

534/01

**PHYSICAL EDUCATION – PE4**

A.M. TUESDAY, 31 January 2006

(1¾ hours)

**ADDITIONAL MATERIALS**

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

**INSTRUCTIONS TO CANDIDATES**

Answer **all** the questions.

**INFORMATION FOR CANDIDATES**

Mark allocations are shown in brackets.

Candidates will be assessed on their quality of written communication.

Answer **all** the questions.

1. “High levels of harmful cholesterol are an increasing problem within the teenage population of Great Britain.”
  - (a)
    - (i) What type of dietary fat is particularly associated with high cholesterol levels? [1]
    - (ii) Provide an example of a foodstuff that contains high levels of cholesterol. [1]
    - (iii) Explain why cholesterol lipoprotein ratios are an important indicator of the health status of an individual. [4]
    - (iv) Explain how high levels of harmful cholesterol can lead to associated diseases. [4]
  - (b) What dietary decisions might an individual make to reduce the risk of a build up of harmful cholesterol in the body? [3]
  
2. “Aerobic exercise can positively affect the health status of an individual.”
  - (a) Identify and briefly explain a predominantly **aerobic** method of training. [1]
  - (b)
    - (i) Explain, using specific examples, how you would develop an **aerobic** exercise programme for a **sedentary** individual. [4]
    - (ii) How could the use of a heart rate monitor be beneficial when undertaking such an **aerobic** exercise programme? [3]
    - (iii) Apart from monitoring the heart rate, what other procedures and outcomes could be used to determine the success of an **aerobic** exercise programme? [3]
  - (c) Explain how an **aerobic** exercise programme could reduce the risk of obesity and other associated illnesses. [4]
  
3. “Anabolic steroids can have the effect of increasing muscular hypertrophy.”
  - (a) Apart from increased muscular hypertrophy, what other physiological adaptations can occur within the body that could enhance athletic performance? [3]
  - (b)
    - (i) Identify and explain potential health risks associated with anabolic steroid abuse. [3]
    - (ii) Providing specific examples, explain **two** reasons why athletes continue to use anabolic steroids despite the clear health dangers. [2]
  
4. “Your current lifestyle choices can have a significant impact on your long-term health.” Discuss. [14]