

Write your name here

Surname

Other names

Centre Number

Candidate Number

**Edexcel GCE**

# Physical Education

**Advanced**

## Unit 3: Preparation for Optimum Sports Performance

Wednesday 20 June 2012 – Afternoon

**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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**PEARSON**

**Answer ALL questions.**

**1** Outline **four** strategies used by performers in order to manipulate their diet to meet their training and performance needs.

**(4)**

1 .....

2 .....

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**(Total for Question 1 = 4 marks)**

**2** (a) Define the term 'fatigue' in the context of sports performance and suggest factors that lead to a state of fatigue.

**(4)**

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(b) Explain how the central governor theory challenges the traditional theories of fatigue.

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**(Total for Question 2 = 8 marks)**

**3** Many elite performers use pre-game routines in their short-term preparation.

Explain why elite performers use pre-game routines to optimise their performance.

(6)

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**(Total for Question 3 = 6 marks)**



**4** (a) Identify factors that elite performers take into account when selecting their kit and equipment.

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(b) Explain the importance of heat adaptation during elite performance in a hot environment.

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(c) Suggest **three** ergogenic aids that elite performers can use to enhance heat adaptation in a hot environment.

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**(Total for Question 4 = 11 marks)**

**5** Explain the main characteristics of SAQ training and suggest the likely adaptations that may occur from it.

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**(Total for Question 5 = 6 marks)**



**6** Setting regular goals and reviewing progress are important aspects of long-term psychological preparation.

(a) Explain how the SMART pathway can be used to set effective goals.

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(b) Explain how elite performers use performance profiling in their long-term preparation.

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**(Total for Question 6 = 9 marks)**



7 Explain how high schools and colleges in the United States of America help to prepare young people for elite and professional sport.

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**(Total for Question 7 = 6 marks)**





**\*8** Discuss and compare the various systems for developing elite sports talent.

(20)

A series of horizontal dotted lines for writing the answer to question 8.



Handwriting practice area with 20 sets of horizontal dotted lines.



Handwriting practice area with 25 horizontal dotted lines.

(Total for Question 8 = 20 marks)



**\*9** Discuss the positive and negative impacts on elite performers who are preparing for a major competition, such as the Olympic Games, in their own country.

(20)

A series of horizontal dotted lines for writing the answer.



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**(Total for Question 9 = 20 marks)**

**TOTAL FOR PAPER = 90 MARKS**



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