



GCE A level

1314/01

PHYSICAL EDUCATION – PE4

P.M. WEDNESDAY, 19 June 2013

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.

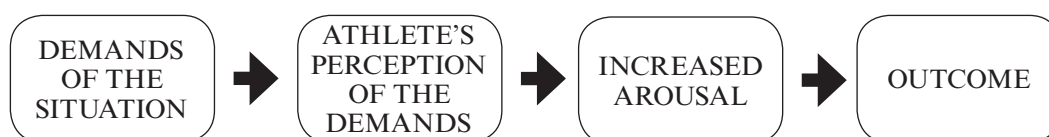
SECTION A

Answer all the questions.

1. Many contemporary lifestyle choices have led to an increase in diseases such as hypertension, coronary heart disease, diabetes and osteoporosis.

- (a) Explain why an obese individual is more likely to suffer from such diseases. [3]
- (b) Explain how regular exercise could help reduce the incidence of any of the diseases referred to above. [3]
- (c) Explain how some media representations of body image might affect a young person's self esteem. [4]

2. (a) The diagram below shows a basic model of the stress process.



Explain, using the model, how increased levels of arousal might lead to both improved and reduced levels of performance. [4]

- (b) Discuss, with reference to appropriate theories, how the presence of an audience might influence sporting performance. [6]

3. Coaches collect a wide variety of performance analysis data on their athletes in order to assess their performance, both within and outside competition.

Compare and contrast performance analysis approaches used for team sports with those used for individual activities such as athletics, gymnastics and swimming.

Use specific examples to illustrate your answer. [10]

SECTION B

Answer one question.

4. Sport is a reflection of society and, consequently, magnifies social inequalities.

Discuss this statement with particular reference to gender, race and disability and evaluate steps that have been taken to overcome such inequalities. [20]

5. It might be argued that some sports stars, such as David Beckham, Tiger Woods and Usain Bolt, have become celebrities in their own right.

Discuss the influence such individuals have on young people and on the commercialisation and globalisation of sport. [20]