



GCE A level

1314/01

PHYSICAL EDUCATION – PE4

P.M. FRIDAY, 24 June 2011

2 hours

ADDITIONAL MATERIALS

In addition to this examination paper, you will need a 12 page answer book.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Write your answers in the separate answer book provided.

Answer **all** the questions in Section A and **one** question from Section B.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in answers that involve extended writing (Section B).

You are reminded that the essay questions in Section B are synoptic and so will test understanding of the connections between the different elements of the subject.

SECTION A

Answer all the questions.

1. (a) Define achievement motivation and competitiveness and explain fully, using examples, different motives that athletes may hold. [4]

(b) “Attributions are the way people explain the causes of particular events or behaviours to themselves.”

(Woods, 1998)

Explain the key features of *attribution theory* and discuss how it could be used to improve an individual’s sporting performance. [6]

2. (a) Explain why sedentary lifestyles can have a negative impact on health and well-being. [5]

(b) “Golf, skateboarding, mountain biking, yoga, archery, cheerleading and problem-solving challenges are being taught in schools alongside more traditional activities.”

(Physical Education in Schools 2005-2008, Ofsted, 2009)

Justify the reasons for the inclusion of such activities within physical education and school sport programmes and discuss their possible impact on exercise adherence. [5]

3. Discuss the various strategies that might be used to help monitor, analyse and refine the physical, tactical, technical and behavioural aspects of an individual’s performance. [10]

SECTION B

Answer one question.

4. Discuss the structures and talent identification schemes that exist to help the UK achieve international sporting success and explain any potential barriers faced. [20]

5. “Scientific and technological advances have had a significant effect on the development of sport for the performer, coach, official and the spectator in recent years.”

Discuss this statement. [20]