

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**

Thursday 11 June 2015 – 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

2 (a) Explain what is meant by **mental rehearsal**.

(2)

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(b) Explain how mental rehearsal affects sports performance.

(4)

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(Total for Question 2 = 6 marks)



6 Elite sports performance has been managed in different ways by different countries.

(a) Explain why Australia developed its elite sport policy in the early 1980s.

(3)

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(b) Outline the elite sport system that identified and nurtured sports talent in Australia from the 1980s.

(6)

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(Total for Question 6 = 9 marks)



Handwriting practice area with 20 horizontal dotted lines.



Lined writing area for the answer to Question 8.

(Total for Question 8 = 20 marks)



Lined writing area with 25 horizontal dotted lines.



Handwriting practice area with 25 horizontal dotted lines.

(Total for Question 9 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



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