

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)

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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.

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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.

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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)**





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

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**(Total for Question 6 = 9 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.





**\*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)

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

**TOTAL FOR PAPER = 90 MARKS**



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