



General Certificate of Education
Advanced Level Examination

Physical Education

PHED3

Unit 3 Optimising Performance and Evaluating Contemporary Issues within Sport

Specimen paper for examinations in June 2010 onwards
This question paper uses the [new numbering system](#) and [new AQA answer book](#)

For this paper you must have:

- an AQA 16-page answer book.

Time allowed

- 2 hours

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Write the information required on the front of your answer book. The **Examining Body** for this paper is AQA. The **Paper Reference** is PHED3.
- Answer **nine** questions.
- In **Section A, Section B and Section C**, answer the first question and **two** other questions from each section.
- Do all rough work in your answer book. Cross through any work that you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 84.
- In each **compulsory** question, you will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Section A

Answer **three** questions.

Answer Question 1 **and** any two from Question 2, Question 3 **or** Question 4.

Question 1

In order to optimise performance, athletes may take supplements.

0	1
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Discuss the potential benefits and harmful effects to an athlete in taking caffeine, creatine and sodium bicarbonate supplements. *(14 marks)*

Question 2

Elite athletes may train in different climates in order to acclimatise prior to a competition.

0	2
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How does the body regulate temperature when an elite performer is exercising in a warm climate? *(3 marks)*

0	3
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What are the effects of dehydration on an athlete and how does this affect performance? *(4 marks)*

Question 3

Ice skaters will normally perform a four to five minute routine for their long programme section in a major championship

0	4
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During a four minute skating programme, what will be the **main** 'energy source's' used? *(3 marks)*

0	5
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Explain how the regeneration of ATP is achieved during their programme. *(4 marks)*

Question 4

The winner of a weightlifting competition is determined by the performer who is unable to lift the heaviest weight.

0	6
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Explain how a muscle contracts according to the 'sliding filament theory'. *(4 marks)*

0	7
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The strength of a muscle contraction involves the use of motor units. How are motor units used to produce muscle contractions of varying strength in a lift? *(3 marks)*

Section B

Answer **three** questions.

Answer Question 5 **and** any two from Question 6, Question 7 **or** Question 8.

Question 5

In the build up to a major competition performers may get anxious.

0	8
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What are the possible effects on performance when a performer enters a major competition with a high level of anxiety? Discuss the strategies and techniques the performer may use to manage anxiety in the build up to the competition. *(14 marks)*

Question 6

After a competition, games players may explain their success or failure using a variety of factors called attributions. Some attributions may be damaging to the player's future performances through the development of learned helplessness.

0	9
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What are the **four** main groups of 'attributions'? *(2 marks)*

1	0
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What do you understand by the term 'learned helplessness' **and** what strategies may a coach use to prevent this happening? *(5 marks)*

Question 7

In order to achieve optimal performance, sports performers need to control certain psychological factors such as aggression.

1	1
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Discuss the 'social learning theory' of aggression. *(4 marks)*

1	2
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What can a referee do to control aggression during a major sporting competition? *(3 marks)*

Question 8

Sometimes elite performers fail to replicate the level of performance demonstrated in training when competing in a major event.

1	3
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Apart from drive theory, name **two** other theories of arousal. *(3 marks)*

1	4
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Discuss the effect that the presence of an audience may have upon the level of performance for a novice performer **and** an elite performer. *(4 marks)*

Section C

Answer **three** questions.

Answer Question 9 **and** any two from Question 10, Question 11 **or** Question 12.

Question 9

‘Advancements in technology have improved sport beyond all recognition.’

1	5
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Evaluate the impact of technology on the performer, coach and spectator in the modern day sporting arena and discuss whether these advancements have improved sport. *(14 marks)*

Question 10

Violence can sometimes occur in elite sport, for example football, both on and off the pitch.

1	6
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Why might an elite performer commit an act of violence on the pitch? *(3 marks)*

1	7
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Explain, using examples, why an elite performer may need the protection of the law during their sporting careers. *(4 marks)*

Question 11

‘Sport performers should be allowed to use performance enhancing drugs like any other training aid.’

1	8
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Discuss this statement. *(7 marks)*

Question 12

World Championships are organised by the International Federation of that sport.

1	9
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Discuss how external factors (such as the media) may influence the organisational structure or management of these events. *(7 marks)*

END OF QUESTIONS