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.
Answer ALL questions.

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

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

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   (Total for Question 1 = 9 marks)
2  (a) Explain what is meant by mental rehearsal.  

(b) Explain how mental rehearsal affects sports performance.

(Total for Question 2 = 6 marks)
3 Explain how fuel depletion causes fatigue during sports performance.

(Total for Question 3 = 6 marks)
4 Explain how adaptations from anaerobic training improve sports performance.
5 Discuss how goal setting is used in the long-term psychological preparation for sports performance.
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)

(b) Outline the elite sport system that identified and nurtured sports talent in Australia from the 1980s. (6)

(Total for Question 6 = 9 marks)
7. Describe how the funding of sport has affected elite performance in the UK since the mid 1990s.

(Total for Question 7 = 8 marks)
8 Discuss how performance profiling can be used to enhance optimum sports performance.
In the hour before competition sport performers use a range of methods to enhance their performance.

Discuss different methods a sport performer can use during this time.