

Write your name here

Surname

Other names

**Pearson**  
**Edexcel GCE**

Centre Number

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Candidate Number

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# Physical Education

## Unit 3: Preparation for Optimum Sports Performance

Friday 17 June 2016 – 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 ►

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**PEARSON**

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**Answer ALL questions.**

**1** (a) Identify **three** advantages of **creatine loading** on sports performance.

(3)

1 .....

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2 .....

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3 .....

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(b) Identify **three** disadvantages of **creatine loading** on sports performance.

(3)

1 .....

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3 .....

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**(Total for Question 1 = 6 marks)**



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2 (a) Define the term **anxiety**.

(2)

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(b) (i) Explain, using **one** example, how **state** anxiety affects sports performance.

(3)

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(ii) Explain, using **one** example, how **trait** anxiety affects sports performance.

(3)

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(iii) Identify **two** strategies that can be used to successfully manage the influence of a crowd. For each strategy, justify your choice.

(6)

1 .....

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2 .....

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**(Total for Question 2 = 14 marks)**

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(ii) Explain **one** advantage and **one** disadvantage of using ice baths as an ergogenic aid.

(6)

Advantage

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Disadvantage

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**(Total for Question 3 = 16 marks)**

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4 Continuous training results in structural and functional adaptations.

Complete the table below.

(a) Identify **three structural adaptations** to the cardiovascular system due to continuous training. (3)

(b) For each adaptation, explain **one functional benefit**. (6)

Structural adaptation	Functional benefit

(Total for Question 4 = 9 marks)





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5 State **five** potential disadvantages of short-term holding camps prior to major sporting events.

1 .....

2 .....

3 .....

4 .....

5 .....

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



\*6 Discuss the use of technology to refine a performer's technique and its impact on their sporting performance.

(20)

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(Total for Question 6 = 20 marks)



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(Total for Question 7 = 20 marks)

**TOTAL FOR PAPER = 90 MARKS**



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