

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01

PHYSICAL EDUCATION – PE2

P.M. THURSDAY, 19 January 2012

1 ¾ hours

Examiner’s Use Only.

Question	Maximum Mark	Mark
1	10	
2	10	
3	10	
4	10	
5	10	
Total	50	

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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.

Write your answers in the spaces provided in this booklet.

INFORMATION FOR CANDIDATES

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Mark allocations are shown in brackets.

You are reminded that assessment will take into account the quality of written communication used in your answers.

Answer all the questions in the spaces provided.

1. (a) (i) Identify **one** specific skill from your chosen practical activity and classify that skill on each continuum below. [3]

Justify **each** answer in the space provided.

Chosen practical activity

Specific skill

Open ←————→ Closed

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Gross ←————→ Fine

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High organisation ←————→ Low organisation

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(ii) Using examples, explain how a teacher/coach could use **variable practice** to help prepare a performer to cope with **open factors** in sport and physical activity. [3]

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(b) Describe the strategies a coach would use to develop sporting performance during the cognitive stage of learning. [4]

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Interval training can be used to develop a number of components of fitness.

2. (a) (i) Complete the table for an interval training session focusing on developing a component of fitness of your choice. Explain your answer in the space provided.

[3]

	Component of fitness to be developed
Number Sets Reps
Intensity %
Recovery Time

- (ii) Describe in detail how the principles of training could be applied to further develop the component of fitness named in 2 (a)(i). [3]

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(b) Having developed the component of fitness in 2(a)(i), identify **two physiological adaptations** you would expect to occur and explain the effect the adaptations could have on your sporting performance. [4]

Component of fitness in 2 (a)(i)

Physiological Adaptation	Effect on sporting performance
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Social loafing is often a problem within larger teams.

3. (a) Describe the possible reasons for social loafing within a team and explain the strategies a coach could use to minimise its effect. [5]

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(b) Using examples, where appropriate, explain why some athletes have a very positive attitude towards sport. [5]

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4. (a) What is the **anaerobic threshold** and why is knowledge of this threshold useful when designing exercise programmes? [4]

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5. ‘Nutrition and exercise are the main factors in reducing the threat of obesity and other associated diseases.’ Discuss. [10]

Dotted lines for writing answer.

Dotted lines for writing.

