



Examiners' Report June 2014

GCE Physical Education 6PE03 01

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Introduction

General feedback

The exam paper was of comparable structure and level to previous papers, offering a fair range of questions that were accessible to all levels though differentiated appropriately. There was no change to the standard of responses of learners.

Candidates accessed all questions and there was no indication that candidates did not have sufficient time to complete the paper appropriately. Most candidates responded within the space provided. Few offered very brief responses. Candidates were at the appropriate level to successfully complete the examination.

There were a number of aspects that would benefit candidates to prepare more effectively for their examination. These include:

The legibility of responses. The ability to read a learner response is vital for accurate marking. Significant numbers of learners either had very small writing or messy writing-both of which proved challenging to examiners. Occurrences of this appeared to be more frequent with examiners commenting frequently. Candidates should be reminded that examiners could only award what they can read.

On the essay questions (questions 8 and 9) in particular, though not exclusively, candidates offer a knowledge-based response to the subject area without specifically addressing the question. It would be beneficial for candidates to focus on the question and maintain this throughout their responses.

Many candidates used additional paper to plan their responses to questions 8 and 9. This can be included within the answer booklet and does not need to be separately attached.

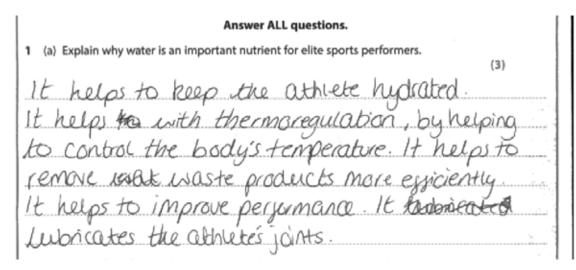
Question 1 (a)

Q1a Learners responded well to this, with most accessing two of the three available marks and many achieving full marks. The most common responses that were appropriately awarded were:

- Thermoregulation
- A drop in performance including appropriate statistics
- Replacing fluids lost through sweating
- Drop in concentration.

The most able candidates accessed all three marks and responded in clear sentences and/or bulleted points.

The less able referred to a drop in performance though included incorrect statistics or made a generic statement and so were not awarded the marks.





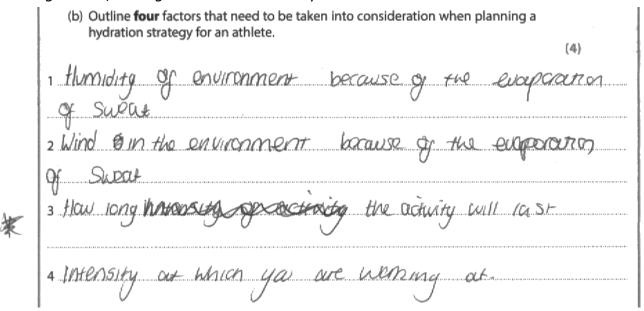
The learner has clearly correctly explained 3 aspscts included in the mark scheme and is awarded maximum marks.

Question 1 (b)

Q1b Candidates were able to access this question fully and achieved well. Many were able to access all four marks and some offered more than could be credited. The most commonly awarded responses were:

- Temperature
- Humidity
- Duration of the activity
- Intensity of the activity
- The needs of the individual.

The less able candidates referred to the climate and/or repeated the same aspects such as drinking before, during and after an activity.





The learner has referred to four factors and outlined them succinctly. Full marks have been awarded.



Keep responses precise and ensure one factor can be identified from another.

Q2 Candidates again were well prepared for this question and most responded well, able to access at least six of the nine available marks.

The most common external influences were:

- Home advantage
- Crowd effect
- Presence of others
- Importance of the competition

The most common strategies were:

- Mental rehearsal
- Visualisation/imagery
- Practice in similar conditions
- Positive/self-talk
- Relaxation techniques, including centring.

Some candidates offered the same strategy for different external influences and were credited for this.

Higher-level candidates were able to justify their chosen strategy with lower level responses not including this.

2 Identify three external influences that can affect a performer's short-term psychological preparation.
Justify a strategy that could be used to manage each influence.
One external influence could be on high level of anxiety due to the
build up of media pressure. Oppending on whether the performer is elite
or a beginner means that it could positively or negatively affect
performance. The performer could use relaxation techniques to decrease
anxiety.
Another external influence could be pressure from the performers coach, this
Could build up anxiety for the performer. The performer could use
Self talk to reduce the build up of anxiety.
Finally, an external influence Could be tamily problem, such as a
divorce which could have built up a lot of arousal. The performer
Could use imagely whose they look back on past performances which
were successful and this could reduce arousal and increase motivation.



The candidate has produced a well structured response identify three external influences, a strategy and then justifying this. The accuracy of the response, the logical order and the clarity results in maximum marks being awarded.

Q3 Many candidates found this question challenging and included pre-exercise strategies rather than post exercise. This limited the marks the candidates were awarded.

Lower level candidates were able to access two marks by referring to hypertonic drinks and carbohydrate drinks/gels. Some also referred to cool down activities though many didn't refer to more than two of these three areas. Many referred to creatine and carbohydrate loading and generically to the window of opportunity but did not relate this to carbohydrate. This was not credited.

More able learners detailed correctly consuming carbohydrate within the two-hour window. The most common responses to access the marks were a maximum of two marks for carbohydrate, a maximum of two marks for drinking fluids and then a cool down however very few candidates achieved more than four marks.

In the recovery phase after exercise, what strategies can an athlete use to enhance the restoration of ATP, PC and glycogen stores?

In the Quartacid stage of recovery (Fast component) A TP and pc

Otoles are replenished This can be sped up through the use of

Oth active recovery of a cool clown. Restoration of grycogen.

More can be sped up through carboloading in the week.

Leading up to an event or consuming carbonydrates in the

window or opportunity of ew hours after exercise.

Orinking hyper tenic arms which contain grucose can help to

restore grycogen. His o showing energy / grucose gus and bars.

Athreses concuso use supplementation such as (reatine which helps to increase pc chores this helps with the restoration of

ATP as it phosphate is used in the endothermic reaction.



Though this learner has referred to some pre exercise strategies (and not been awarded for this)they then have referred correctly to post exercise strategies in full. They also state the window of opportunity and the consumption of carbohydrates. Many learners did not refer to carbohdrate and so limited the marks they were awarded.



Read the question fully such as pre exercise, to avoid irrelevent responses that do not receive credit.

Q4 Many candidates found this question challenging and confused adaptations and benefits. Many responded with a benefit as an adaptation and then offered a sporting example as the benefit and so were not awarded marks for this.

Also many learners responded with general cardiovascular adaptations that are not specific to plyometrics such as increased cardiovascular efficiency. This was not credited.

Lower level candidates were able to access two marks by including muscle hypertrophy leading to increased strength. A few then did respond further with stronger ligaments and tendons leading to a reduced injury risk.

More able learners detailed correctly adaptations such as increase in rate of fibre recruitment and increased elasticity of fibres and tendons.

Very few candidates achieved more than six marks.

4 List four adaptations that a long-term programme of plyometric training might be expected to develop.
For each adaptation suggest a benefit for sporting performance.
Muscular hypertrophy - this will increase
the athletes strength and power.
Increased gibra nevalation muscle gibre recruitment -
this will increase gorce production
Increased muscle elasticity-this will improve
the athlete's clexibility and Targe of movement.
Increased strength of tendors Tigaments -
this reduces enouge Chance by injury and improve
range of movement.
Detanedrance
Delayed Doms - reduced fabigue and
more essicient removal of emplactic acid.
Increased muscuar endurance - reduces
Satigue and muscles can work horder and
for longer.



A well structured response logically answering the question in full. Easy to follow and using technical language effectively. A worthy response of high credit.

Q5 Candidates on the whole responded well to this question though were able to explain Nach more effectively than Naf.

The more able candidates were able to clearly define achievement motivation and then fully explained this without repetition.

The less able did not attempt to define or simply stated it was motivated by achievement, so re-ordering the words. Some candidates referred to intrinsic and extrinsic motivation and so were not awarded any marks for this.

5 Define the term achievement motivation and explain its effects.
actionment mother to the dive with the partoner to actions success
for the sports sake. This inches the performance the result and
also the reans by which is achieved, and also the displacteristics of
the performer whither they are intravert or extravert, it can also be
sporated by to types of advisers such nachs, or NATS, Performens
who need to achieve (nach;) are performent who may not be afraid
to be and want to try things, they accept Essedback and are not also
settled by success but by the means by which is achieved, nothers, Others
performers need to avoid failure (NAFs) they may feel ofiald of
defeat and play consenatively is order to achieve, they may not be que
to experience to a method to succeed, may be presented to wroning and don't
like receiving feedback



This candidate reponds to the question in order offering a definition and then explaining the effects correctly. The sentance structure and logical presentation that is clearly legible ensures full marks are awarded.

Q6 Candidates had prepared well to respond fully to this question and were able to access all eight marks. Responses were well structured and had clearly been well taught and learned. Most learners accessed at least half marks or more and showed a strong understanding of the topic. Some candidates required more space to answer this question and this was a reflection of the level of knowledge. Candidates did offer more then the maximum marks would allow to be credited.

Outline the elite sports system that identified and nurtured sports talent in East Germany from 1960 to 1980.

The East Germany wanted to gain international success at world games. Their sports system was a centralised, state contraled and state gunded. They went into primary schools and bested every child gar a range of tests i.e. Measurements, sitnost tests. Those who scared we were sent to national sports boarding schools, where their talent was developed. There was 6 hours of training and 2 hours of academic study per day. They were re-tested and entered into spartakian which was a mini-olympics. If they scared well, they progressed to the state and national centres fast Germany were the first to breakthrough with sports science; each athlete had their daying east Germany developed hypoxic chambers and (Total for Question 6 = 8 marks)



An extremly full response which refers to eight aspects included in the mark scheme. Full marks awarded.



This learner has not wasted valuable space and time repeating the question and immediately started the response to achieve marks.

Q7 Candidates were able to access at least two marks from the available six on this question. Most candidates were able to achieve four or more.

Higher-level candidates demonstrated a full understanding of centralised and decentralized and were able to give correct examples of each.

Those scoring two marks or less were often confused about these systems and often stated that the UK was centralised. The role of national governing bodies was confused and candidates at all levels were able to explain centralised much better than centralised.

Texplain the difference between a centralised and a decentralised approach to the management of elite sport.

A centralised System in eithe Sport is when the Sport in controlled by the Sport is when sport in controlled by the State Sport is funded by the fubic sector (taxes/Lottery).

This results in athletes being used as a positional took and rely on their performances for funding.

Examples include East Germany or Australia.

A de-centralised system is where no strigge institute takes control. It utilised the Education Pathway through colleges - funding is made

from Sponsars and has been proven to be highly successful with the hish using this approach and thank prospering from it.



The candidate explains the differences in two structured paragraphs offering an example of each. This therefore is awarded full marks. The differences are clear to distinguish with the structure of the response enhancing this.



Where a questions asks for differences, or contrasting aspscts the learner needs to make it clear what they are referring to. Many candidates offered a response where it was unclear if they were referring to a centralised or decentralised approach. This limited achievement.

Q8 Most candidates attempted this question and were able to access some marks.

The majority of candidates were awarded at level 2. These responses fully detailed the theory of recovery with extensive descriptions of ergogenic aids. There was then limited evaluation of the pressures on elite performers with few exploring the role of coach and athlete.

Some learners did focus on the pressures and were able to link this to recovery and so were awarded at level 3. However many at this level then digressed into the impact of drugs on performance and so did not access higher than 13 marks.

Few candidates were able to highlight a range of pressures or offer insight into pressures and so a very limited number accessed level 4.

Candidates would benefit from focusing on the discussion aspect of this question. Many candidates described at great length though did not answer the question fully.

1-001	Trase performance levels higher	
WOLE ON	- tougher on body	
Brill-district of Jordon as Brill-district are no reverse by sarbers.	-more training	
Brand ad in bid an ac an-kokoa (Bracad er ad ac archesa)	more makhes	
15454 24 25 25 25 25 25 25 25 25 25 25 25 25 25	- longer seasons/	
less br	oks /	
· som no i	cesson - enterpations	
money-	playes who not 100'6	
mental pro	essure from media can exhaust	
- spensor	hip demands	
change	en surface pochey	
asset.	mpocks-rigby	
noney by	ogo knoplations	
I Porce	ery has become more difficult for a number of	
	+ reasons.	
	Z	

hine before next houring session or match
The pressure for more matters matches largely comes from the media and spectators as they want to see the athletes more regularly. The pressure for more hours and more whense training comes from the vast amount of money that is now unushed in sport Owners/sponsors etc want performes to succeed and do everything they can to make that happen.
Sponsors can also make recovery difficult as athletes have computants to these sponsors and these sometimes can can conflict with recovery strategies whereas in the past athletes would not have these comitments or at least not as mony.
Change in technology has also made recovery hardiranters. In rugby players are bigger and more powerful than before so the impact when his each other as greater and therefore hougher on the body. Also the change in surface with set Saracens Rugby Club moving from grass

to harder artificial pitch again increase impact on
body
The increase in money mentioned earlier makes recovery
harder or some ways as it is tempting for a rich and
game and enjoy their some and wealth This gues less.
recovery time before the next session as the body would
not be getting helpful nutrients for trecovery from a for or club
less of an off season as seasons are lengthered so
that interest from spectators stays high more of the year

gues a smaller window for rest. Combine that with internation sport quite offen being played in all season further reduces appurtunity for recovery to International hockey players would complet I marks the year.

However the 21st has also it made recovery easier in lass of ways. Compression clothing worn during and after sport speeds up recovery, reducing recovery time improved browledge of physics. Hearing and aids recovery huntion as chargenic chamber board books recovery as much that multiple training session in one day possible.

I think that 21st century pressures give athletes less hime to recover but 21st century lecturally rookes enables the time available to be used more effectively. (Total for Question 8 = 20 marks)



This learner has referred to pressures for both the athlete and coach. They have looked at a range of pressures and contrasted developments that have eased pressure on recovery. The response is well structured. To achieve higher marks this learner needed to focus in greater detail on pressures, including more fully pressures placed on coaches and athletes both as one unit and separately.

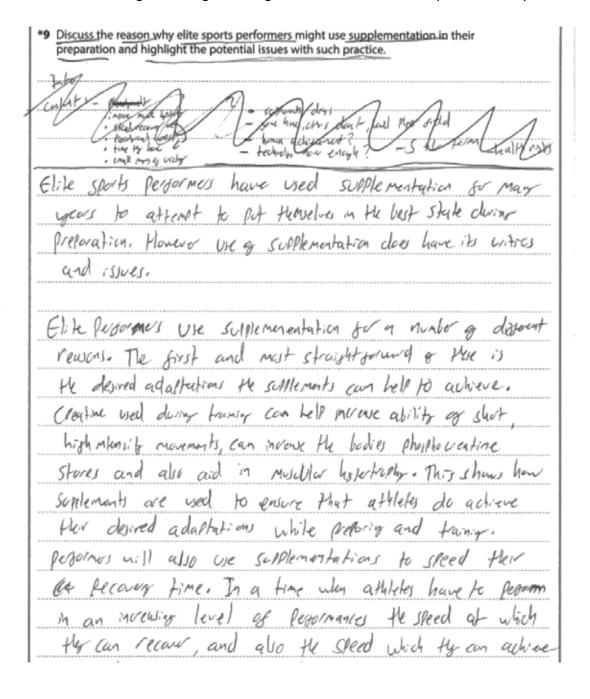
Q9 Most candidates attempted this question and were able to access some marks.

The majority of candidates were awarded at level 2. These responses fully detailed the theory of supplementation with extensive descriptions a broad range of supplements. There was limited evaluation of the potential issues with such practice. Some learners did state there was a fine line between legal and illegal supplements though then digressed into the impact of drugs in sport with extensive examples of this.

Some learners did focus on the issues and were to explore aspects such as deviance into illegal drugs, a lack of understanding of supplements and their long-term effects as well as the cost and limited accessibility in some parts of the world and so were awarded at level 3.

Few candidates were able to highlight a range of issues or offer insight into issues and so a very limited number accessed level 4.

Candidates would benefit from focusing on the discussion aspect of this question. Many candidates described at great length though did not answer the question fully.



athlete who needs to recover quickly. Supplements also help to sive athletes a fisquelosical boost during their preparation. In a Elike spoting Society where the magning a victory have become smaller and smaller. An Elike athlete who has been using supplementation such as Calcium tablets for an athlete who is returning from a bone insury, this supplement may threstore give the athlete the day during their preparation to place them in the peak area of avaisal and montal preparation for upcomming events.

However, there are a growing number of potential issues with in evaling use of supplements by elike performers. Firstly, many have pointed at that there is a very fire line between allaned supplements and banded drops and that new supplements that have yet been taked sulf May give abilities an untain advantage. Also many previously used supplements have now been banned as drops such as Amphitamine's which were commonly used by cyclists. Another issue some have use the supplementation use is that some attalets are able to get hold of them whilst there are offer other competing attalets who are not. This promots some to argue that supplementation therefore is adding to an unjoir plaging sidd in some sports and shold therefore be burned. Other arguements stake that supplementations stop sport being about human achievement. Sport was existent originally

Starked by human to be a test of human limits and abilities. They therefore arene that supplementations taken by attacked inhibit the ability of sports to test this and they care that shouldn't be weed in sport. Others have agreed that the nowing and mul improved technology

now and available to athleter such as improved equipment such as streamline Cycle helmets are now enough to size athletes the cetimal amount of competative advantages and that any that taken supplementation on for of this tips that over into an urgain advantage and then therefore should not be used.

To conclude, supplementation; an important Part of preparation for both short and long term athlete preparation, supplying athletes with an added competative edge, however governing bodies must ensure that supplementations only ever one of competative advantage and vot an year one. It is plan to see unly athletes use supplementation with such large into first, insentices to un and I expect this will only continue and increase



This response is one of the highest awarded. It includes contrasting views of supplementation and some of the issues arising from their use. It focuses primarily on these issues rather than a description of different supplements. It explores the dangers of supplementation and the pressure key stakeholders are faced with when choosing to supplement or not. It also explores some of the ethical issues. To active higher marks the candidate needs to focus more on these issues, developing further the issues.

Grade Boundaries

Grade boundaries for this, and all other papers, can be found on the website on this link: http://www.edexcel.com/iwantto/Pages/grade-boundaries.aspx





