

Surname	Centre Number	Candidate Number
Other Names		2



**GCE AS/A level**

1312/01

**PHYSICAL EDUCATION – PE2**

A.M. FRIDAY, 6 June 2014

1 hour 45 minutes

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

**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.



*Answer all the questions in the spaces provided.*

1. (a) Explain why validity and reliability are essential elements of fitness tests. [3]

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(b) Describe how exercise intensity can be increased when Fartlek training. [3]

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(c) Increased capillarisation of muscles is a long term adaptation of Fartlek training. Explain how this adaptation could help develop sporting performance. [4]

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2. It is essential that athletes and coaches have knowledge of oxygen debt and the methods that speed up the recovery process.

(a) (i) Describe the alactic component of oxygen debt during the recovery process. [3]

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(ii) How can a sportsperson reduce the effects of delayed onset of muscle soreness (DOMS) which sometimes occurs after high intensity exercise? [3]

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(b) Explain in detail how exercise intensity determines the predominant energy system used during physical activity. [4]

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3. A sportsperson requires a positive attitude if a high level of performance is to be maintained.

(a) Using examples from physical activity, describe how *Persuasive Communication* and *Cognitive Dissonance* are used to change the mind-set of an individual with a negative attitude. [5]

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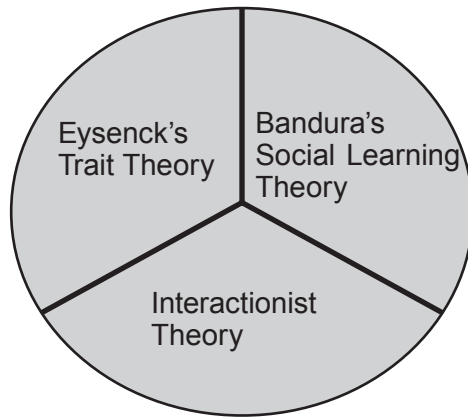
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### Personality Theories



(b) Using the diagram, discuss how personality theories attempt to explain behaviour in sport. [5]

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4. A poor diet can have a negative effect on a sportsperson's health and fitness.

(a) Explain how a high percentage of body fat could have a detrimental effect on both aerobic and anaerobic levels of fitness. [4]

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(b) Explain how an individual’s diet can affect both short and long term health.

[6]

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**END OF PAPER**



