

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced

Unit 3: Preparation for Optimum Sports Performance

Wednesday 23 June 2010 – 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.
- 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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Answer ALL questions.

1 Correct nutrition is essential for any elite performer.

Name the **three** food groups that can produce energy. For each food group state, and give reasons for, the approximate percentages required by **either** a power athlete **or** an aerobic athlete.

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(Total for Question 1 = 9 marks)



2 (a) Explain the effects on sporting performance caused by cognitive and somatic anxiety.

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(b) The presence of others can either facilitate or inhibit an athlete's performance. Outline the theory of Evaluation Apprehension.

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(Total for Question 2 = 9 marks)



3 It is desirable for an athlete to recover fully between training sessions.

Explain the physiological processes that restore the body to its pre-exercise state.

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(Total for Question 3 = 8 marks)



4 Comment on the suitability of fartlek training for a games player.

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(Total for Question 4 = 6 marks)



5 Name and explain the two dimensions of achievement motivation.

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(Total for Question 5 = 4 marks)



6 Attribution theory identifies four factors that success or failure can be attributed to. By giving examples, identify these factors and explain whether they should be used after success or failure.

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(Total for Question 6 = 8 marks)



7 Define the term **ergogenic aid** and explain how ergogenic aids can improve performance in elite sport.

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(Total for Question 7 = 6 marks)



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(Total for Question 8 = 20 marks)



*9 Short term preparation refers to the period prior to a competitive performance.

Using the headings **physiological**, **psychological** and **technical**, outline the strategies and considerations elite athletes take into account in their short term preparation for global games.

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Handwriting practice 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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