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) Identify three advantages of creatine loading on sports performance. (3)

   1. ..........................................................................................................................
   2. ..........................................................................................................................
   3. ..........................................................................................................................

   (b) Identify three disadvantages of creatine loading on sports performance. (3)

   1. ..........................................................................................................................
   2. ..........................................................................................................................
   3. ..........................................................................................................................

(Total for Question 1 = 6 marks)
2 (a) Define the term **anxiety**.

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

(ii) Explain, using **one** example, how **trait** anxiety affects sports performance.
(iii) Identify **two** strategies that can be used to successfully manage the influence of a crowd. For each strategy, justify your choice.

1

2

(Total for Question 2 = 14 marks)
3  (a) Identify the effects of dehydration on the body and explain how this affects sports performance. (8)

(b) (i) Define the term **ergogenic aids**. (2)
(ii) Explain one advantage and one disadvantage of using ice baths as an ergogenic aid.

Advantage

Disadvantage

(Total for Question 3 = 16 marks)
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.

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

<table>
<thead>
<tr>
<th>Structural adaptation</th>
<th>Functional benefit</th>
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(Total for Question 4 = 9 marks)
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)
Discuss the use of technology to refine a performer's technique and its impact on their sporting performance.
Discuss how centres of excellence can be used to enhance optimum sports performance. Refer to the history and development of elite sport in your response. (20)