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.
**Answer ALL questions.**

1. (a) Explain why water is an important nutrient for elite sports performers. 

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

(Total for Question 1 = 7 marks)
2 Identify three external influences that can affect a performer’s short-term psychological preparation.

Justify a strategy that could be used to manage each influence.

(Total for Question 2 = 9 marks)
3 In the recovery phase after exercise, what strategies can an athlete use to enhance the restoration of ATP, PC and glycogen stores?

(Total for Question 3 = 6 marks)
4 List **four** adaptations that a long-term programme of plyometric training might be expected to develop.

For each adaptation suggest a benefit for sporting performance.

(Total for Question 4 = 8 marks)
5 Define the term achievement motivation and explain its effects.

(Total for Question 5 = 6 marks)
6 Outline the elite sports system that identified and nurtured sports talent in East Germany from 1960 to 1980.

(Total for Question 6 = 8 marks)
7 Explain the difference between a centralised and a decentralised approach to the management of elite sport.

(Total for Question 7 = 6 marks)
*8 Discuss how the pressures on elite sports performers in the 21st century have made the concept of recovery a challenge for them and their coaches.
9. Discuss the reason why elite sports performers might use supplementation in their preparation and highlight the potential issues with such practice.