

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01

PHYSICAL EDUCATION – PE2

A.M. THURSDAY, 31 May 2012

1³/₄ 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

1312
010001

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

1. Diet and exercise are essential elements in a healthy lifestyle.

(a) Identify **three** health screening procedures that could be carried out prior to a sedentary individual undertaking a structured exercise programme. [3]

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(b) Explain how a diet high in saturated fats could potentially lead to life threatening illnesses. [3]

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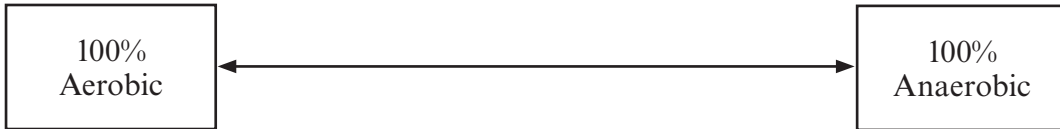
(c) Identify **two** physiological adaptations to the cardiovascular system as a result of exercise and explain how each could benefit the health of an individual. [4]

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