

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**

Thursday 11 June 2015 – 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 ►

P44921A

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1/1/1



**PEARSON**

**Answer ALL questions.**

**1 (a)** Explain what is meant by **carbo-loading**.

**(3)**

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**(b)** Discuss both advantages **and** disadvantages of carbo-loading for the short-term physiological preparation for sports performance.

**(6)**

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**(Total for Question 1 = 9 marks)**

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2 (a) Explain what is meant by **mental rehearsal**.

(2)

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(b) Explain how mental rehearsal affects sports performance.

(4)

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**(Total for Question 2 = 6 marks)**



3 Explain how fuel depletion causes fatigue during sports performance.

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**(Total for Question 3 = 6 marks)**



4 Explain how adaptations from anaerobic training improve sports performance.

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**(Total for Question 4 = 6 marks)**

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5 Discuss how goal setting is used in the long-term psychological preparation for sports performance.

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**(Total for Question 5 = 6 marks)**



**6** Elite sports performance has been managed in different ways by different countries.

(a) Explain why Australia developed its elite sport policy in the early 1980s.

**(3)**

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(b) Outline the elite sport system that identified and nurtured sports talent in Australia from the 1980s.

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**(Total for Question 6 = 9 marks)**









Handwriting practice area with 20 horizontal dotted lines.



Lined writing area for the answer to Question 8.

**(Total for Question 8 = 20 marks)**





Lined writing area with 25 horizontal dotted lines.



Area with horizontal dotted lines for writing.

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

**TOTAL FOR PAPER = 90 MARKS**



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