



Mark Scheme (Results)

Summer 2018

Pearson Edexcel GCE
In Physical Education (6PE0/01)
Unit 1: Participation in Sport and Recreation

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General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Additional Guidance	Mark
1(a)	<p>Any 1 mark awarded from 1 each of the following lists.</p> <p>Fitness. Elderly / unhealthy /</p> <p>Ability Young / elderly</p> <p>Resources Young / pensioners / students / unemployed / disabled / single parents</p> <p>Time Professional people / single parents / shift workers</p>	Any other comparable/ suitable groups accepted e.g. obese	(4)

Question Number	Answer	Additional Guidance	Mark
1(b)	<p>Any 1 mark awarded from 1 each of the following lists.</p> <p>Fitness Modified versions of the games, - walking netball & football.</p> <p>Ability Taster sessions / modified versions / Graded games, - by ability or age</p> <p>Resources Subsidised sessions / specific times for identified groups / Equipment is provided</p> <p>Time Longer opening hours / early morning sessions</p>		(4)

Question Number	Answer	Mark
2(a)	An issue that is <u>relevant</u> / pertinent to <u>modern day</u> society / groups	(1)

Question Number	Answer	Mark
2(b)	Any two from 1. CHD 2. High cholesterol 3. High blood pressure 4. Diabetes 5. Obesity 6. Metabolic syndrome 7. A sedentary lifestyle 8. activity levels 9. Access 10. Stress 11. Negative lifestyle choices (smoking, drinking, drugs) 12. Ageing population	(2)

Question Number	Answer	Additional Guidance	Mark
2(c)	NB. The contemporary concern must be identified in order to score the marks available. CHD 1. Helps to burn off fat / prevents the build-up within the coronary arteries / helps to maintain a regular passage of blood through the arteries 2. Reducing blood pressure / chance of heart attacks or strokes 3. Helps to maintain arterial elasticity and can help to maintain healthy lumen within the arterial walls 4. Promotes a healthy lifestyle / less likely to eat fatty foods. High cholesterol 5. Promotes an increase in good cholesterol / HDL 6. Encourages the body to utilise LDL as an energy source 7. Promotes a healthy lifestyle / less likely to eat fatty foods.		(6)

	<p>High blood pressure</p> <ul style="list-style-type: none">8. Helps to relieve stress which can be a cause of it.9. Helps to prevent CHD which can cause it10. Encourages vascularisation which helps to counteract a build-up of pressure.11. Promotes a healthy lifestyle / less likely to eat fatty foods. <p>Diabetes</p> <ul style="list-style-type: none">12. Helps to regulate blood sugar.13. removes excess sugar from the blood14. Promotes a healthy lifestyle / less likely to eat fatty foods <p>Obesity</p> <ul style="list-style-type: none">15. Helps to increase energy expenditure which burns fat16. Increases BMR / encourage fat and or weight loss.17. Promotes a healthy lifestyle / less likely to eat fatty foods.18. Obesity can lead to other concerns, so exercising to reduce the effect of obesity can reduce these other concerns. (e.g. CHD, High Blood pressure, Diabetes, and the associated issues) <p>Aging Population</p> <ul style="list-style-type: none">19. Exercise helps to Offset the aging process20. Exercise aids muscle retention which helps regulate fat gain so limiting obesity, CHDD and other concerns21. Exercise helps to maintain mental capacity22. By exercising the population should be healthier and therefore less of a financial burden on the NHS/country <p>Sedentary lifestyle</p> <ul style="list-style-type: none">23. By being physically active you are no longer sedentary		
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	<p>24. By no longer being sedentary you have less likelihood of suffering from other hypokinetic concerns.</p> <p>25. By being physically active you will maintain a good state of health</p> <p>26. By being physically active you are likely to have a high BMR so are less likely to store excess weight / experience weight fluctuations.</p> <p>27. You are more likely to leave a healthy lifestyle</p> <p>28. Being active helps to offset the aging process</p> <p>Stress</p> <p>29. Enables a physical relief</p> <p>30. Enables the body to rest the stress receptors</p> <p>31. Can release tension and so improve mental and social well being</p> <p>Can remove the factors such as high blood pressure, excess fat, high cholesterol levels and other factors which cause the fat</p>		
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Question Number	Answer	Additional Guidance	Mark
3	<p>1 mark for EITHER identifying or defining the meaning of each principle. The 2nd mark is awarded for the appropriate usage of each.</p> <ol style="list-style-type: none"> 1. Specificity / training appropriately for the demands of the given sport 2. So a games player might do training that is running based if their sport uses running / might do strength training if they need muscular strength / might train in the pool if they are a swimmer. 3. Progression / gradually increasing the training volume over a period of time. 4. The games player might start off training 2x a week initially and after 2 weeks increase this to 3x a week. 		(10)

	<p>5. Overload / the player will gradually train at a higher intensity than what they have become accustomed to.</p> <p>6. If its weight training, then the weight / resistance might be increased every 3rd week.</p> <p>7. Reversibility / If the performer does not train regularly they will lose training benefit</p> <p>8. The performer must plan to train regularly / if they have a break from training they should plan to return at a lower intensity than that which they finished at.</p> <p>9. Time / Frequency and duration.</p> <p>10. The performer should train at least twice a week, at the desired HR / power / weight and also for long enough to get the appropriate fitness benefit for their sport. The training should also be performed at least twice a week to maintain current fitness levels or more often to improve</p>		
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Question Number	Answer	Additional Guidance	Mark
4	<ol style="list-style-type: none"> 1. Cardiac hypertrophy 2. Increased thickness to ventricular myocardium 3. Increased red blood cell count 4. Increased size / number of mitochondria 5. Increased local vascularisation 6. Increased levels of myoglobin 7. Decreased subcutaneous fat levels 8. Increased number of muscle fibres adopting type 1 characteristics 9. Increased alveoli coverage 		(6)

Question Number	Indicative Content	
*5	<ul style="list-style-type: none"> • Concepts to be defined might be; Health (A complete state of physical, social and mental wellbeing) Fitness (the ability to meet the demands of the sporting environment without undue fatigue) exercise (a physical activity that brings about a positive physiological adaptation) • Concepts to be identified are; <ul style="list-style-type: none"> ○ Identifying the difference between health and fitness ○ The role that exercise plays in achieving health (promotes physical wellbeing but also contributing to social and mental wellbeing) ○ The role that exercise plays in achieving fitness. ○ The difference between general exercise to promote physical well being and structured exercise to promote specific fitness. ○ Explanations of how someone can be fit and not healthy and visa versa. ○ Explanations as to how someone who exercises regularly and who has a consequent high level of physical wellbeing, may still not be sportingly fit ○ Explanation of how extreme fitness levels for many sports may compromise health. 	
Level	Mark	Descriptor
	0	No rewardable material
Level 1	1-3	<p>Candidates will produce brief and narrative answers, making simple statements, showing little relevance to the question. The material will be mostly generalised. No attempt at the analytical demands of the question.</p> <p>The skills needed to produce effective writing will not normally be present. The writing may have some coherence and will be generally comprehensible, but lack both clarity and organisation. High incidence of syntactical and/or spelling errors.</p> <p>Answers in this band will focus largely around generalisations that assume that fit people might not eat well and so may lack total health / may be injured / on drugs etc.</p> <p>1 or more definitions may be accurate, or very nearly so, but there will be a number of assumptions and broad generalisations.</p>
Level 2	4-6	<p>Candidates will produce statements with some development in the form of mostly accurate and relevant factual material. There will be some attempt to analyse, with limited success. Range of skills needed to produce effective writing is likely to be limited. There are likely to be passages which lack clarity and proper organisation. Frequent syntactical and/or spelling errors are likely to be present.</p> <p>Answers in this band may begin to separate the difference between health and fitness. The answers may focus largely on the differences or the similarities but rarely look at both.</p>

		The role of exercise may be covered but answers will still lack clarity of differentiation between generic exercise vs specific and structured exercise.
Level 3	7-9	<p>Candidates answers will show some understanding of the focus of the question and will be broadly analytical. They will, however, include material which is descriptive, and thus only implicitly relevant to the question's focus, or which strays from that focus. The candidate will demonstrate most of the skills needed to produce effective extended writing but there will be lapses in organisation. Some syntactical and/or spelling errors are likely to be present.</p> <p>Answers in this band will clearly differentiate between health and fitness. There will be a clear understanding of the two with correct use of technical language. Similarities and differences will be covered clearly. Answers will have identified that exercise is fundamental in achieving optimal health and optimal fitness and will have begun to appreciate that health is reliant on general exercise whereas fitness requires specific exercise to replicate the sport. There will be consideration that sport may necessitate a physical condition that may exceed or compromise optimal health, although answers will be limited here and may rely on the use of drugs to pursue optimal fitness.</p>
Level 4	10-12	<p>Candidates will offer an analytic response which is sustained and relates well to the focus of the question, and addresses the key issues contained in it. The analysis will be supported by accurate factual material, which is relevant to the question. The skills needed to produce convincing extended writing in place. Good organisation and clarity. Very few syntactical and/or spelling errors may be found. Excellent organisation and planning. Answers in this band will be equal in structure in terms of time given to similarities and differences as well as with regards to how exercise is used differently in obtaining either. There will be a full and structured understanding of how being fit / healthy may lead to the other but not necessitate it.</p>

Question Number	Answer	Additional Guidance	Mark
6a	<ol style="list-style-type: none"> 1. That team work is essential for success 2. That effective communication is essential for success 3. Abiding by rules is necessary 4. Having to accept winning and losing 5. Taking part is more important than winning alone 6. Leaders are important for a successful team 		(4)

Question Number	Answer	Additional Guidance	Mark
6b	<ol style="list-style-type: none"> 1. Through the army / colonisation 2. Church / clergy 3. Trade / commerce 4. Old boys / teachers 5. Diplomats 6. Educational system 		(4)

Question Number	Answer	Additional Guidance	Mark
6c	<ol style="list-style-type: none"> 1. Served as a "Melting Pot" of ideas from the public school. 2. Initiated rationalisation of rules / <u>sports from the different ideas</u> 3. Initial codification of sport / recoding of a common or universal set of rules. 4. Early establishment of NGBs 5. Introduction of inter collegiate sport between the universities 6. Encouraged rewarding of college representation by awarding a "blue" 7. Diffusion of sport across the country <i>NB. Sport not rules is only acceptable here as rules is referred to with codification.</i> 8. Diffusion of sport and or rules of sport across the empire and rest of the world. <p>Max of 3 for descriptive sentences that are not linked or fail to show causality.</p> <p>NB. Any combination of the aforementioned sentences / points can be used with the sub max of 3 being surpassed if causality is clearly made, (because, consequently, this led to, etc)</p> <p>Students from a variety of public schools merged, bringing with them localised ideas (1) these ideas merged in the form of a Melting pot (1). This enabled common games and rules to be developed. (1)</p> <p>The house system was established (1) which allowed for intra school competition (1) and the</p>	Candidates can answer this solely from a UK or global perspective	(6)

	creation of teams, captains and the beginning of the sports star(1) The spread of the rules across to other universities (1) allowed for inter collegiate competitions (1)		
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Question Number	Answer	Mark
7a	Americanisation of sports is a term given to the influence of American culture, norms and customs (1), into aspect of sports around the world (1). Examples 2 from; <ul style="list-style-type: none"> • Win at all costs, • sport is a business, • pay per view, • increased razzamatazz, introduction of cheerleaders. • franchises, • merchandising, • advertising rights of the sports person, • win more play more, • increased financial reward for players and coaches. 	(4)

Question Number	Answer	Additional Guidance	Mark
7b	<ol style="list-style-type: none"> 1. Sport moving from a leisure activity to an industry 2. Need to win becoming all important e.g. funding in the UK for events "Likely to medal" 3. Movement towards winning at all costs with cheating / diving / increased gamesmanship / increased deviance 4. Creation of elaborate networks to support winning, e.g. UKSI & AIS 5. Franchises, i.e. MKDons 6. Contracts taking in to account image rights e.g. David Beckham 7. The growth of sponsorships, endorsements and advertising for players and also for teams or events. 8. Increased size of winning / prize money to attract more competition 9. Huge increases in players / managers salaries 	<p>Any 6 marks for 6 examples of Americanisation in the UK</p> <p>Candidates could also gain marks for a justification (1 mark) linked to their example (1 mark). Three justifications and linked examples can achieve maximum marks.</p>	(6)

	<p>10. Win bonuses and appearance money written into contracts</p> <p>11. Change of days and times of events in order to maximise viewing figures and revenue.</p> <p>12. Including commercial breaks for the benefit of the TV company or sponsor</p> <p>13. Pay per view events, e.g. Boxing.</p> <p>14. TV rights for events, e.g. ESPN has the FA Cup (2013)</p> <p>15. adopting nicknames e.g. Leicester Tigers, Northampton Saints.</p> <p>16. Razzmatazz of events with pre, mid and post event entertainment / cheerleaders.</p> <p>17. Use of Mascots to create an increased affinity.</p> <p>18. Associated financial benefits for other industries, i.e. food sales (MacDonald's) Coke / Pepsi / merchandising</p> <p>19. Movement towards no draws in events.</p> <p>20. The rise of wealthy owners investing in sports clubs i.e. Abramovich or Glaziers for financial gain and notoriety.</p> <p>21. Naming rights for stadiums i.e. Emirates etc</p>		
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Question Number	Answer	Additional Guidance	Mark
8	<ol style="list-style-type: none"> 1. Los Angeles was hosting the games in 1984 but the state and federal governments refused to pay for them. 2. Refusal was based largely around the situation arising from Montreal in 1976 (bankruptcy) 3. Peter Ueberrof / IOC came up with commercial ideas to generate funds 4. They encouraged sponsorship from private companies e.g. MacDonald's and the Hamburger Games 5. They sold the Festoon to sponsors. 6. Merchandising was encouraged. 7. Venues were funded and named after private companies 8. They sold TV rights to highest bidders 9. They created TOP sponsors 10.The games made a huge profit 11.The games are credited with creating a blue print for future commercialisation models. 12.Credited with creating the "golden triangle" and making sport a commodity. 	<p>Max of 5 for descriptive sentences that are not linked or fail to show causality. NB. Any combination of the aforementioned sentences / points can be used with the sub max of 5 being surpassed if causality is clearly made, (because, consequently, this led to, etc)</p>	(9)

Question Number	Answer
*9	<p>Concepts to be defined might include; <u>Drugs</u>, as a chemical substance that alters or changes the way that your body functions. <u>Performance Enhancing Drugs</u> (PEDS) and examples and their usage, <u>anabolic steroids</u> (to aid recovery and growth, power) <u>Peptide hormones</u> (Epo / cERPO / rHEPO to aid oxygen carrying capacity) <u>Analgesics</u> (Cortisone, for masking pain), <u>Diuretics</u> (to aid water loss and as a masking agents) <u>Strategies</u> for taking drugs such as doping, patches, blood cell monitoring Difference between <u>drugs and a supplement</u>, with a supplement being something that is naturally found / produced in the body. Is taken in order to supplement the diet. <u>WADA</u>- World Anti-Doping Authority, established following the 1998 Tour De France</p> <p>Supporting the view;</p> <ul style="list-style-type: none"> • Evidence from numbers of athletes failing drug tests / examples in cycling, athletics etc • Evidence from drugs being used across many sports, not just the typical track and field athletics, but boxing, cycling, baseball, skiing, tennis, rugby, etc etc etc. • Evidence of police investigations not just governing bodies. • More money being spent on catching the cheats / more sophisticated tests / out of competition tests / biological passports. • Invention of more sophisticated drugs to beat the tests. • Greater publicity and bans given to failed tests. • Increased pressure on the need to take drugs in order to meet the demands (commercial) • Success of retrospective testing <p>Challenging the view;</p> <ul style="list-style-type: none"> • Drugs has always been part of sport, e.g. gladiators and alcohol, early tour de France, cold war athletics / swimming etc. • Extensive use of drugs during the cold war with track and field athletics leading to the need for sex testing to identify and classify athletes. This is no longer necessary. • Possible lack of dedication by some sports to catch the cheats, i.e. the body responsible for catching the cheats (NGB) is also the body responsible for promoting the sport, so why damage your own product with bad publicity? Has given a possibly false impression. • The drive by many for clean sport, i.e. Team Sky and Team Garmin-Sharpe in cycling. • Confusion between drugs and supplements and "mistaken consumption" as part of a supplement products (Maximuscle supplements using Nandralone)

	<ul style="list-style-type: none"> • More awareness now of the types of drugs available and the methods of using them. • More media attention produces the view that there are more cheats. • More funds allocated to catching drug cheats post Festina Affair of 1998 and the creation of WADA
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Level	Mark	Descriptor
	0	No rewardable material
Level 1	1-3	<p>Candidates will produce brief and narrative answers, making simple statements, showing little relevance to the question. The material will be mostly generalised. No attempt at the analytical demands of the question.</p> <p>The skills needed to produce effective writing will not normally be present. The writing may have some coherence and will be generally comprehensible, but lack both clarity and organisation. High incidence of syntactical and/or spelling errors.</p> <p>There will be no discussion evident with a view that drug use is increasing.</p> <p>Some definitions of the concepts will be provided.</p> <p>Candidates may list some performance enhancing drugs (EPO / anabolic steroids, blood doping) and provide examples to support the statement.</p>
Level 2	4-6	<p>Candidates will produce statements with some development in the form of mostly accurate and relevant factual material. There will be some attempt at analyse, with limited success. Range of skills needed to produce effective writing is likely to be limited. There are likely to be passages which lack clarity and proper organisation. Frequent syntactical and/or spelling errors are likely to be present.</p> <p>Answers in this band will provide more definitions of the concepts used in the answer. Lower band answers will be predominantly supportive of the view that drug use is increasing. Upper band answers may include some challenge but not in the form of developed discussion.</p> <p>They will provide examples of failed tests to support the statement. There may be reference made to WADA and their role.</p> <p>They will begin to identify that more money is being spent / better ways to catch the cheats.</p> <p>Answers may begin to claim that WADA / the new testing / 2 year bans is now working as a deterrent</p>
Level 3	7-9	<p>Candidate's answers will show some understanding of the focus of the question and will be broadly analytical. They will, however, include material which is descriptive, and thus only implicitly relevant to the question's focus, or which strays from that focus. The candidate will demonstrate most of the skills needed to produce effective extended writing but there will be lapses in organisation. Some syntactical and/or spelling errors are likely to be present.</p>

		<p>Answers in this band will have established that there is a discussion to be had and will provide evidence to support both views, however the answer will be weighted in favour of one response, likely that of Drug use increasing.</p> <p>Concepts referred to will be clearly defined. Points made will be developed and explained and many will be supported with examples. WADA and its role is likely to be referred to. There may be reference to drugs vs supplements and the potential for confusion. Reference to methods of testing such as out of competition test, biological passports, random tests etc will be referred to. The answer will point to historical examples of drug cheats but may conclude that the lack of examples actually supports the statements.</p>
Level 4	10-12	<p>Candidates will offer an analytic response which is sustained and relates well to the focus of the question, and addresses the key issues contained in it. The analysis will be supported by accurate factual material, which is relevant to the question. The skills needed to produce convincing extended writing in place. Good organisation and clarity. Very few syntactical and/or spelling errors may be found. Excellent organisation and planning.</p> <p>Answers in Answer at the top of this band will identify that the lack of historical examples is only evidence of a lack of desire / ability / public interest etc in catching the cheats. Eg. Tom Simpson (British cyclist who died during the Tour de France is admired and respected in Britain, but he died while doped up on amphetamines)</p> <p>Top answers in this band may identify a lack of desire by some sports and some countries & some (Tennis, soccer, baseball, Spain USA, Italy etc) NGB's to catch drug cheats, e.g.</p> <ul style="list-style-type: none"> • Hope Solo, the US soccer team goalkeeper, failed a drug test and received a warning from the US Anti-Doping Agency. Lance Armstrong never failed a drug test and received a life time ban in the same year! She still played in the Olympics in 2012. • Sven Verdonck (Belgium footballer) received a 12 month ban for testing positive for Anabolic steroids. • The majority of footballers in the U17 world cup in 2011 tested positive for Clenbuterol. No bans were issued. Contaminated meat used to explain / justify the results.....Contrast with Alberto Contador receiving a two year ban for the same drug. • Kolo Toure failed a drug test for diet pills and received a 6 month ban. The FA said he was not cautious enough! <p>The answer will be balanced in its support and challenge of the statement.</p>

		<p>Supporting the view they may refer;</p> <ul style="list-style-type: none">• Evidence from increased No. of athletes failing drug tests / examples in cycling, athletics etc• More money being spent on catching the cheats / more sophisticated tests / out of competition tests / biological passports.• Invention of more sophisticated drugs to beat the tests.• Greater publicity and bans given to failed tests. <p>Challenging the view they may refer to;</p> <ul style="list-style-type: none">• Drugs has always been part of sport, e.g. gladiators and alcohol, early tour de France, cold war athletics / swimming etc.• Possible lack of dedication by some sports to catch the cheats, i.e. the body responsible for catching the cheats (NGB) is also the body responsible for promoting the sport, so why damage your own product with bad publicity?• More awareness now of the types of drugs available and the methods of using them.• More media attention produces the view that there are more cheats.• More funds allocated to catching drug cheats post Festina Affair of 1998 and the creation of WADA
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