

Surname	Centre Number	Candidate Number
Other Names		2



**GCE AS/A level**

1312/01



S16-1312-01

**PHYSICAL EDUCATION – PE2**

A.M. TUESDAY, 24 May 2016

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.a(i)	3	
a(ii)	3	
b	4	
2.a(i)	3	
a(ii)	3	
b	4	
3.a	5	
b	5	
4.a	4	
b	6	
5.	10	
<b>Total</b>	<b>50</b>	

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

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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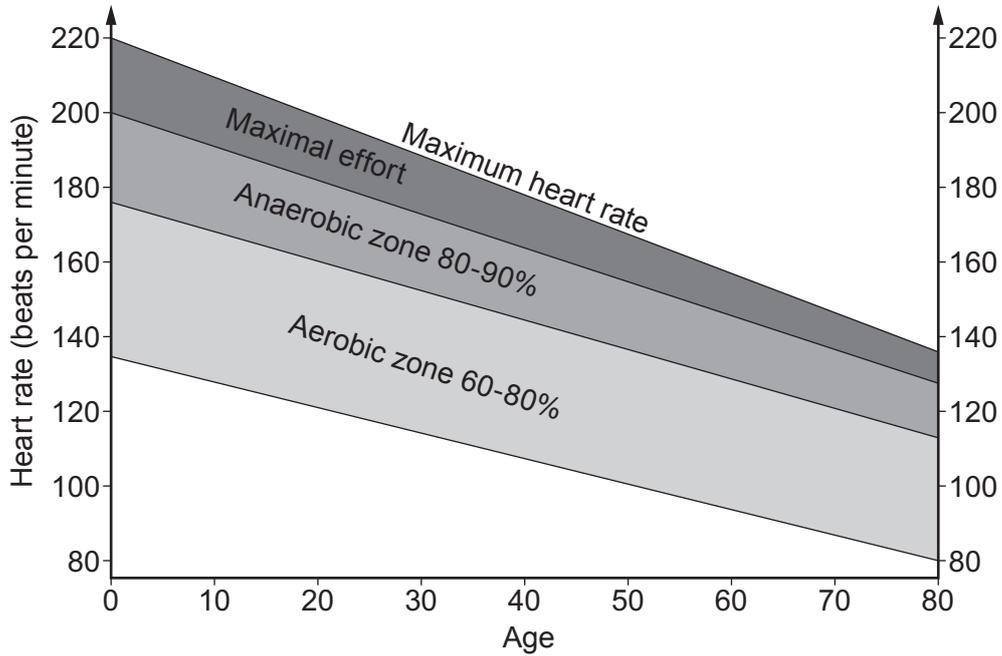








3. Knowledge of training zones is essential when developing sporting performance.



(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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Examiner  
only

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