

Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A Level

1312/01

PHYSICAL EDUCATION – PE2

P.M. WEDNESDAY, 15 January 2014

1¾ hours

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	10	
2.	10	
3.	10	
4.	10	
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** 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.

Coaches can adopt various leadership styles.

1. (a) What is democratic leadership and describe the potential benefits of a coach adopting such a style? [3]

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Motivation is essential for any individual or team determined to develop their sporting performance.

- (b) (i) What are the potential problems associated with using tangible rewards as a way of motivating a sportsperson? [3]

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(ii) Apart from the use of tangible rewards, how could a coach increase levels of motivation in a team which is consistently underachieving? Provide examples to support your answer. [4]

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Fats and carbohydrates make an important contribution to physiological processes within the body.

2. (a) Describe how the body's usage of fats and carbohydrates varies as exercise intensity increases. [3]

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- (b) (i) Explain the potential health benefits of a diet that includes low glycaemic carbohydrates. [3]

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- (ii) Explain the potential health problems associated with over consumption of saturated fats and high glycaemic carbohydrate. [4]

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Response time can be a critical factor in sporting performance.

3. (a) Using examples from your sporting activity, describe the factors that could affect your response time. [5]

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Aerobic fitness and correct nutrition are key factors in developing an athlete’s sporting performance.

- 4. (a) Explain how a high level of aerobic fitness could benefit an individual’s sporting performance. [4]

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(b) In order to maximise energy stores, describe how individuals could manipulate their diet before, during and after exercise. [6]

Examiner
only

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