

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

(5)

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

(4)

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(Total for Question 2 = 9 marks)



5 Name and explain the two dimensions of achievement motivation.

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(Total for Question 5 = 4 marks)



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(Total for Question 8 = 20 marks)



Handwriting practice area with 25 horizontal dotted lines.



Blank lined area for writing answers.

(Total for Question 9 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



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