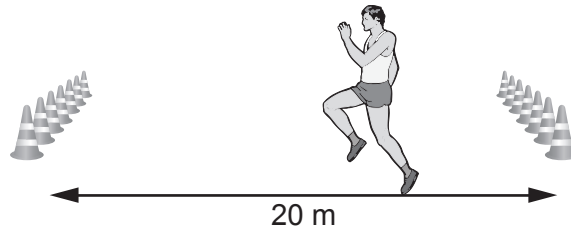
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3. The Multi Stage Fitness Test is a maximal progressive shuttle test where the speed of running increases 0.5 km/h per minute.



(a) Explain the variation in food fuel usage that occurs during a Multi Stage Fitness Test. [5]

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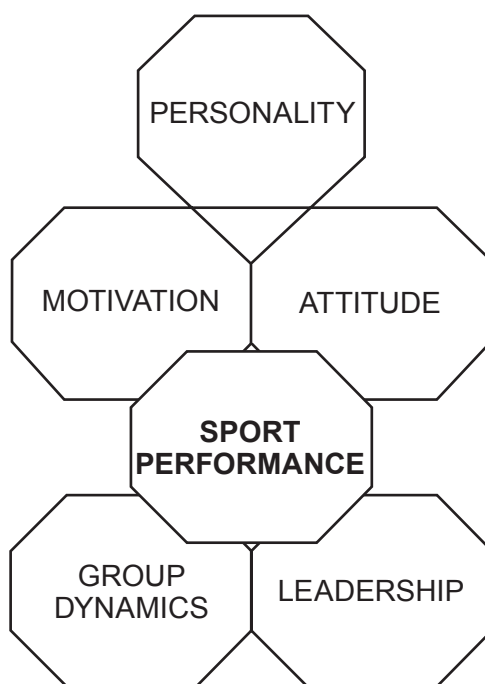
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5.

Psychological factors.



Explain how a teacher/coach could use the information in the diagram to help improve a team's sporting performance. [10]

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END OF PAPER



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ON THIS PAGE**



Question number	Additional page, if required. Write the question number(s) in the left-hand margin.

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