Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01

PHYSICAL EDUCATION - PE2

A.M. THURSDAY, 31 May 2012 $1^{3}/_{4}$ hours

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

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 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

${\it Answer ~ {\bf all} ~ the ~ questions ~ in ~ the ~ spaces ~ provided}.$

(a)	Identify three health screening procedures that could be carried out prior to a seden individual undertaking a structured exercise programme.
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(b)	Explain how a diet high in saturated fats could potentially lead to life threate illnesses.
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(c) Identify **two** physiological adaptations to the cardiovascular system as a result of exercise and explain how each could benefit the health of an individual. [4]

Adaptation of the cardiovascular system	Explanation of how the adaptation could benefit health

- 2. Efficient energy production and rate of recovery are important factors for success in exercise and sport.
 - (a) Place a sporting activity on the following energy continuum and, using specific examples, justify its placement. [3]



Name of sporting activity			

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(b)	What is the alactic component of oxygen debt and explain why a coach/athlete would benefit from having knowledge of this type of oxygen debt when developing a training programme? [3]
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(c)	During prolonged, continuous exercise there can be a severe deterioration in sporting performance. Explain possible reasons for this occurrence. [4]
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(a)	Explain why adherence to testing protocols is essential to ensure consistency wh monitoring physical fitness.
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(b)	Explain how you have applied the principles of training to develop the main components of fitness within your sporting activity. [5]
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•	(a)	During practice for sport, describe two strategies that could be used to improve the lon term memory.	g- 4]
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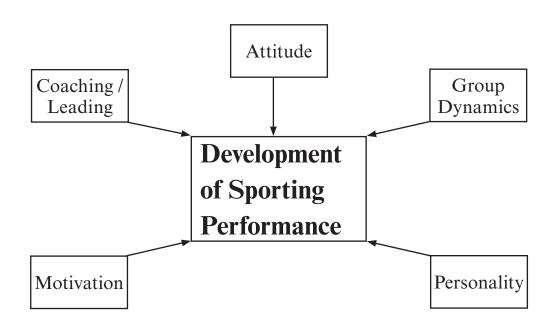
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(b)	Explain why knowledge of the stages of learning is beneficial when a teacher or coach is providing guidance to a young sportsperson. Provide examples where appropriate. [6]
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5.



Using the information in the diagram as a guide, discuss how psychologic influence your sporting performance.	eal factors could [10]
