



GCE A level

1314/01

PHYSICAL EDUCATION – PE4

A.M. FRIDAY, 17 June 2016

2 hours plus your additional time allowance

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 or your usual method.

Write your answers in the separate answer book provided.

Candidates are required to answer ALL questions in Section A and ONE question in 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 in this section.

- 1. Performance analysis is playing an increasingly important role within sport, and coaches are becoming ever more sophisticated in the strategies they employ to analyse performance and provide feedback.**
 - (a) Explain the limitations of solely using real-time observation to analyse sporting performance. [4]**
 - (b) Discuss the various strategies, apart from real-time observations, that are used to analyse the physical and technical aspects of performance in a named sporting activity. [6]**

- 2. Recent studies have suggested that the cost of obesity and overweight conditions on the NHS could increase from between £6 billion and £8 billion in 2015 to between £10 billion and £12 billion in 2030.**
- (a) Define obesity and explain, using the energy balance equation, how an individual can manage his/her weight through both diet and exercise. [3]**
- (b) Define the concept of body image and explain how it is culturally constructed. [3]**
- (c) Explain the various strategies an individual could use to ensure the completion of an exercise programme designed for weight management purposes. [4]**
- 3. Levels of anxiety and arousal can vary for different performers and across different sporting activities.**

Using appropriate theories, explain why levels of arousal and anxiety may fluctuate and outline the different stress management techniques that a performer could use in order to maximise performance. [10]

SECTION B

Answer ONE question only in this section.

- 4. In order to achieve national sporting success in global events such as the Olympic Games and World Cups/Championships, countries should concentrate their efforts on developing excellence rather than promoting mass participation.**

Critically analyse this statement. [20]

- 5. Sportsmanship, moral integrity and fair play have gradually deteriorated as sport has become increasingly commercialised and globalised.**

Discuss this statement. [20]

END OF PAPER