

Write your name here

Surname

Other names

Pearson
Edexcel GCE

Centre Number

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Candidate Number

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Physical Education

Advanced

**Unit 3: Preparation for Optimum Sports
Performance**

Monday 9 June 2014 – 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 (a) Explain why water is an important nutrient for elite sports performers.

(3)

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(b) Outline **four** factors that need to be taken into consideration when planning a hydration strategy for an athlete.

(4)

1

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2

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3

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4

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(Total for Question 1 = 7 marks)



5 Define the term **achievement motivation** and explain its effects.

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(Total for Question 5 = 6 marks)



7 Explain the difference between a centralised and a decentralised approach to the management of elite sport.

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(Total for Question 7 = 6 marks)



Handwriting practice area with 20 horizontal dotted lines.



***9** Discuss the reason why elite sports performers might use supplementation in their preparation and highlight the potential issues with such practice.

A series of horizontal dotted lines for writing the answer.



Handwriting practice area with 25 horizontal dotted lines.



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