

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01

PHYSICAL EDUCATION – PE2

A.M. TUESDAY, 15 January 2013

1¾ 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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010001

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.

Weight training can be used to develop both strength and muscular endurance.

1. (a) Complete the table for each weight training session and explain your answer in the space provided. [4]

	Sets	Repetitions	% 1 rep max	Recovery time
Muscular Endurance				

Muscular Endurance:

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	Sets	Repetitions	% 1 rep max	Recovery time
Strength				

Strength:

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(b) Explain what factors determine the predominant energy system used when training to develop strength and muscular endurance. [3]

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(c) Apart from weight training, describe an appropriate method of training for **power** and explain how you could apply the principle of overload to develop that power. [3]

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2. (a) Describe how a diet high in saturated fats could have a negative effect on an individual's health. [3]

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Correct nutrition and hydration are essential in aiding recovery after prolonged, intense exercise.

- (b) (i) Explain the importance of re-hydrating after exercise. [3]

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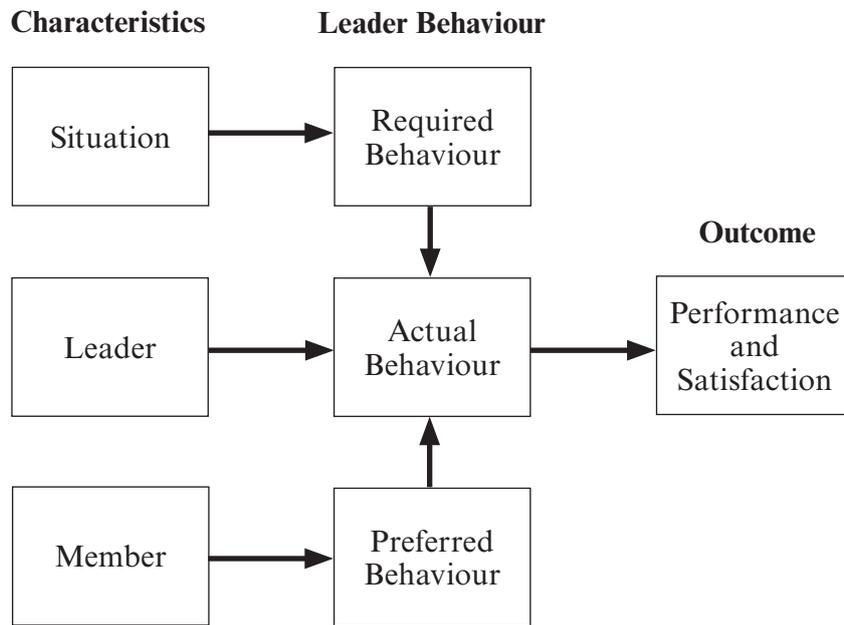
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A model of leadership



(b) Using the model above as a guide and providing examples from sport/physical activity, explain how effective leadership could help develop sporting performance. [6]

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