

Candidate Name	Centre Number	Candidate Number
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GCE A level

534/01

PHYSICAL EDUCATION – PE4

P.M. THURSDAY, 5 June 2008

1³/₄ 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. (a) (i) What is meant by the term *energy balance*? [1]
- (ii) Explain how a long-term positive energy balance could lead to a heart attack or stroke. [4]
- (iii) How can aerobic exercise reduce the potential threat of cardiovascular disease? [5]
2. “Weight training is often included in both health-related and sport specific training programmes.”
- (a) What procedures should be carried out prior to an individual undertaking a health-related exercise programme? [3]
- (b) For some sports **weight training** is very important.
- (i) Using examples, explain how this method of training would differ for a sport specific programme compared to a health related programme. [5]
- (ii) Outline some of the physical and psychological benefits that could result from following a structured weight-training programme. [3]
- (c) Describe various strategies an individual could use to ensure the completion of such a programme. [3]
3. “Nutritional and fluid intake is essential in any endurance event.”
- (a) Explain why fluid intake is so important both prior to and during an endurance event. [3]
- (b) Explain why carbohydrate is the preferred food of athletes prior to endurance activities. [4]
4. (a) Identify **one** banned aerobic performance enhancing drug. [1]
- (b) Describe the physiological adaptations that could occur from use of this drug and explain how it might affect performance. [4]
5. “It is predicted that the average life expectancy for the population of Britain will steadily fall over the next 20 years.”
- Explain the influences that have caused this decline and discuss the lifestyle choices individuals can take to reverse this trend. [14]