Surname	Centre Number	Candidate Number
Other Names		2



GCE AS/A level

1312/01

PHYSICAL EDUCATION - PE2

A.M. TUESDAY, 15 January 2013 13/4 hours

Examiner's Use Only.

Question	Maximum Mark	Mark
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.

${\it Answer ~ {\bf all} ~ the ~ questions ~ in ~ the ~ spaces ~ provided}.$

	Sets	Repetitions	% 1 rep max	Recovery time
Muscular Endurance				
Muscular E	Indurance:			
	Sets	Repetitions	% 1 rep max	Recovery time
trength	Sets	Repetitions	% 1 rep max	Recovery time
trength	Sets	Repetitions	% 1 rep max	Recovery time
		Repetitions		Recovery time

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develop strength and muscular endurance.	
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	•••••
Apart from weight training, describe an appropriate method of training for p	ower
 Apart from weight training, describe an appropriate method of training for prexplain how you could apply the principle of overload to develop that power.	ower
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(a)	Describe how a diet high in saturated fats could have a negative effect chealth.	on an marvia
	ect nutrition and hydration are essential in aiding recovery after preise.	olonged, inte
Corr exerc		olonged, int
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exerc	(i) Explain the importance of re-hydrating after exercise.	
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exerc	(i) Explain the importance of re-hydrating after exercise.	

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(ii)	Explain how the nutrients consumed immediately after exercise can aid the recovery process. [4]	xaminer only
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3.	(a)	Explain why an understanding of heart rate is important when planning an exerciprogramme for a sedentary individual.	eise [5]
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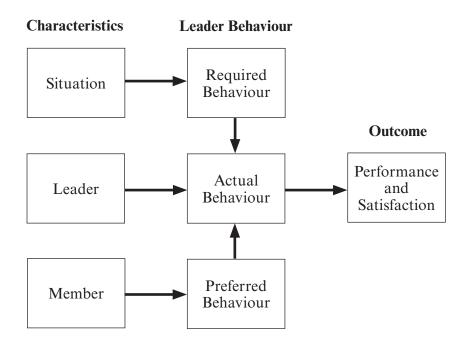
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(b)	explain how a long-term exercise programme could improve the health and well be of a sedentary individual.	ing [5]
		·······•
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performance.	examples, explain h	ow goal setting is	used when develop	oing sporting [4

A model of leadership



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