

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced

Unit 3: Preparation for Optimum Sports Performance

Wednesday 19 June 2013 – 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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PEARSON

Answer ALL questions.

1 Elite performers often manipulate their diets to maximise athletic performance.

(a) Outline **four** factors an athlete must consider when planning their diet.

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(b) Many elite athletes use supplements to optimise their performance.

Identify **four** types of supplement athletes use and explain how each benefits performance.

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(Total for Question 1 = 12 marks)



2 'Choking' is a term used in short-term psychological preparation.

Define the term choking and suggest **three** strategies that can be used to help performers avoid it.

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(Total for Question 2 = 4 marks)



3 Explain what is meant by the term 'home advantage' and outline its potential effects on performance.

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(Total for Question 3 = 4 marks)



5 Identify **four** key long-term adaptations that are linked to aerobic training and explain the benefit of each adaptation.

Dotted lines for writing the answer.

(Total for Question 5 = 8 marks)



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Handwriting practice area with 20 horizontal dotted lines.



(Total for Question 9 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



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