

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01



S16-1312-01

PHYSICAL EDUCATION – PE2

A.M. TUESDAY, 24 May 2016

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a(i)	3	
a(ii)	3	
b	4	
2.a(i)	3	
a(ii)	3	
b	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. Power is an essential component of fitness in many sporting activities.

(a) (i) Describe how reliability is achieved when testing for power. [3]

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(ii) Describe how intensity of training could be increased to develop power in an appropriate method of training. [3]

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(b) Explain how **two** physiological adaptations of power training could benefit sporting performance. [4]

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2. Classifying skills is a key consideration when selecting appropriate methods of practice to develop a skill.

(a) (i) Classify the tennis serve on each continuum below. Justify your placements. [3]

Open Closed

Discrete Continuous

Self-paced Externally-paced

Justification of placements:

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(ii) Describe a type of practice that could refine a tennis serve for a performer in the autonomous stage of learning. Explain your reasoning. [3]

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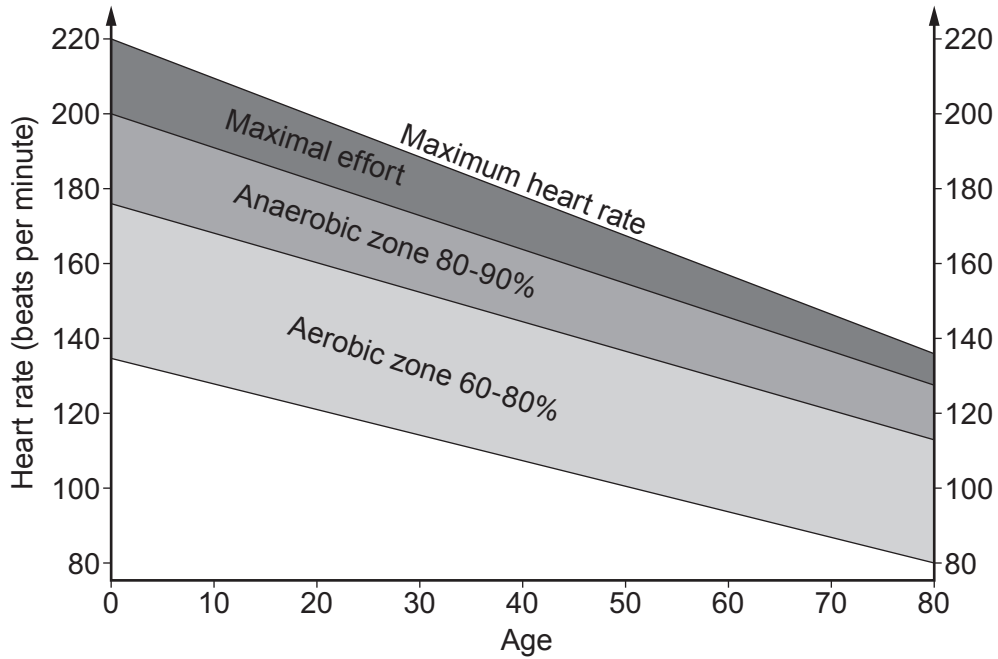


(b) Describe strategies a coach or teacher might use to improve the retention of information when learning new skills. Use specific sporting examples. [4]

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3. Knowledge of training zones is essential when developing sporting performance.



(a) Explain why knowledge of the anaerobic threshold and training zones are important to coaches and athletes when developing exercise programmes. [5]

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(b) Explain how you have monitored different aspects of your sporting performance in the past twelve months. [5]

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4. Social loafing can have a negative impact on the success of the team.

(a) Explain how a coach could minimise the effects of social loafing.

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(b) Discuss the impact of task cohesion and social cohesion on the success of a sports team. [6]

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

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