

Write your name here

Surname

Other names

Pearson
Edexcel GCE

Centre Number

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Candidate Number

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Physical Education

Advanced

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

Monday 11 June 2018 – Morning

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.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Pearson

Answer ALL questions.

1 Outline **three** different types of stretch.

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(Total for Question 1 = 3 marks)

2 Explain the importance of an appropriate diet in preparation for optimal performance.

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(Total for Question 2 = 6 marks)

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3 An athlete will use all three energy pathways.

Explain the factors that determine the dominant energy pathway.

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(Total for Question 3 = 5 marks)



4 Explain what takes place during the fast component of EPOC to return the body towards homeostasis.

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(Total for Question 4 = 5 marks)

5 Identify **three** structural changes that occur in the cardiovascular system as a result of aerobic training.

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(Total for Question 5 = 3 marks)



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6 Explain the benefits of **four** different muscular adaptations that result from anaerobic training.

Dotted lines for writing the answer.

(Total for Question 6 = 8 marks)



7 Outline the elite sport system that identified and nurtured talent in the former East Germany.

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(Total for Question 7 = 6 marks)

8 Explain **four** factors affecting the selection of kit and equipment by an athlete.

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(Total for Question 8 = 4 marks)

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9 Explain why athletes may train at altitude.

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(Total for Question 9 = 4 marks)

10 Explain how goal setting is used to aid an athlete in preparation for a performance.

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(Total for Question 10 = 6 marks)



***11** Discuss the use of technology in training for optimum performance.

(20)

Area with horizontal dotted lines for writing the answer to question 11.

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(Total for Question 11 = 20 marks)



P 5 2 5 1 4 A 0 1 1 1 6

***12** Discuss the external influences that can affect a sporting performance.

(20)

Area with horizontal dotted lines for writing the answer.

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(Total for Question 12 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



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