

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCE

Physical Education

Advanced

Unit 3: Preparation for Optimum Sports Performance

Friday 24 June 2011 – 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 ►

P38478A

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4 (a) After a marathon muscle glycogen stores are depleted.

Identify **three** factors that will determine the rate at which these stores are replenished.

(3)

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(b) Suggest how the runner could maintain his/her glycogen stores during the race.

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(Total for Question 4 = 6 marks)



5

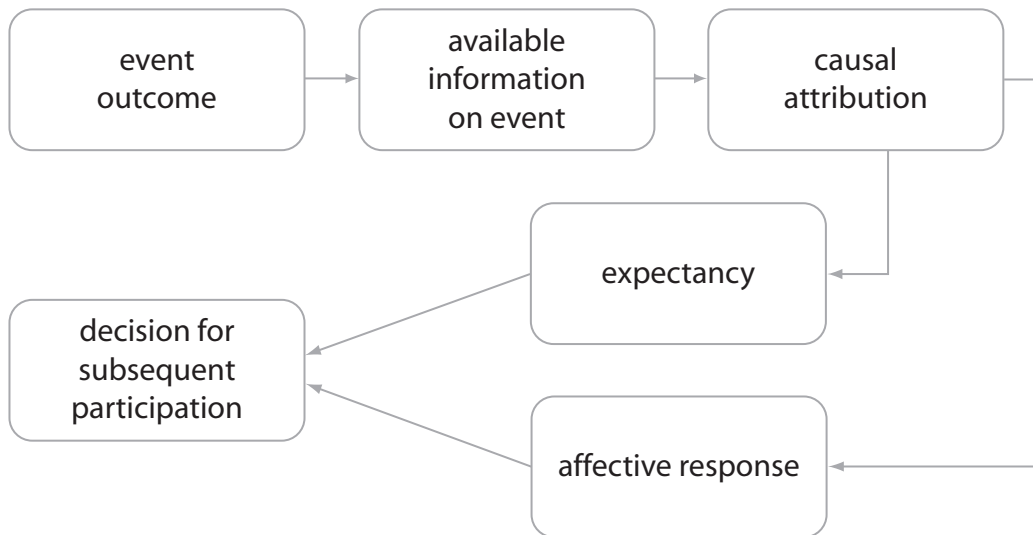


Figure 1

Attribution is a process used to explain behaviour. **Figure 1** outlines the stages of the attribution process.

(a) Using the diagram, explain the process of attribution and illustrate this with examples from sport.

(6)

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(b) Explain what is meant by the term **learned helplessness** in sport.

(2)

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(Total for Question 5 = 8 marks)



6 Good team work is essential if a sports team or group is going to be successful.
Outline **four** factors that are essential for group cohesion.

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(Total for Question 6 = 4 marks)

7 Australia is recognised as a world leader in a range of sports.
Outline the elite sports support system of Australia.

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(Total for Question 7 = 7 marks)



***9** Discuss the use of technology in improving both the preparation and performance of elite athletes in global sport.

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Lined writing area with horizontal dotted lines.



Handwriting practice area with 25 horizontal dotted lines.

(Total for Question 9 = 20 marks)



Handwriting practice area with 20 horizontal dotted lines.



(Total for Question 10 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



P 3 8 4 7 8 A 0 1 3 1 6

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