

Write your name here

Surname

Other names

Pearson
Edexcel GCE

Centre Number

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Candidate Number

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Physical Education

Unit 3: Preparation for Optimum Sports Performance

Friday 17 June 2016 – 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

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Answer ALL questions.

1 (a) Identify **three** advantages of **creatine loading** on sports performance.

(3)

1

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2

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3

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(b) Identify **three** disadvantages of **creatine loading** on sports performance.

(3)

1

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2

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3

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(Total for Question 1 = 6 marks)



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2 (a) Define the term **anxiety**.

(2)

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(b) (i) Explain, using **one** example, how **state** anxiety affects sports performance.

(3)

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(ii) Explain, using **one** example, how **trait** anxiety affects sports performance.

(3)

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(iii) Identify **two** strategies that can be used to successfully manage the influence of a crowd. For each strategy, justify your choice.

(6)

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(Total for Question 2 = 14 marks)

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(ii) Explain **one** advantage and **one** disadvantage of using ice baths as an ergogenic aid.

(6)

Advantage

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Disadvantage

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(Total for Question 3 = 16 marks)

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4 Continuous training results in structural and functional adaptations.

Complete the table below.

(a) Identify **three structural adaptations** to the cardiovascular system due to continuous training. (3)

(b) For each adaptation, explain **one functional benefit**. (6)

Structural adaptation	Functional benefit

(Total for Question 4 = 9 marks)



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5 State **five** potential disadvantages of short-term holding camps prior to major sporting events.

1

2

3

4

5

(Total for Question 5 = 5 marks)



*6 Discuss the use of technology to refine a performer's technique and its impact on their sporting performance.

(20)

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(Total for Question 6 = 20 marks)



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***7** Discuss how centres of excellence can be used to enhance optimum sports performance. Refer to the history and development of elite sport in your response.

(20)

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