

Candidate Name	Centre Number	Candidate Number
		2



## GCE AS/A level

1312/01

## PHYSICAL EDUCATION – PE2

A.M. FRIDAY, 20 May 2011

1<sup>3</sup>/<sub>4</sub> hours

### Examiner's Use Only.

Question	Maximum Mark	Mark
1a	6	
b	4	
2a	7	
b	3	
3a	4	
b	6	
4a	6	
b	4	
5	10	
<b>Total</b>	<b>50</b>	

### INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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.

*Answer **all** the questions in the spaces provided.*

1. (a) (i) Explain how extrinsic rewards can influence sporting behaviour/performance. [3]

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- (ii) Apart from using extrinsic rewards, explain another strategy you could use to support the learning process in a specific sporting activity. [3]

Specific sporting activity .....

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(b)

Task Variables

Simple	Complex
Low Organisation	High Organisation

Using examples from sport, explain how knowledge of the task variables shown in the diagram above can influence the **type of practice** chosen by a coach/teacher. [4]

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2. (a) (i) Complete the table below describing **two** personality theories and explain how **each** can influence behaviour in sport. [4]

Description of personality theory	Explanation of how it influences behaviour in sport
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2. .... ..... ..... ..... ..... ..... ..... .....	..... ..... ..... ..... ..... ..... ..... .....

(ii) Explain the advantages and disadvantages of using personality profiling in sport. [3]

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(b) From your own sporting experiences describe the qualities necessary to be an effective leader. [3]

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3.

Energy continuum for a 1500m race

ATP-PC System	Lactic Acid System	Aerobic System
10%	30%	60%

(a) Using the information in the table, explain the energy continuum during a 1500m race. [4]

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- (b) (i) Explain how an improved level of fitness can influence the energy systems used in a sporting activity of your choice. [3]

Sporting activity .....

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- (ii) Identify a cause of muscle soreness **after** intense exercise and explain a strategy for reducing this. [3]

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- 4. (a) Competitive sport, active recreation and a balanced diet are seen as key factors in promoting health, fitness and well-being.

Why are active recreation and a balanced diet key factors in combating obesity in the UK? [6]

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(b) Explain the provision and athlete/player development pathway that is available for a competitive sport in your locality. [4]

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