

1312/01

## **PHYSICAL EDUCATION – PE2**

A.M. TUESDAY, 24 May 2016

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
1a(i)	3	
a(ii)	3	
b	4	
2a(i)	3	
a(ii)	3	
b	4	
3a	5	
b	5	
4a	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.

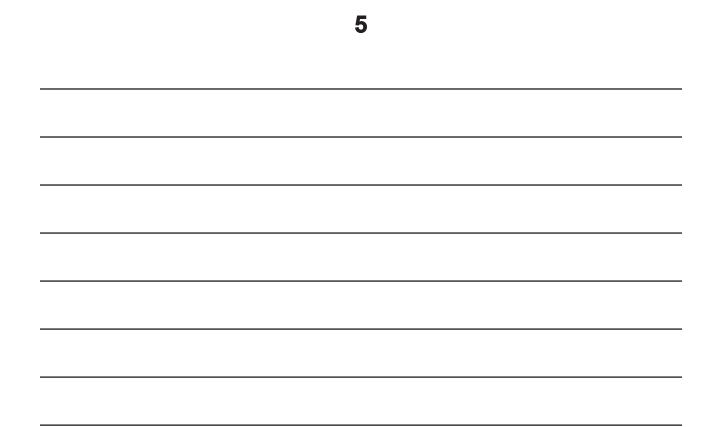
Mark allocations are shown in brackets.

Candidates will be assessed on their quality of written communication.

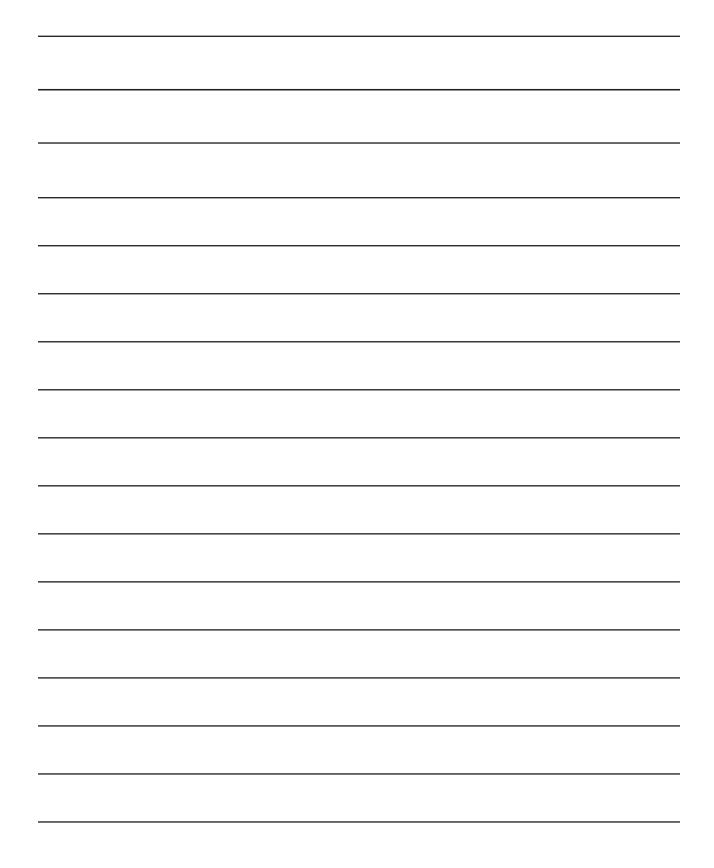
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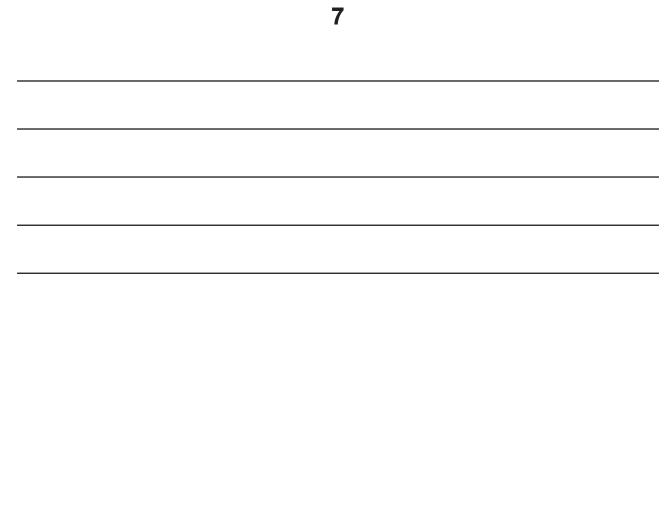
Answer ALL the questions in the spaces provided.

- 1. Power is an essential component of fitness in many sporting activities.
- (a) (i) Describe how reliability is achieved when testing for power. [3]

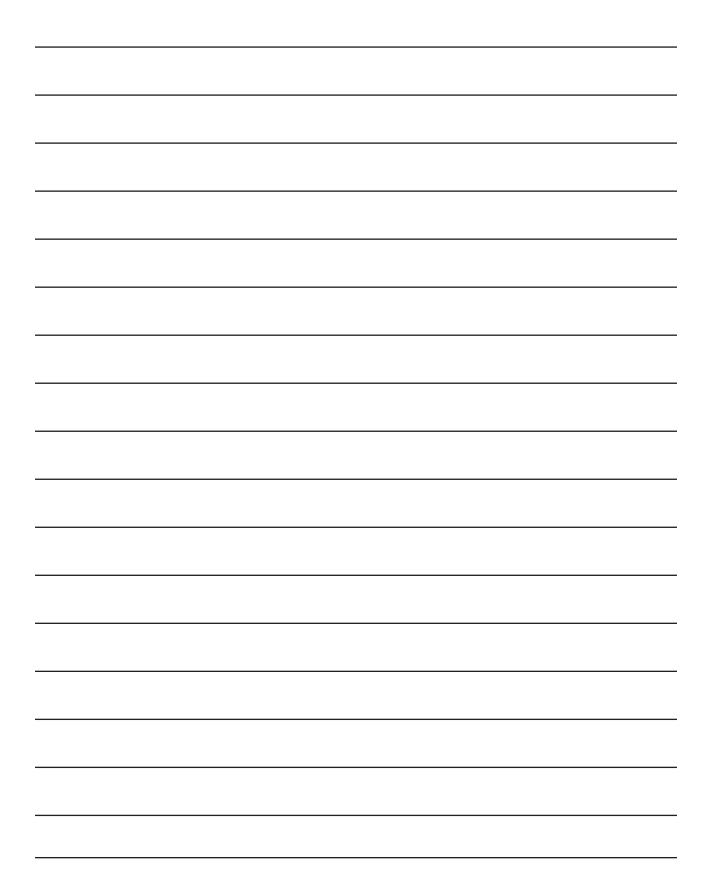


1(a) (ii) Describe how intensity of training could be increased to develop power in an appropriate method of training. [3]





1(b) Explain how TWO physiological adaptations of power training could benefit sporting performance. [4]



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- 2. Classifying skills is a key consideration when selecting appropriate methods of practice to develop a skill.
- (a) (i) Classify the tennis serve on each continuum below. Justify your placements. [3]

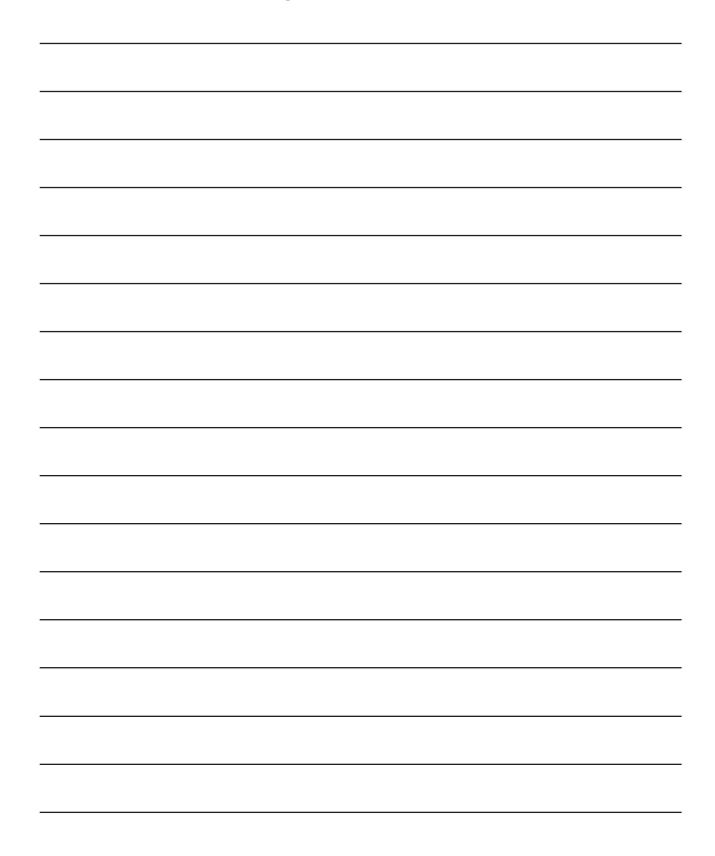
<b>Open</b>	Closed

Discrete \_\_\_\_\_ Continuous

Self-paced	Externally-paced
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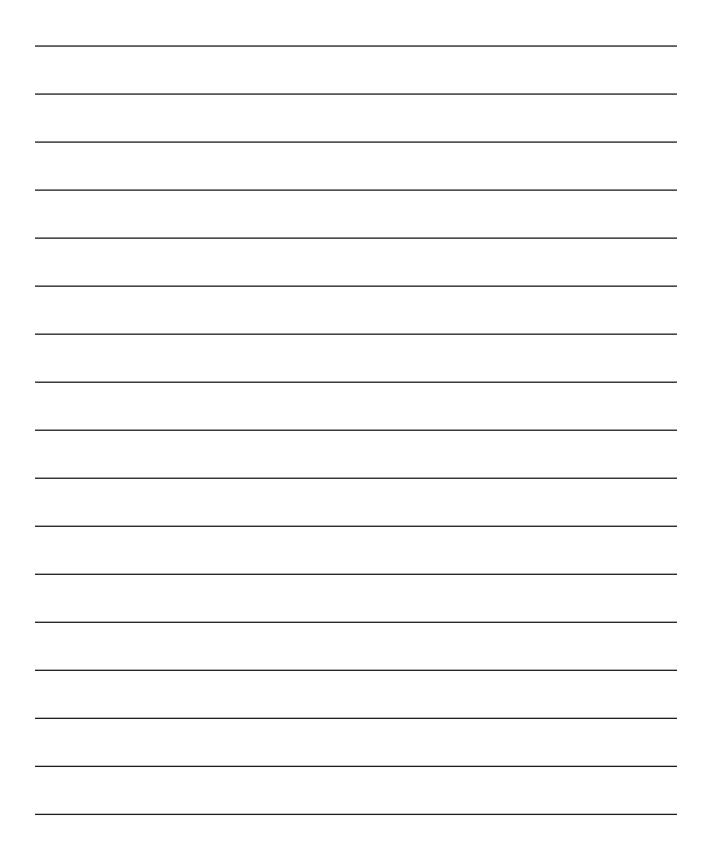
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2(a) (ii) Describe a type of practice that could refine a tennis serve for a performer in the autonomous stage of learning. Explain your reasoning. [3]

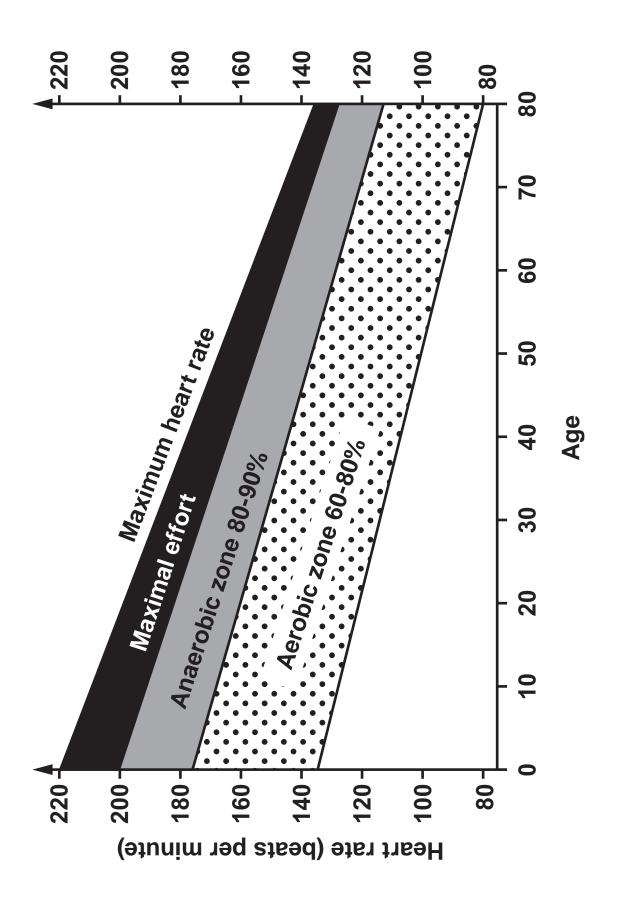


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2(b) Describe strategies a coach or teacher might use to improve the retention of information when learning new skills. Use specific sporting examples. [4]



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- 3. Knowledge of training zones is essential when developing sporting performance (see graph opposite).
- (a) Explain why knowledge of the anaerobic threshold and training zones are important to coaches and athletes when developing exercise programmes.

[5]



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3(b) Explain how you have monitored different aspects of your sporting performance in the past twelve months. [5]



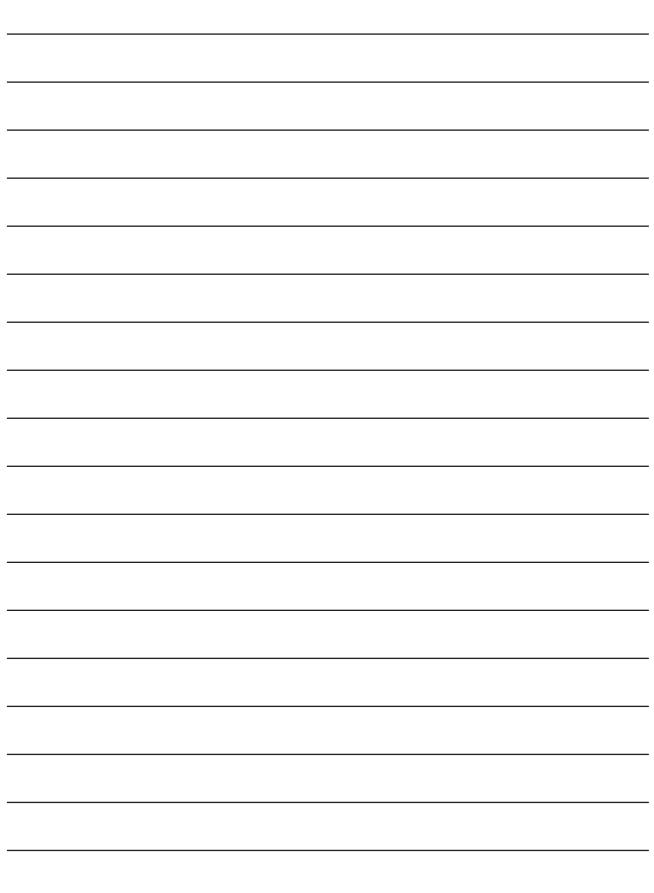
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- 4. Social loafing can have a negative impact on the success of the team.
- (a) Explain how a coach could minimise the effects of social loafing. [4]

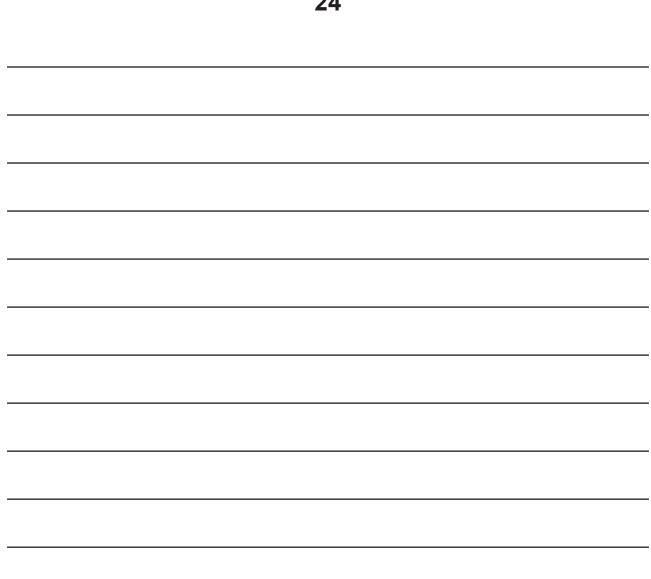


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4(b) Discuss the impact of task cohesion and social cohesion on the success of a sports team. [6]



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5. Individual lifestyle choices could have a positive or negative impact on long term health. Discuss this statement. [10]



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**END OF PAPER** 

Question number	Additional page, if required. Write the question numbers in the left-hand margin.

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