

# ResultsPlus

Exemplification Booklet

June 2009

GCE

GCE PE 6PE01

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June 2009

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## Introduction

Summer 2009 saw the first sitting of some AS units of the new GCE2008 specifications. As support for teachers, this booklet has been prepared as an exemplification of how marks were awarded to the written paper for PE 6PE01 during the Summer 2009 examination. It features work produced by the candidates in the actual examination. It contains the questions and mark schemes, together with examples of student answers. It gives the marks awarded for each exemplar response plus commentary by senior examiners. It does not include exemplars for every question on the paper, but only those where contrasting levels of response could be produced.

**Question 1b**

(b) Explain how each of these **four** requirements restrict access for a specific target group.

(4)

Question Number	Answer	Mark
1(b)	<p>Explain how each of these 4 requirements restricts access for a specific target group.</p> <p><b>NB the underlined phrases identify the requirements and the groups. Other applied examples too be accepted.</b></p> <ol style="list-style-type: none"> <li>1. a lack of <u>fitness</u> might prevent the <u>sedentary</u> person from feeling that they are able to take part</li> <li>2. a perception that a person lacks the same <u>level of skill/or ability</u> as others might inhibit participation from <u>younger groups</u></li> <li>3. <u>insufficient equipment</u> or a lack of the <u>perceived “right” equipment / resources</u> could prevent participation from the <u>lower social socio economic groups</u></li> <li>4. being <u>too busy/ lack of time</u> can prevent the <u>women with families / pressures of work life balance</u> from taking part</li> </ol>	(4)

**ResultsPlus****Examiner Tip**

The question asks for the requirements to be linked to a specific target group. Consequently candidates must identify the target group in order to score the mark.

## Example 1

(b) Explain how each of these **four** requirements restrict access for a specific target group.

(4)

- 1 Disabled people may not have the ability to part take in some active leisure and recreation.
- 2 Women with children / housewives may not have the time to partake in active leisure because of family retains e.g. ironing, cooking, etc.
- 3 Elderly people may not have a high enough fitness to take part in certain active leisure activities.
- 4 Elderly people may not have the resources to travel to a leisure centre or gym.



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Examiner Comments

This answer clearly does that for all 4 requirements and so scores the full allocation of marks.

## Example 2

1 (a) Identify **four** requirements for participation in active leisure and recreation. (4)

- 1 Time
- 2 Opportunity
- 3 Access
- 4 Provision

(b) Explain how each of these **four** requirements restrict access for a specific target group. (4)

- 1 Busy people may not have any spare time from work or family commitments to participate in leisure / recreation.
- 2 There may not be adequate facilities or groups that can ~~at~~ include everyone equally.
- 3 There may not be the facilities near to participate.
- 4 ~~There may not be anywhere someone can take~~ Equipment and different activities may be expensive



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Examiner Comments

Looking at the second example the candidate only correctly identifies one of the 4 requirements in the answer to 1a.

When looking at the answer to 1b you can see that the candidate only links the first requirement to a specific group, i.e. busy people (group) may lack time (requirement). The other answers fail to identify any groups at all.

**Question 2a**

2 (a) Define the terms health, fitness and exercise.

(3)

Health

.....

.....

Fitness

.....

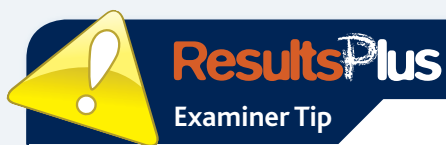
.....

Exercise

.....

.....

Question Number	Answer	Mark
2(a)	1. health is defined as a complete state of physical <u>and</u> mental well being and not merely the absence of disease 2. fitness is defined as the ability to meet the demands of the sporting environment/without undue fatigue 3. exercise is a physical activity that leads to <u>a positive</u> physiological adaptation or similar wording	(3)



**ResultsPlus**  
**Examiner Tip**

This should be a straight forward question, 3 marks for the definitions of three identified terms. Common mistakes here are answers that are too vague.



## Example 1

2 (a) Define the terms health, fitness and exercise.

(3)

Health

a complete state of mental, social and physical well being not merely the absence of disease or infirmity

Fitness

the ability to meet the demands of the environment without undue fatigue.

Exercise

a ~~ph~~ movement that has a positive physiological adaptations.



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Examiner Comments

The first answer is a text book quality answer and scores the full allocation.

## Example 2

2 (a) Define the terms health, fitness and exercise.

(3)

Health

Health refer to a person physical condition and if ~~the~~ a person diet is balanced.

Fitness

Fitness refer to person ability to participate in physical activity without suffering from the consequences eg. increased heart rate.

Exercise

~~Ex~~ Exercise is an activity that produces a positive physical adaptation



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Examiner Comments

In contrast, the second example only scores a mark for the definition of exercise. The definition of health does not require a reference to diet but does need a reference to physical and mental well being. The definition for fitness is both vague and inaccurate as all activity should produce an effect upon heart rate.

**Question 2c**

(c) Define **basal metabolic rate (BMR)** and identify factors that could raise it and factors that could lower it.

(6)

Question Number	Answer	Mark
2(c)	<p>Define Basal Metabolic Rate and identify factors that could raise it and factors that could lower it.            1 mark for definition and then marks for raising or lowering BMR.            However the effect of the factor on the BMR must be stated.            Max of 4 for either raising or lowering BMR            Max of 5 for factors changing BMR without a definition.</p> <ol style="list-style-type: none"> <li>1. BMR is the speed at which your body converts and uses/burns calories/ energy to fuel the activities that you undertake.</li> </ol> <p><u>Factors that will raise your BMR</u></p> <ol style="list-style-type: none"> <li>2. eating frequent meals</li> <li>3. regular exercise</li> <li>4. increased muscle mass</li> <li>5. age (up to peak physical maturation, mid 20's)</li> <li>6. getting pregnant</li> <li>7. environment (warmer/high altitude)</li> <li>8. named hormones (eg testosterone/ HGH/increased thyroid)</li> <li>9. smoking/caffeine/drugs</li> </ol> <p><u>Factors that will lower your BMR</u></p> <ol style="list-style-type: none"> <li>10. eating few large meals</li> <li>11. age (after peak physical maturation, early 30's onwards)</li> <li>12. fasting/starvation</li> <li>13. named hormones ( low levels of thyroid)</li> <li>14. sleep</li> <li>15. becoming sedentary after being active / loss of muscle mass</li> </ol>	(6)

**ResultsPlus****Examiner Tip**

This question asks candidates to do 3 things, consequently all 3 must be covered in the answer in order to score the full marks available.

Firstly they must define BMR, then they must identify factors that raise and factors that will lower it. These factors must be identified as either raising or lowering BMR.

## Example 1

(c) Define **basal metabolic rate (BMR)** and identify factors that could raise it and factors that could lower it.

(6)

Basal metabolic rate is the rate at which your body is able to burn calories. Factors which could raise it would be to exercise regularly and eating a healthy diet consisting of all 7 food groups. Factors that could lower it would be not ~~getting~~<sup>doing</sup> diet of physical activity and to eat a diet lacking several of the food groups and that is high in certain fats.



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Examiner Comments

The first candidate sets out their answer correctly and attempts to do the three required elements.

Unfortunately the definition is too vague, - needs to refer to calorie expenditure at rest or equivalent. 1 mark is scored for identifying that exercise will raise BMR but that is the only mark that is scored as the other answers are too vague or irrelevant.

## Example 2

(c) Define **basal metabolic rate (BMR)** and identify factors that could raise it and factors that could lower it.

(6)

Basal metabolic rate is the rate at which your body is able to burn calories. Factors which could raise it would be to exercise regularly and eating a healthy diet consisting of all 7 food groups. Factors that could lower it would be not ~~getting~~<sup>doing</sup> diet of physical activity and to eat a diet lacking several of the food groups and that is high in certain fats.



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Examiner Comments

The second example also fails to score with the definition, but by setting out their answer correctly they do score 2 marks for factors that lower BMR (stating starvation and sleeping) and then scores 3 marks for factors that raise it (being tall and slim, eating frequent meals, exercising and being pregnant) NB. although there were 4 valid answers for this response, there is a sub max allotted which prevents a maximum score from being achieved if the candidate has not satisfied the 3 requirements of the question.

**Question 3b**(b) Name and describe **three** different methods of stretching.

(6)

Question Number	Answer	Mark
3 (b)	<p>Name and describe three different methods of stretching</p> <ol style="list-style-type: none"> <li>1. <u>Static stretching</u></li> <li>2. the muscle is taken to its current elastic limit and held in position</li> <li>3. <u>Ballistic stretching</u></li> <li>4. Ballistic stretching uses the momentum/bouncing of a moving body or a limb in an attempt to force it beyond its normal range of motion</li> <li>5. <u>Dynamic stretching</u></li> <li>6. involves stretching the muscles through a full range of momentum and gradually increasing reach, speed of movement, or both</li> <li>7. <u>Proprioceptive Neuromuscular Facilitation (PNF) stretching</u></li> <li>8. PNF refers to a stretching techniques in which a muscle group is passively stretched, then contracts isometrically against resistance while in the stretched position, and then is passively stretched again through the resulting increased range of motion</li> </ol> <p>Active and passive are ways in which the above are carried out.</p>	(6)

**ResultsPlus****Examiner Tip**

To score the 3 marks for this question candidates need to correctly identify 3 types of stretch and then describe each. Common mistakes for this question is identifying stretches that are not specific types but ways of carrying out the stretch e.g. passive and active. Also, descriptions are very often too vague.

## Example 1

(b) Name and describe **three** different methods of stretching.

(6)

- 1 ~~1st~~ Static stretching involves holding a muscle in a static position for a ~~maximum of 30~~ a maximum of 30 seconds
- 2 Dynamic stretching involves stretching a muscle by actively moving it
- 3 Ballistic stretching involves stretching a muscle whilst pushing it against an immovable object eg. a wall



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Examiner Comments

The first example scores 3 marks for the types of stretch but fails to score any marks for the descriptions.

The description for static stretching fails to identify that the muscle must be stretched and then that position maintained.

The description for dynamic stretching is vague - simply stating that moving a muscle actively stretches it.

The description for Ballistic stretching is incorrect.

## Example 2

(b) Name and describe **three** different methods of stretching.

(6)

- 1 **Static** - taking a muscle to it's limit and holding it there. static stretching is a very good way to warm up the muscles and prevent injury or muscle soreness.
- 2 **Balistic** - using momentum to forcibly extend the stretch of a muscle. can be very sport specific. i.e. high kicks could be a practice for a fly half in rugby.
- 3 **Dynamic** - Taking a joint through a full range of movement. Again can be very sport specific.



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Examiner Comments

Candidate identifies and succinctly describes three types of stretches and scores the 6 marks available.

**Question 4**

\*4 The three muscle fibre types adapt to different methods of training. Discuss the methods of training most likely to enhance the characteristics of each fibre type and describe the adaptations that would occur.

(12)

Question Number													
4	<p>The three muscle fibre types will adapt to different methods of training. Discuss the methods of training most likely to enhance the characteristics of each individual fibre type and describe the adaptations that would occur</p> <table border="1"> <thead> <tr> <th>Fibre type</th> <th>Type of training</th> <th>Adaptations</th> </tr> </thead> <tbody> <tr> <td>1. slow twitch / type I</td> <td>2. continuous / Fartlek / long intervals / light resistance weight training</td> <td>3. increased vascularisation 4. increased density of mitochondria 5. increased quantities of myoglobin 6. increased resistance to fatigue 7. ability to exert a greater force for longer periods of time</td> </tr> <tr> <td>8. FOG / type IIa</td> <td>9. Fartlek / intervals / circuits</td> <td>10. increased vascularisation 11. increased density of mitochondria 12. increased quantities of myoglobin 13. increase in diameter of muscle fibre size / hypertrophy 14. increased resistance to fatigue 15. increased stores of muscle glycogen 16. ability to exert a greater force for longer periods of time</td> </tr> <tr> <td>17. FTG / type IIb</td> <td>18. intervals / circuits / weight / plyometrics</td> <td>19. increased diameter of muscle fibres / hypertrophy 20. increased force produced 21. increased stores of ATP / PC / muscle glycogen 22. easily fatigued</td> </tr> </tbody> </table>	Fibre type	Type of training	Adaptations	1. slow twitch / type I	2. continuous / Fartlek / long intervals / light resistance weight training	3. increased vascularisation 4. increased density of mitochondria 5. increased quantities of myoglobin 6. increased resistance to fatigue 7. ability to exert a greater force for longer periods of time	8. FOG / type IIa	9. Fartlek / intervals / circuits	10. increased vascularisation 11. increased density of mitochondria 12. increased quantities of myoglobin 13. increase in diameter of muscle fibre size / hypertrophy 14. increased resistance to fatigue 15. increased stores of muscle glycogen 16. ability to exert a greater force for longer periods of time	17. FTG / type IIb	18. intervals / circuits / weight / plyometrics	19. increased diameter of muscle fibres / hypertrophy 20. increased force produced 21. increased stores of ATP / PC / muscle glycogen 22. easily fatigued
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	(12)												



Level	Mark	Descriptor
	0	No rewardable material
Level 1	1-3	<p>Content</p> <p>The answer would contain many inaccuracies or omissions. Fibre types might be correctly named and identified.</p> <p>Characteristics</p> <p>A poorly structured answer with incorrect spg. Incorrect use of terminology / technical language.</p>
Level 2	4-6	<p>Content</p> <p>The 3 fibre types must be correctly identified. A list of unrelated training methods might be identified with some generic adaptations also. The answer may contain some inaccuracies / irrelevant material.</p> <p>Characteristics</p> <p>A basic structure will be evident, there will be some use of technical terms but there may be some errors in spg.</p>
Level 3	7-9	<p>Content</p> <p>The fibres will be identified and correctly linked to appropriate methods of training. The answer will either list a range of accurate adaptations with limited discussion or alternatively provide some discussion but in a limited number of areas.</p> <p>Characteristics</p> <p>The answer will be factually strong but perhaps lack the necessary analysis and discussion to score the highest marks. The answer will have a clear structure, there will be a sound use of terminology, with satisfactory spg.</p> <p>NB this is the highest band that a candidate presenting their information in a table form will be able to score as the answer will lack analysis / discussion.</p>
Level 4	10-12	<p>Content</p> <p>All key areas are accurately identified with clear analysis and discussion of the relevance between the training methods and specific fibre type and also the consequent adaptations.</p> <p>Characteristics</p> <p>This a well structured answer with clear and accurate use of terminology. Information will be presented clearly, concisely and be relevant covering all key issues.</p>



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### Examiner Tip

12 mark question that clearly needs planning. Three things are asked for; Discussion of methods of training appropriate to each fibre type, - consequently the fibre types must be identified and linked to the training. Explanation of the characteristics that will be enhanced by the training which links into the discussion earlier and also Identification of the adaptations resulting from the training. All of this should be done three times, once for each fibre type. Top answers scored well because they had been able to do this with good accurate information. Good answers were factually correct but failed to link or discuss the training methods to the fibre types and the consequent adaptations. Poor answers simply described the fibre types, often making mistakes and broad generalised statements.

## Example 1

- \*4 The three muscle fibre types adapt to different methods of training. Discuss the methods of training most likely to enhance the characteristics of each fibre type and describe the adaptations that would occur.

(12)

Continuous training would be most likely to enhance the characteristics of type 1 fibres (slow twitch). This is because continuous training is aerobic and type 1 fibres are best suited to this type of exercise. ~~The~~ <sup>One</sup> adaptations that would occur would be an increase in mitochondria. Another adaptation would be more myoglobin. These two things will make the muscle fibre less resistant to fatigue and so they will be able to carry on for longer.

Fartlek training would be most likely to enhance the characteristics of type 2a fibres (fast oxidated glycolytic). This is because fartlek training requires the athlete to work at different speeds and requires both aerobic and anaerobic training. Type 2a fibres are suited to sports that require longer bursts of anaerobic exercise and fartlek training would allow the athlete to work on this. One adaptation would be hypertrophy of the muscle. This means that they are

bigger and stronger and so will be able to work at a higher intensity for a longer period of time.

Finally, interval training would be best suited to type 2B fibres (fast twitch glycolytic). This is because this method of training is ~~anaerobic~~ <sup>anaerobic</sup> but allows periods of rest. This training will make adaptations to type 2B muscles fibres such as making them more like type 2a fibres. They will gain more <sup>mitochondria</sup> ~~mitochondria~~ <sup>and myoglobin</sup> ~~myoglobin~~ which will mean that they can work for a longer period of time. They will also experience hypertrophy which means that they are bigger <sup>and</sup> ~~is~~ stronger which means that they can work at a higher, faster intensity rate.



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Examiner Comments

The example response makes an excellent start dealing very well with the appropriate sections for the first two muscle fibres, however the answer tails off during the final paragraph and contains factually inaccurate material.

**Question 5**

5 Outline the main characteristics of festival games in the UK before 1800.

(5)

Question Number	Answer	Mark
5	<p>Outline the main characteristics of festival games in the UK before 1800</p> <ol style="list-style-type: none"> <li>1. localised / confined to a particular area / regionalised due to lack of transport</li> <li>2. occasional / only played on specific days / seasonal / church holidays</li> <li>3. few rules / uncoded</li> <li>4. limited / basic equipment</li> <li>5. male dominated</li> <li>6. violent / involved baiting of animals / cruel</li> <li>7. many sided / mob with indication of large numbers of participants.</li> <li>8. rural focus / large playing areas / no clear boundaries</li> <li>9. often had a functional purpose / combat skills</li> <li>10. Perpetuated social class divide / different activities for poor and gentry / evidence of gambling or wagering</li> </ol>	(5)

## Example 1

5 Outline the main characteristics of festival games in the UK before 1800.

(5)

Before the 1800's festival games were very violent  
 as there were no rules to state otherwise. This also  
 meant there were no pitch boundaries and so games  
 were played over a large area i.e a village. The games  
 were very localized as no transport was invented for  
 them to move about so peasants would play one  
 another. Peasants have very little time to play due to  
 agricultural commitment - physical recreation was  
 very seasonal. Games were often based around Holy  
 Days i.e Shrove tide football as the church dictated  
 much of the year. Peasants were not allowed to play on  
 Sunday due to day of rest. (Total for Question 5 = 5 marks)



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Examiner Comments

Although the candidate scores the full allocation of 5 marks, the answer could have been set out a little better to help them and to save time.

The question is for 5 marks and so 5 characteristics are required.

Marks are scored for;

Very violent

No rules

No pitch boundaries

Localised

Holy days

However the answer does contain a degree of repetition and because it is written as an extended paragraph it is difficult for the candidate to know that they have done sufficient to score the full allocation of marks.

5 independent sentences would provide greater clarity and also save time.

**Question 7c**

(c) Describe the World Class programme and explain how it aims to support success at elite level for UK athletes.

(5)

Question Number	Answer	Mark
7(c)	<p>Describe the world class programme and explain how it aims to support success at elite level for elite athletes.</p> <ol style="list-style-type: none"> <li>1. is a programme designed to provides support for existing and potential elite athletes / athletes capable of achieving elite success</li> <li>2. run by UK Sport</li> <li>3. provides access to the UKSI facilities / sports science support</li> <li>4. provides access to top quality coaches / coaching</li> <li>5. world class pathway consists of three tiers designed to cover athletes at different stages in their development</li> <li>6. World Class Start / talent; aimed at talented youngsters</li> <li>7. World Class Potential / development; aimed at athletes with the potential to win a medal/compete on an elite stage within 10 years</li> <li>8. World Class Performance / podium; supports existing elite performers</li> <li>9. the programmes channel lottery funding into appropriate areas/to the teams/athletes</li> <li>10. including opportunities to utilise long and short term planning such as altitude/warm weather and acclimatisation camps</li> </ol>	(5)

(c) Describe the World Class programme and explain how it aims to support success at elite level for UK athletes.

(5)

The World Class Programme consists of 3 stages to produce elite, world class athletes. Firstly ~~there~~<sup>stage</sup> one is World Class Talent - whereby talented athletes with the potential for international success are spotted. World Class Development then prepares these athletes by <sup>providing</sup> supporting them with top facilities, coaching, sports science etc in order for them to work on their international performance and perfect it. World Class Podium is the final stage where those who now have medal winning capabilities are entered into international competitions to win and bring a national

(Total for Question 7 = 12 marks)



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Examiner Comments


Similar to the answer described in question 5, this answer would be better structured if the sentences were clearly addressing a point. The content of the answer is very good and scores the full allocation of marks, however it would be difficult for the candidate to be certain that they had provided sufficient information to score all available marks.  
5 marks = 5 sentences, each making a relevant point to score a mark.

**Question 8a**

- 8 (a) Sport is becoming increasingly commercialised.  
Outline the main types of commercial funding available in sport.

(4)

Question Number	Answer	Mark
8(a)	<p>Sport is becoming increasingly commercialised. Outline the main types of commercial funding available in sport</p> <ol style="list-style-type: none"> <li>1. gate receipts/money from paying spectators</li> <li>2. selling advertising space to companies around the pitch or on clothing / sponsorship</li> <li>3. endorsement</li> <li>4. media funding/TV money/pay per view TV</li> <li>5. merchandising/club shops/selling club shirts</li> <li>6. club lotteries</li> <li>7. hiring facilities for corporate or entertainment</li> <li>8. selling players</li> <li>9. private investors/floating on stock market/becoming a PLC/ shareholders</li> <li>10. prize money</li> </ol>	(4)



**ResultsPlus**  
Examiner Tip

A 4 mark question requiring four types of commercial funding.



## Example 1

- 8 (a) Sport is becoming increasingly commercialised.  
Outline the main types of commercial funding available in sport.

(4)

media funding has increased hugely, now that sport is being shown on t.v, listened to on the radio, read in the newspaper; a lot more money is being injected into sport as it is hugely popular on a macro scale. Sponsorship of sports teams are being fought over meaning sports can have a few or pick the highest sponsor. ~~Many~~ shops now sell sport related merchandise which flies off the shelf especially when a competition is on.

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Examiner Comments

The first candidate's answer scores 3 of those marks through identification of media, sponsorship and merchandising. However, once again the answer could have been more succinct and structured as three separate sentences, thus informing the candidate that they were required to identify a fourth type of funding.

## Example 2

- 8 (a) Sport is becoming increasingly commercialised.  
Outline the main types of commercial funding available in sport.

(4)

Sponsorship - Companies such as Pepsi or Burger King

sponsor sports to advertise their company and  
the sport can get ~~money~~ funding

Advertising - Companies put adverts in breaks between

<sup>well</sup> watched sports matches such as ~~the~~ Wimbledon

so their adverts get watched and the sport gets funding

Merchandise - Companies are able to make merchandise for a sport

so that they get noticed and money and the sport gets  
funding


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Examiner Comments

Although the second example does not score as well as Example 1, it does illustrate how the answer could be structured.



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