

Write your name here

Surname

Other names

Centre Number

Candidate Number

**Edexcel GCE**

# Physical Education

**Advanced**

**Unit 3: Preparation for Optimum Sports Performance**

Friday 24 June 2011 – Afternoon

**Time: 2 hours**

Paper Reference

**6PE03/01**

**You do not need any other materials.**

Total Marks

## Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

## Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (\*) are ones where the quality of your written communication will be assessed  
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

## Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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**Answer ALL questions.**

- 1** Identify **three** recognised stages of a warm up and outline the short term responses that would be achieved at each stage.

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**(Total for Question 1 = 6 marks)**



2 Explain how acclimatisation helps performers prepare for optimal performance in a competition where the environment is different from their normal training environment.

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**(Total for Question 2 = 5 marks)**

3 Outline the strategies of visualisation and imagery. Explain how each strategy can be used to help athletes prepare for elite sports competitions.

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**(Total for Question 3 = 6 marks)**



4 (a) After a marathon muscle glycogen stores are depleted.

Identify **three** factors that will determine the rate at which these stores are replenished.

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(b) Suggest how the runner could maintain his/her glycogen stores during the race.

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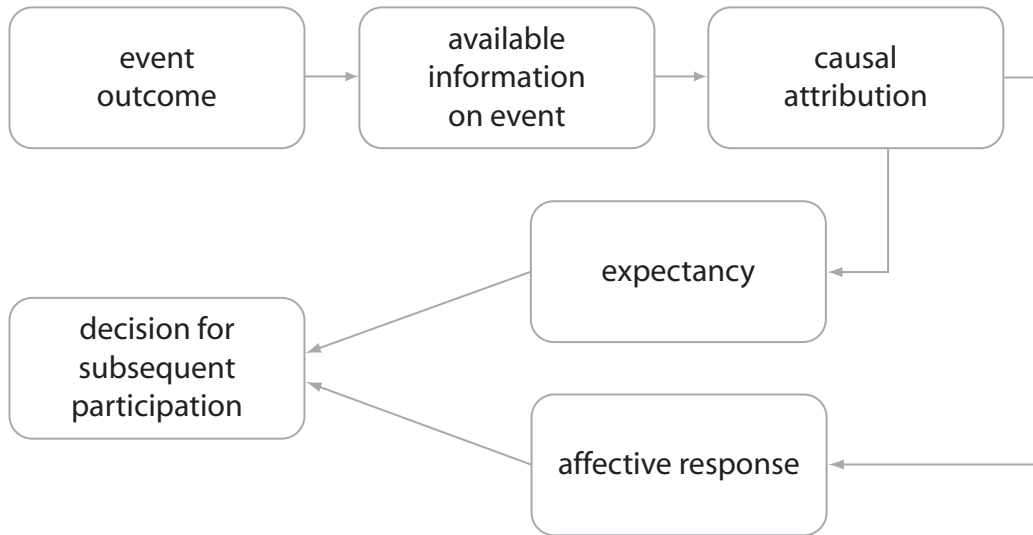
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**(Total for Question 4 = 6 marks)**



5



**Figure 1**

Attribution is a process used to explain behaviour. **Figure 1** outlines the stages of the attribution process.

(a) Using the diagram, explain the process of attribution and illustrate this with examples from sport.

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(b) Explain what is meant by the term **learned helplessness** in sport.

(2)

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**(Total for Question 5 = 8 marks)**



**6** Good team work is essential if a sports team or group is going to be successful.  
Outline **four** factors that are essential for group cohesion.

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**(Total for Question 6 = 4 marks)**

**7** Australia is recognised as a world leader in a range of sports.  
Outline the elite sports support system of Australia.

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**(Total for Question 7 = 7 marks)**



**8** The use of pre games camps is now a regular element of elite teams preparation for global events.

Explain the use of training camps in the preparation of elite sports performers.

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**(Total for Question 8 = 8 marks)**



**\*9** Discuss the use of technology in improving both the preparation and performance of elite athletes in global sport.

A series of horizontal dotted lines for writing.





Lined writing area with horizontal dotted lines.



Handwriting practice area with 20 horizontal dotted lines.

**(Total for Question 9 = 20 marks)**



**\*10 Long term planning** is important in the preparation of elite performers for events.

Discuss the physiological, psychological and technical factors elite performers need to consider when planning for future events.

Dotted lines for writing.



Lined writing area with horizontal dotted lines.



Blank writing area with horizontal dotted lines.

**(Total for Question 10 = 20 marks)**

**TOTAL FOR PAPER = 90 MARKS**



P 3 8 4 7 8 A 0 1 3 1 6

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