

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

Preparation for Optimum Sports Performance

Unit 3

Friday 16 June 2017 – 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.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

P48992A

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Pearson

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2 Explain the processes that occur in the body during the first few hours of recovery following anaerobic exercise.

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(Total for Question 2 = 6 marks)



3 Describe the different ways that the body removes the lactic acid that has built up during exercise.

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(Total for Question 3 = 4 marks)

4 State the expected adaptations to the heart following a prolonged period of aerobic training.

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(Total for Question 4 = 5 marks)

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6 Using examples, explain **two** factors that affect group cohesion.

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(Total for Question 6 = 4 marks)

7 State **two** advantages and **two** disadvantages of state funding for elite athletes.

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(Total for Question 7 = 4 marks)

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(Total for Question 10 = 20 marks)



P 4 8 9 9 2 A 0 1 1 1 6

***11** Evaluate how different environmental factors might influence preparation for competition.

(20)

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(Total for Question 11 = 20 marks)

TOTAL FOR PAPER = 90 MARKS



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