1. Elite performers often manipulate their diets to maximise athletic performance.
   
   (a) Outline four factors an athlete must consider when planning their diet.

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   (b) Many elite athletes use supplements to optimise their performance.

   Identify four types of supplement athletes use and explain how each benefits performance.

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   (4)
2 'Choking' is a term used in short-term psychological preparation.
Define the term choking and suggest three strategies that can be used to help performers avoid it.

(Total for Question 2 = 4 marks)
3 Explain what is meant by the term 'home advantage' and outline its potential effects on performance.

(Total for Question 3 = 4 marks)
4 Identify and explain **three** potential benefits of performers wearing compression clothing.

(Total for Question 4 = 6 marks)
5 Identify **four** key long-term adaptations that are linked to aerobic training and explain the benefit of each adaptation.

(Total for Question 5 = 8 marks)
6 Define what is meant by the term 'ritual' in sport and give four reasons why so many performers use it as part of their preparation.

(Total for Question 6 = 5 marks)
Sports science is now an essential element in the support of elite athletes.

(a) Suggest and describe the three types of sports science support that elite sports systems provide for their athletes.
(b) Suggest reasons why sports science support is now so important to elite performers.

(Total for Question 7 = 11 marks)
Discuss the role technology plays in monitoring the training of elite athletes in both short and long-term preparation phases.
*9 Discuss the environmental factors that influence preparation and competition.