



GCE A level

1314/01



S15-1314-01

PHYSICAL EDUCATION – PE4

A.M. THURSDAY, 11 June 2015

2 hours

ADDITIONAL MATERIALS

In addition to this examination paper you will need a 12 page answer book.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Write your answers in the separate answer book provided.

Candidates are required to answer **all** questions in Section A and **one** question in Section B.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in answers that involve extended writing (Section B).

You are reminded that the essay questions in Section B are synoptic and so will test understanding of the connections between the different elements of the subject.

SECTION A

Answer all the questions in this section.

1. The ability to maintain emotional control despite distractions is seen as a vital ingredient for success in modern day sport.
 - (a) Using specific examples, explain the difference between trait and state anxiety. [3]
 - (b) Using Drive Theory, explain the relationship between arousal levels and performance where there is an audience present. [4]
 - (c) Using examples from sport, explain the positive and negative effects of stress on performance. [3]
2.
 - (a) Explain how different exercise adherence strategies might be used to help encourage young people to lead healthy, active lifestyles. [4]
 - (b) Explain how the main sources of self-efficacy might impact on an individual's participation in physical activity. [6]
3. Discuss the increasing role that technology plays in helping coaches **analyse** all aspects of sporting performance. Use specific examples to illustrate your points. [10]

SECTION B

Answer one question only in this section.

4. *“When you shake hands with the devil you have to pay the price. Television is God at the moment.”* (Alex Ferguson, 2011)

To what extent do you agree with the statement about the power the media has to influence and shape sport? [20]
5. Sport can be used as a mechanism to break down barriers and increase opportunities for disadvantaged groups.

Discuss this statement. [20]

END OF PAPER