

1312/01

PHYSICAL EDUCATION – PE2

P.M. FRIDAY, 5 June 2015

1 hour 45 minutes plus your additional time allowance

Surname	
Other Names	
Centre Number	
Candidate Number 2	

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a	3	
b	3	
С	4	
2.a	3	
b	3	
С	4	
3.a	5	
b	5	
4.a	4	
b	6	
5.	10	
Total	50	

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Write your name, centre number and candidate number in the spaces on the front cover.

Answer ALL questions.

Answer ALL the questions in the spaces provided.

INFORMATION FOR CANDIDATES

Diagrams, charts and graphs can be used to support answers when they are appropriate.

Mark allocations are shown in brackets.

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Answer ALL the questions in the spaces provided.

- 1. A warm up prior to competition is a key element in maximising an individual's sporting performance.
- (a) Briefly describe the different stages of a warm up that should be undertaken prior to competition. [3]

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1(b) Explain the physiological benefits of a warm up prior to sporting performance. [3]

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1(c)	Explain how you have applied	the principles of
	training to develop ONE comp	onent of fitness,
	within your sporting activity.	[4]

Name of sporting activity

Component of fitness

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- 2. High levels of fitness and a healthy lifestyle are required for high quality, consistent sporting performance.
- (a) Explain how aerobic training improves the performer's ability to transport oxygen to the working muscles. [3]



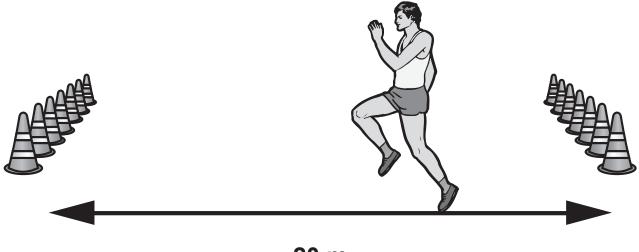
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2(b) Describe how a high level of aerobic fitness improves recovery after intense exercise. [3]

2(c) Apart from exercise, explain how an individual's lifestyle choices could affect their sporting performance. [4]

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3. The Multi Stage Fitness Test is a maximal progressive shuttle test where the speed of running increases 0.5 km/h per minute.



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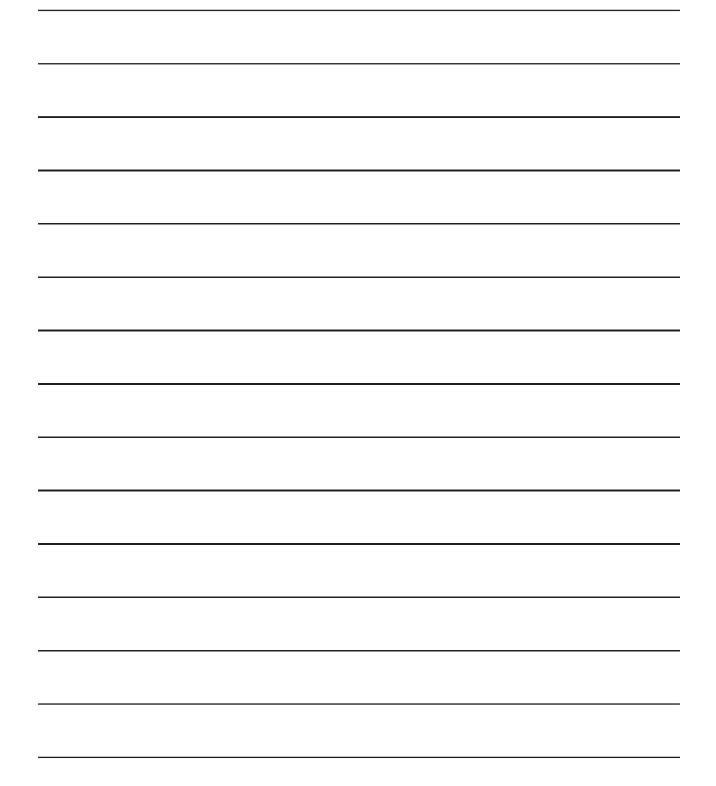
(a) Explain the variation in food fuel usage that occurs during a Multi Stage Fitness Test. [5]



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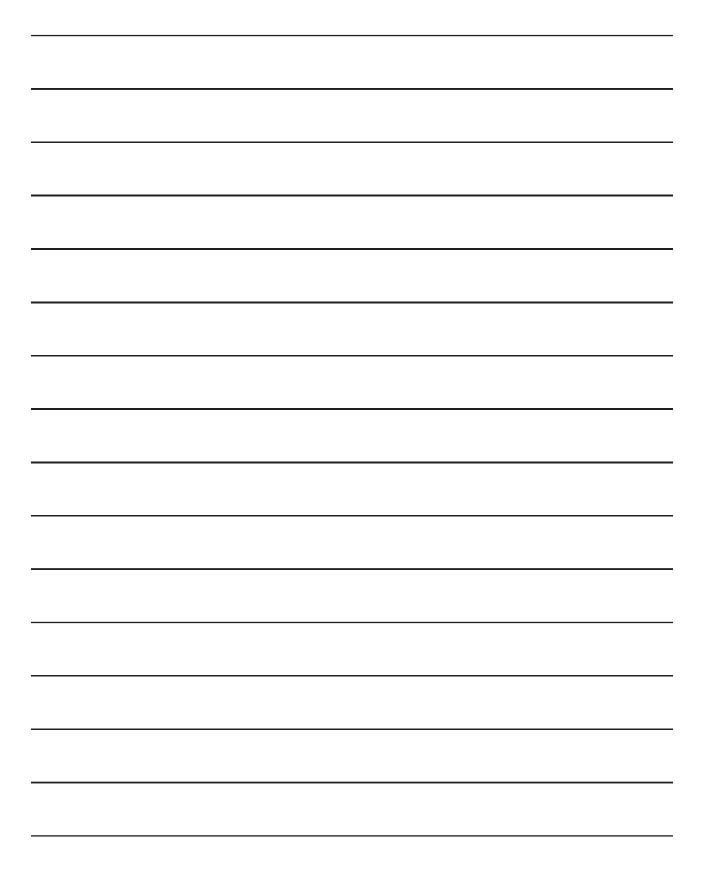
Obesity levels continue to rise in both children and adults in the UK.

3(b) What nutritional advice could be given to an individual following a weight control programme? Use examples where appropriate. [5]



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4(a) Explain how transfer of skills can affect an individual's sporting performance. Use sporting examples. [4]

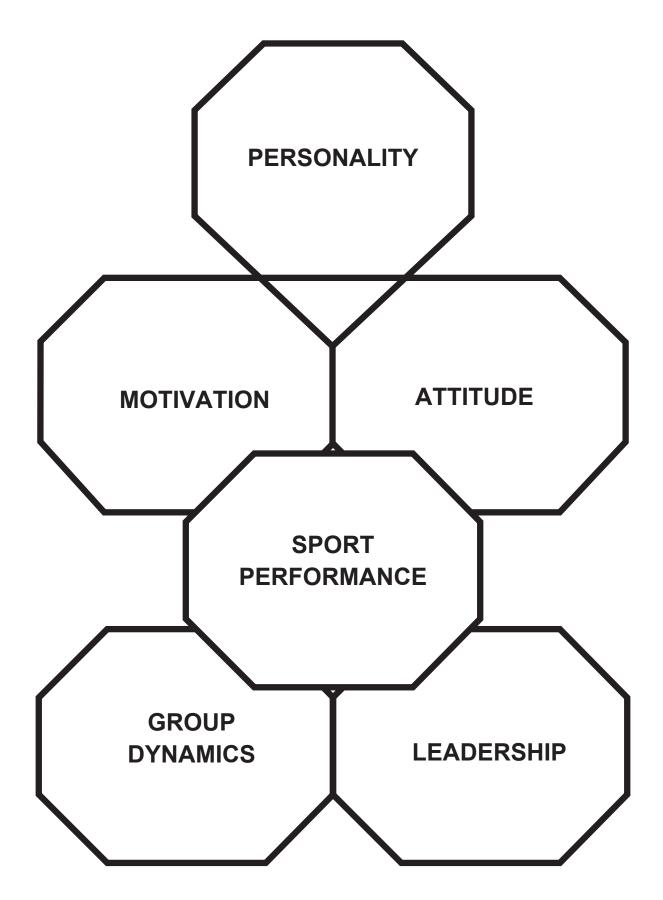


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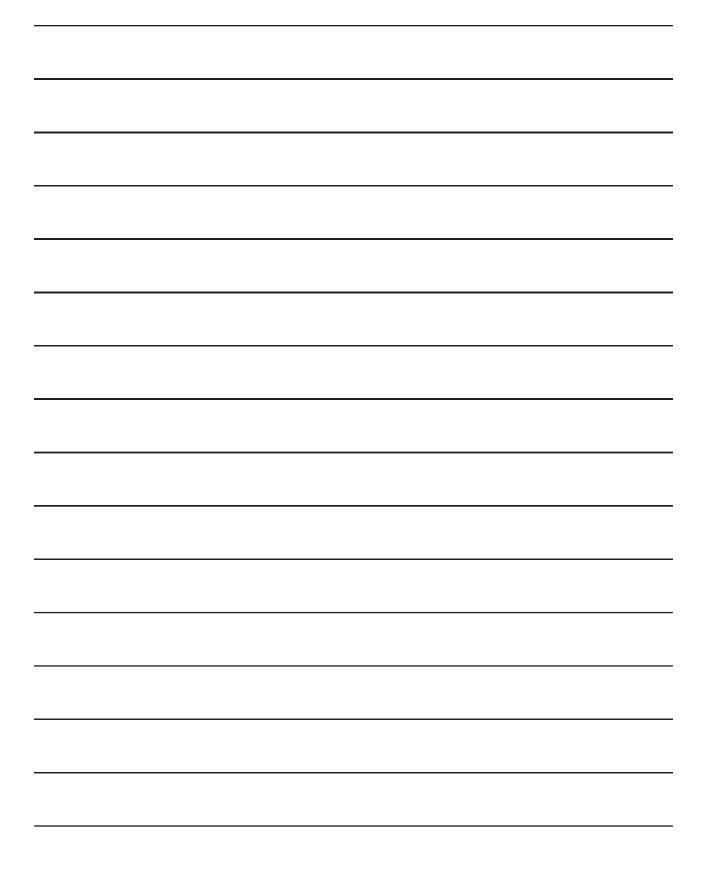
4(b) Using examples, explain how feedback varies at the different stages of learning. [6]

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PSYCHOLOGICAL FACTORS



5. Explain how a teacher/coach could use the information in the diagram opposite to help improve a team's sporting performance. [10]



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END OF PAPER