

Candidate Name	Centre Number	Candidate Number
		2



## GCE AS/A LEVEL

531/01

### PHYSICAL EDUCATION –PE1

A.M. TUESDAY, 20 May 2008

1½ hours

#### Examiner's Use Only.

Question	Maximum Mark	Mark
1	10	
2	10	
3	10	
4	10	
5	10	
<b>Total</b>	<b>50</b>	

#### INSTRUCTIONS TO CANDIDATES

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

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.



(d) Explain some of the factors that might influence your level of motivation.

[3]

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**Total Mark**

**Turn over.**

2. (a) (i) Use a sporting example to explain the difference between **reaction time** and **response time**. [1]

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(ii) Identify **two** factors that can affect **response time**. [2]

(I) .....

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(II) .....

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(iii) Describe **two** strategies you might use for improving **response time**. [2]

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(b) How might feedback affect the learning process for a **beginner**? [2]

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(c) How might the **type** of feedback change during **and** after performance? Give sporting examples to support your answer. [3]

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**Total Mark**

**Turn over.**

3. (a) (i) Give the movement pattern and a sporting example for **each** of the body axes and planes shown in the table below. [2]

Axes and planes	Movement pattern	Sporting example
Vertical/longitudinal axis Transverse plane		
Sagittal axis frontal/lateral plane		

- (ii) How could a knowledge of **levers** influence performance in sporting activity? [2]

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- (b) Use a sporting example to help you explain each of the following muscle contractions: [3]

(i) Isometric contraction; .....

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(ii) Concentric contraction; .....

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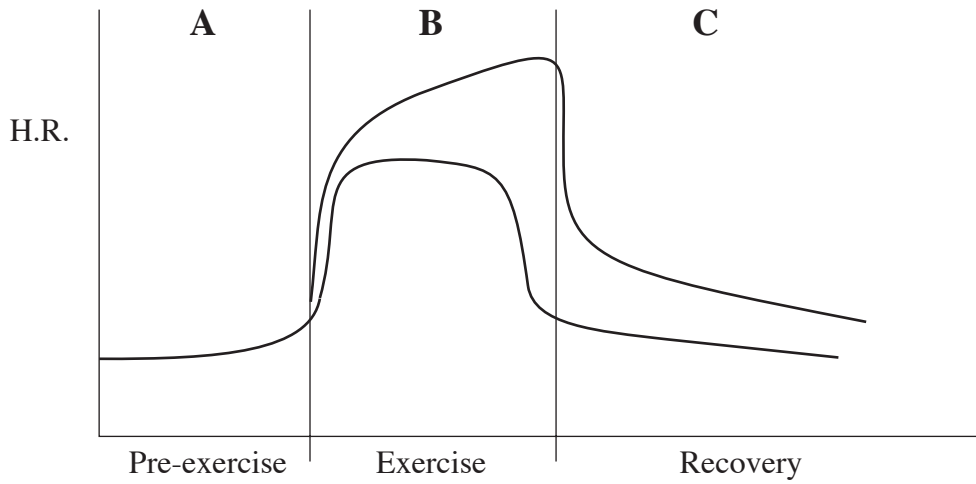
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(iii) Eccentric contraction; .....

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(c) Study the graph below showing heart rate responses to exercise and complete the table **explaining** the curves marked **A**, **B** and **C**. [3]



A PRE-EXERCISE	B EXERCISE	C RECOVERY

**Total Mark**

**Turn over.**

4. (a) Describe **one** training principle you would use to ensure success in your training programme. [1]

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(b) (i) Explain how knowledge of training zones could be used when planning **either** an aerobic **or** an anaerobic training programme. [3]

Type of training programme: (aerobic **or** anaerobic) .....

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(ii) Describe a specific training method you would use to develop the type of programme chosen in 4(b)(i). [2]

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(c) Explain the adaptations that might occur as a result of long-term training in the method named in 4(b)(ii). [4]

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**Total Mark**

**Turn over.**



