

Examiners' Report  
June 2013

GCE Physical Education 6PE01 01

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## Introduction

The 6PE01 paper is split into two sections which reflect the two sections of the specification, 1.1 and 1.2. Each section is out of 45 marks giving a total of 90 marks for the paper. The final question in both sections is an essay question which is marked out of 12. Candidates are advised to answer these questions first. There is no element of choice on the paper with candidates being expected to answer all questions on the paper. The paper is designed to be accessible for all candidates, containing both differentiated questions and differentiation within questions.

The paper has worked well, providing appropriate differentiation in order to challenge students at all levels. There was no one "difficult" question where students consistently left a blank space or failed to score marks, and pleasingly all areas of the paper appear to have been accessible to most candidates.

Where candidates scored well they provided well structured, often concise, but detailed answers to the question that was asked. This was particularly evident with the higher mark questions which often enabled students to pick up near maximum of the marks available.

Where students did not score so well there was evidence of:

- Not answering the question as it was set.
- Lacking accurate understanding / definitions
- Providing answers that were too vague.
- Not engaging in discussion (questions 4 & 9)

## Question 1(a)

A straightforward question that has appeared in a similar way on a number of past examinations. Good answers scored both marks quickly with clear and concise statements. Poor answers either confused validity with reliability or used the terms valid and reliable to explain validity and reliability.

**Answer ALL questions.**

1 (a) With reference to fitness testing, explain what is meant by the terms **validity** and **reliability**. (2)

Validity is whether the test was done correctly and properly to give the right and real results from the athlete's performance. Reliability is whether the results were the right one's they need in order to use. E.g. Results for from a 1RM test and reliable for if an athlete is wanting to see what their balance is



### ResultsPlus Examiner Comments

No marks gained for this answer.

No mark gained for point 1 as validity is not correctly defined.

No mark for point 2 as reliability answer is incorrect.

**Answer ALL questions.**

1 (a) With reference to fitness testing, explain what is meant by the terms **validity** and **reliability**. (2)

The term validity is referring to if something is relevant to what you want to measure. The sit and reach test is used for flexibility and wouldn't be appropriate for power. The reliability of a fitness test would be making sure the environment is consistent. A multi stage fitness test would need to be marked out accurately to ensure accurate results.



### ResultsPlus Examiner Comments

This item scores two marks as validity is described correctly with an example for clarification. Environment being consistent was key to the answer for reliability



### ResultsPlus Examiner Tip

If two points are required it is a good idea to set the answer out as two separate and distinct points.

## Question 1(b)

A well answered question with most students scoring at least 3 of the available 4 marks. Weaker answers stated that testing was done to aid fitness indicating that it was a training method. Good answers scored with quick, succinct answers

(b) State **four** reasons why athletes use fitness testing as an integral element of their training programme.

(4)

- 1 Show strengths
- 2 Show weaknesses
- 3 to help improvements
- 4 certain parts of the body testing<sup>ed</sup> for each sport.



**ResultsPlus**

**Examiner Comments**

This answer scores 1 mark. The candidate's first two answers are the same point on the mark scheme.

The third answer would indicate that testing is used as a method of training and the final answer does not make sense.

(b) State **four** reasons why athletes use fitness testing as an integral element of their training programme.

(4)

- 1 To see their strengths and weaknesses
- 2 As a baseline to measure progress
- 3 To motivate athletes to do better e.g. trying to beat a time
- 4 So the athlete can compare results with another athlete.



**ResultsPlus**

**Examiner Comments**

Very clear and appropriate answers. This candidate clearly scores the 4 available marks.

## Question 1(c)

A very straightforward question that enabled many students to pick up 4 marks very quickly. Students who failed to score often did so as a result of poorly identified fitness tests - "The Bleep Test" will not score a mark at AS level - or for incorrectly linking components of fitness to a specific test.

- (c) Identify a recognised fitness test that would be used by an endurance athlete and one that would be used by a power-based athlete.

State the component of fitness that each test would measure.

(4)

### Endurance athlete

Fitness test

Cooper 12 minute run  
"Cooper Test"

Component of fitness measured

Cardiovascular Fitness, ability of the heart to perform an activity using oxygen over a long period of time. Usually associated with long distance runners ie marathon runners

### Power-based athlete

Fitness test

"Sargent jump"

Component of fitness measured

Muscle power of the legs.  $\text{Power} = \text{Strength} \times \text{Speed}$   
Power is the ability to exert muscle strength for a very short period of time.



**ResultsPlus**  
Examiner Comments

A straightforward answer. The candidate provides 2 correct fitness tests for the two athletes and correctly identifies the fitness components being tested.

## Question 2(a)

Generally a very well answered question with candidates often scoring very high marks. The majority of candidates structured the answers well by listing benefits to each identified adaptation.

Weaker answers simply listed a number of adaptations, or talked about generic fitness benefits. Some candidates became confused and listed respiratory benefits instead of cardiovascular ones.

2 (a) Cardiovascular fitness is essential for success in aerobic sports.

Identify **four** adaptations to the cardiovascular system and explain how each adaptation improves the performance of this system.

(8)

The cardiovascular system is important for oxygen to be pumped around the body allowing the performer to be refreshed or able to exert their top performance.

An adaptation for a marathon runner is the blood pumped around contains more oxygen. This allows the athlete to give a longer run due to more oxygen being in the blood, so they don't run out of breathe as quick.

Another adaptation is the speed in which the system operates at, endurance sports will have a slower ~~to~~ speed than speed runners as speed runners need that quick rate intake of air to be pumped around the body for a quicker run.

Further more if you were a powerlifter you wouldn't want a slow release in oxygen so an adaptation is quick oxygen release as a powerlifter will be needing a high intake of oxygen.



**ResultsPlus**  
Examiner Comments

Unfortunately this candidate fails to score any marks as the answer fails to identify any specific adaptations. Several benefits to an improved CVE are stated but the answer is too vague and general to score any marks.

Firstly, one adaptation of the cardiovascular system is an increase heart size. This would lead to blood being pumped out into the aorta quicker and reducing the chances of hypoxic, leading to better performance as oxygen is supplied to working muscles.

Moreover, another adaptation is an increased stroke volume that will lead to more blood being pumped out every beat. This will lead to an increase in performance as the amount of blood and therefore energy reaching the working muscles has increased.

Furthermore, another adaptation is an increased cardiac output. This is due to an increase in stroke volume and will result in improved performance as more blood is reaching the working muscles each minute, therefore they have more oxygen.

Finally, another adaptation is an increased strength in the myocardia muscles of the heart. Once again, this will result in a greater amount of blood being supplied to the muscles, resulting in a better performance due to more energy.



### ResultsPlus Examiner Comments

This is an excellent answer on two counts. The structure of the answer is helpful to both candidate and examiner. The question asks for 4 adaptations and associated benefits / explanations.

The candidate has clearly answered with 4 sections, one for each adaptation which is then explained.

Each section begins by identifying the adaptation - all of which are accurate - and then goes on to explain each.



### ResultsPlus Examiner Tip

The structure and content of the answer are crucial.

## Question 2(b)

Candidates who read and understood the question often fared well, structuring their answer appropriately and consequently scored well. The question asked candidates to "identify" and "explain"..... for the perceived loss of speed, power, flexibility and cardiovascular endurance.

The most common and also the most straightforward structure of successful answers was to work through each fitness component, first stating the component, then identifying and finally explaining the change. E.g. Flexibility is often lost as a result of the laying down of collagen fibres within the muscle. This leads to a loss of muscle elasticity.

Poor answers contained generic and often factually inaccurate answers that were often not related to a specific fitness component. E.g. "power is lost because we lose muscle fibres"

(b) Identify and explain the physical changes that account for the perceived loss of speed, power, flexibility and cardiovascular endurance post-physical maturation. (8)

Flexibility would be lost because as you get older there get more collagen on the muscle fibres and the muscles around the joint get tighter so therefore you get less flexibility the older you get and the muscles are more prone to injury. Cardiovascular endurance is lost because your heart and blood vessels ~~lose some of the~~ get weaker which would mean it would be harder to pump large volumes of blood so it would be harder for the person to get blood and O<sub>2</sub> to the working muscles. Speed would be lost because the time that it takes for signals to be sent from your brain to your limbs would slow down and your fast twitch fibres would slow down making you slower. Finally power would be lost because muscle strength would be lost and because speed is lost it means that power would be as well.



**ResultsPlus**  
Examiner Comments

2 marks were awarded in total for this answer.

1 mark was awarded for loss of flexibility (point 6 on the mark scheme) reference "more collagen".

1 mark was awarded for loss of strength for power (point 3 on the mark scheme).

No additional marks were awarded as the candidate makes general comments about a loss of performance rather than referring to the specifics that lead to that loss.

(b) Identify and explain the physical changes that account for the perceived loss of speed, power, flexibility and cardiovascular endurance post-physical maturation.

type 11 degrade  
muscular atrophy  
collagen fibres ↓ elasticity  
(8)  
cardiac output ↓

After the age of 30 (past peak physical maturation) many changes occur to the body physiologically. People lose speed due to the deterioration of type 11 muscle fibres, this means less fast, powerful motions can happen at ~~the~~ muscles and so loss of speed.

Another effect is that muscular atrophy will generally occur due to a more sedentary lifestyle (which occurs due to a longer recovery time). This muscular atrophy ~~occurs due to~~ results in a loss of strength and so also power.

Collagen fibres are laid down in various places including muscles and joints, these collagen fibres reduce the elasticity and ROM of muscles and joints. So this reduces flexibility.

The heart is affected by ageing, the maximum heart rate and cardiac output will decrease as age increases. This will affect the person's C.V endurance as they won't be able to work at as high temps as previously.



### ResultsPlus Examiner Comments

Maximum marks of 8 were awarded for this answer.  
Marks were awarded as follows;  
For speed  
deterioration of type 2 fibres & less powerful motion  
(points 2 & 4)  
For Power  
Muscle atrophy & longer to recover (points 7 & 10)  
For Flexibility  
Points 11 (reduced elasticity) & 12 Collagen fibres  
For CVE  
Reduced MHR & Q (points 15 & 17)



### ResultsPlus Examiner Tip

The candidate has included appropriate content to score the marks available. The layout of the answer also helps them to see that they have completed all that was required while at the same time making it easier for the examiner to see where marks should be awarded.

### Question 3(a)

A straightforward question that most students scored maximum marks for.

### Question 3(b)

Most candidates were able to correctly identify the other 4 food groups, though providing the main function for each was more difficult.

Common mistakes were:

- Stating that the function of water is to hydrate the body, yet hydration is the level of water within the body
- Linking vitamins and minerals together as one food group
- Identifying specific roles of individual vitamins or minerals rather than stating the general role of all vitamins and minerals
- Over-simplifying the role of fibre by stating that it "helps digestion". Had candidates added "by aiding bowel movements" or something similar, then they would have scored the mark.

(b) Name and outline the main function of each of the **four** other food groups.

(4)

Vitamins - Helps external defences e.g. Skin and hair from infection. Improves immune system and helps with chemical reactions in body. Vitamin D

Minerals - Often facilitate use of vitamins/health alongside to implement them. Help with care e.g. bone strength and physical development. Calcium.

Fibre - Needed for healthy digestion and to ensure intestines have constant supply of nutrition. Helps with bowel issues.

Water - Necessary for transport, thermoregulation, Metabolism in body, hydration, electrolytes to improve physical ability.



**ResultsPlus**

**Examiner Comments**

A good answer that is clear in structure and layout, contains appropriate information and does all that the question asks.

The 4 food groups are identified and the main functions of each group are clearly stated.

(b) Name and outline the main function of each of the **four** other food groups.

(4)

Water used for thermoregulation of the body. Vitamins provide vital nutrients for the body. Minerals help with the absorption of vitamins into the body. Fibre helps with digestion and keeps the digestive system working efficiently and frequently.



**ResultsPlus**

**Examiner Comments**

A good answer that scores well - 3 out of 4 marks.

The mark was lost for the explanation of vitamins as this was too vague: all the food groups provide vital nutrients.

(b) Name and outline the main function of each of the **four** other food groups.

(4)

Vitamins are key to ensure your immune system can cope with external viruses. Minerals help your bones receive calcium which helps ~~by~~ them stay strong. Water helps to maintain hydration of the body and helps to flush away harmful fluids from your body. Fibres help your ~~big~~ muscles ~~to stay~~ maintain a fit state in which they are able to continue working to the best of their ability.



**ResultsPlus**

**Examiner Comments**

1 mark was scored, for vitamins (helping your immune system).

The benefit of the doubt was given and 1 mark awarded for water "helps to flush away..."

The remainder of the answer was inaccurate or too vague to gain any marks.

## Question 4

In answering this question candidates must demonstrate that they understand what circuit training is and that it can be adapted to suit different components of fitness. They must identify contrasting components of fitness and then discuss how a circuit could be designed to suit both. Within that they would need to identify the type of exercises, number of exercises and number of circuits completed, each being appropriate to the components of fitness identified.

To score higher the candidates would then identify how the exercises would be adapted to suit the different components of fitness in terms of the intensity, duration and recovery. Higher marks still would have specific percentages of intensity in terms of MHR or 1RM.

For top marks, answers would also look at how the athletes could incorporate progression and overload into circuit training for the specified components.

Poor answers failed to select "contrasting" components or more commonly designed a single circuit that would benefit both components of fitness.

\*4 An advantage of circuit training is that it can be used to improve almost every aspect of performance.

Discuss how circuit training can be used to benefit **two contrasting** components of fitness.

Endurance + Speed.

• ~~Faster~~ ~~Run~~ rest times; work times.

• Intensity.

Circuit training is a very popular way of training more than 1 components of Sport Fitness.

An example of 2 contrasting components are Endurance (strength) + Speed.

Circuit training is very adaptable, for endurance the work time could be made longer and the rest time shorter, this would ~~with~~ make the athletes continue to be working even in the rest because they have to move straight to the next station. the intensity would be fairly low in this case so the athlete can continue to work for a longer period of time.

In comparison for speed the opposite can be done to benefit ~~the~~ speed ~~exercise~~ instead. Shorter work time + longer rest time with a high intensity of work amount. This would give the athlete time to recover

before going on at maximum force again.

The other thing that could be done to benefit both would be to put speed + endurance exercises in the one circuit. This could be done by increasing the intensities on some stations but not others whilst leaving the core-stability exercises in + the mobility exercises in. The work : rest ratio would be natural so it was possible to keep going on all stations of the circuit.



### ResultsPlus Examiner Comments

The candidate writes very basically and generically with this answer and so fails to score well.

There is no clear identification that the candidate knows what circuit training is, and although reference is made to moving to different exercises this is not clear.

Two contrasting components of fitness are identified and the candidate does get the gist of the fact that intensity and therefore duration will differ for both components, however this is again very basic (low GCSE level).

The candidate concludes by stating that both components of fitness would be covered in the same circuit and so the answer is limited to a maximum of 3 marks.

- \*4 An advantage of circuit training is that it can be used to improve almost every aspect of performance.

Discuss how circuit training can be used to benefit **two contrasting** components of fitness.

Circuit training is a training method involving a number of stations performed one after the other often in a repeated cycle. There are two types of circuit training, fixed load & individual load. In a fixed load circuit an athlete performs a fixed number of repetitions at each station before moving on to the next. In an individual load circuit an athlete performs each exercise at a station for a set period of time before moving on to the next station. Circuit training can be used to benefit cardiovascular endurance, which is the ability of the heart, blood & blood vessels to work collectively to supply oxygen and remove metabolic waste from working muscles over an extended period of time. An athlete can use circuit training as they can perform exercises whilst working between 60-80% of their maximum heart rate which is their aerobic training zone. They can adjust the length of time at each station so they are performing aerobically & can adjust the intensity to 60-80% so they are getting the cardiovascular benefits. Furthermore an athlete can design a set rest period and change this as their fitness improves in order to see progression in their fitness. A benefit of circuit training is that cardiovascular endurance can

be improved using minimal equipment, often using body weight exercises. Therefore at one station an athlete can perform a high number of press ups & then move onto squats at the next station. In this way an athlete can get a full body workout in a short period of time. The principles of training can also be easily applied to ensure overload is achieved. An athlete can increase the frequency of their training, the intensity of their training working at a higher % of MHR and can also increase the duration of their session to see improvement in fitness.

Circuit training can also be used to benefit power anaerobic endurance. An athlete can alter the circuit so they perform fewer number of repetitions but at a higher intensity, above 80% of MHR in order to stress the lactic acid energy system. The principles of training can also be applied easily to benefit the <sup>components of</sup> type of fitness. An athlete can select appropriate exercises to match their event so training is specific. For example a 400m runner performing repeated box jumps at 85% of their MHR for 45 seconds will be stressing their lactic acid system.



### ResultsPlus Examiner Comments

This is at the bottom end of the top band, scoring 10 marks. The answer contains a great deal of accurate detail / indicative content. There is a very clear and detailed understanding of what circuit training is and how it can be adapted. There is detail about intensities and duration that are appropriate to the components also.

However the structure lets the answer down a little as there is a clear lack of balance (the 2nd component of fitness is only referred to in the final paragraph) and also a lack of summary / conclusion.

## Question 5

Generally a well answered question with candidates frequently scoring the maximum 8 marks available. Where marks were dropped it was usually due to an incorrectly identified constraint or a definition that was too vague.

Fitness - If they do not have the physical fitness to participate they may not have the confidence or ability to keep up.

Ability - If they do not have an understanding of the rules or natural ability they may find it harder to participate.

Resources - Facilities and equipment are not always available due to location, access, provision etc. If you live in the city it is unlikely that you will be able to do sailing or skiing as the ~~is not~~ facilities or equipment are not easily accessible

Time - People who work and have families often find that there is not enough time for sport in amongst it all. Especially women have been targeted in this constraint on sport.



**ResultsPlus**  
Examiner Comments

The maximum of 8 marks were awarded in total for this answer.

Marks were awarded for:

- point 12 on the mark scheme for fitness
- point 13 for the definition / explanation
- point 14 for ability
- point 15 - the benefit of the doubt was given for the reference to "lacking an understanding of the rules" as a "lack of experience" on the mark scheme
- point 9 on the mark scheme was awarded for Resources
- point 10 for the explanation
- point 7 was given for Time
- point 8 for the explanation.

5 Name and define **four** constraints on people's ability to take part in physical activity.

Fitness - the person needs to have a specific fitness to be able to do a specific physical activity. The ability to meet the demands of the environment.

Ability - the need to have a certain ability in order to do the specific physical activity.

Resources - need to have the correct items around them or the right facilities in order to perform the physical activity.

Time - the need to have time to enable them to go out and perform in physical activity.



**ResultsPlus**  
Examiner Comments

6 marks were awarded for this answer.

With reference to the mark scheme:

- points 12 & 13 were awarded for fitness and the explanation - to be able to do a specific physical activity
- point 14 was awarded for ability, however there was nothing awarded for the explanation / definition as the answer is too vague
- point 9 was awarded for Resources
- point 10 for the explanation
- point 7 was awarded for time but again no explanation / definition point was given as the answer is too vague

## Question 6

Once again a very well answered question with large numbers of candidates scoring the 7 marks available.

Occasionally definitions were too vague to score the mark. Another common issue was an incorrectly identified group, or vague explanation.

6 Define the term **target group** in relation to physical activity.

Give **three** examples of different target groups explaining why each group is identified in this way.

Definition

Target group is a group of people identified by sports agencies as not fully participating in physical activity. It may be a minority group.

Example one

Disabled

Explanation

There may not be sufficient resources available for disabled people. They are less able to partake in physical activity and are underrepresented.

Example two

Low income

Explanation

May not have the financial means to pay for adequate (or the perceived correct equipment / facilities).

Example three

Old age pensioners

Explanation

As they are not working they may have less money and not enough to buy correct equipment / facilities.

They may be less mobile.



**ResultsPlus**

**Examiner Comments**

A maximum of 7 marks were awarded in total for this answer.

The answer received the mark for the definition and then for each example and each explanation.

6 Define the term **target group** in relation to physical activity.

Give **three** examples of different target groups explaining why each group is identified in this way.

Definition

A target group is where a group of people are specifically aimed at in order to get involved in physical activity.

Example one

over 50's

Explanation

because they know that they don't do much and this enables them to feel comfortable with the same age people and take part in physical activity.

Example two

Ethnic group.

Explanation

Some cultures won't allow the women to show their skin in public. These can be aimed at where they can go and be in privacy and take part in some physical activity.

Example three

Gender

Explanation

some genders would feel comfortable to do activity in front of the opposite sex. This means they ~~would~~ won't do any so they can offer classes of ~~to~~ the same sex so they can feel more comfortable. (Total for Question 6 = 7 marks)



**ResultsPlus**

**Examiner Comments**

This was a near maximum scoring answer with 6 of the available 7 marks being awarded.

The marks were awarded:

1 mark for the definition.

1 mark for Over 50's (point 6) and 1 for the explanation.

1 mark for ethnic groups (point 4) and 1 for the explanation

1 mark for gender but nothing was awarded for the explanation as the answer fails to identify who the target group would be.

6 Define the term **target group** in relation to physical activity.

Give **three** examples of different target groups explaining why each group is identified in this way.

Definition

Target group is the group of people that are supposed to have an active lifestyle.

Example one

4 young children

Explanation

They are encouraged to take part in physical activities as they are in the stage of developing and sport is important for them.

Example two

Elderly people.

Explanation

They are a vulnerable group as they are more likely to suffer from diseases and they can be stopped by physical activities. As you get old your body parts start to slow down and physical activities help elderly people maintain a good condition.



**ResultsPlus**

**Examiner Comments**

2 marks were awarded for this answer.

0 mark was given for the definition as it is too vague.

0 marks were awarded for the first example given as "young children" is too vague and the explanation is not appropriate.

1 mark was given for the elderly and the explanation.

There is no 3rd example offered.

## Question 7

This topic area has not always been answered particularly well in the past; pleasingly it was well answered in this series. A variety of different examples were provided by candidates with appropriate explanation to score both available marks, all of which demonstrated a good understanding of the topic area.

7 Outline **three** talent development schemes that are used within the UK.

UK sport have the world class programme which has 3 stages. firstly the ~~ident~~ talent identification to identify talented individuals, secondly talent development to support and nurture potential athletes. Then lastly podium which is supporting those athletes who have podium potential and a chance to win medals.

Next TASS - talented athletes ~~scholarship~~ <sup>Sports</sup> Scholarship. This enables ~~athletes~~ athletes who are at elite level to carry on training at the top level but also gain qualifications at further or higher education. They receive free facilities and medical support to ensure there are no barriers to their participation.

Also gifted and ~~talent~~ talented scheme to support and develop talented school pupils. Not only that but also who are likely to drop out of sport or in a disadvantaged area. Therefore it will ~~make~~ make them realise their potential and make them stay in sport.



**ResultsPlus**  
Examiner Comments

The full 6 marks were awarded for this answer.

3 Talent Development Schemes were correctly identified (points 5, 7 and 1 on the mark scheme) and a brief outline given of what they do (points 6, 8 and 2 on the mark scheme) ensuring that all marks were awarded.

The outline of G & T was a little vague but provided enough to score the mark available.

7 Outline **three** talent development schemes that are used within the UK.

The World Class Programme is one scheme which is used in the UK, this scheme takes athletes from the elite level of participation and gives them world class coaching.



**ResultsPlus**  
Examiner Comments

A poor answer, with not much content offered.

1 mark was awarded for identifying the World Class Programme, (point 3 on the mark scheme); however the outline of the programme is a little too vague and refers to taking athletes from the elite level rather than taking them to elite level.

## Question 8(a)

Students who knew about the LTAD often scored very well across all 3 parts of question 8.

8 (a) Describe the aims of the 'Long Term Athlete Development' (LTAD) plan. (2)

The LTAD ~~plan~~ <sup>plan</sup> aims to improve the pathway of sport so that participants can reach their full potential easier and quicker, this is through providing the top coaches and facilities as well as sport & medical science.



**ResultsPlus**  
Examiner Comments

1 mark in total was awarded for this answer.

The mark was awarded for point 2 on the mark scheme for "pathway" implying "plan a route".

No other rewardable material was present.

8 (a) Describe the aims of the 'Long Term Athlete Development' (LTAD) plan. (2)

The long term athlete development plan aims on drawing people into sport and maintaining their interest. It also aims on helping national governing bodies to make the pathways to the elite/paralymp level, increasing success at the olympics and top levels.



**ResultsPlus**  
Examiner Comments

The maximum 2 marks were awarded for this answer.

1 mark was awarded for point 1 on the mark scheme for "drawing people into sport" which implies "to introduce people into sport".

The 2nd mark was awarded for point 2 for "pathways to the elite" which infers "plan a route to elite".

## Question 8(b)

(b) The LTAD plan divides sports into two categories.

Identify the **two** categories and provide an example for each.

(4)

Early specialisation and late specialisation. Early specialisation would include gymnasts ~~who~~ <sup>who</sup> need to develop early on in the careers to be the best they can. Therefore, early recognition is required and they will progress through the LTAD model at an earlier age.

However late specialisation would include athletics as a development of ~~the~~ physical strength is required to be the very best, meaning athletes need to reach the maturation stage of 11-16 age so strength increases. Then further development is required to build on strength and balance have physic/strength to maximise performance.



### ResultsPlus Examiner Comments

The maximum 4 marks were awarded for this answer.

It is a very clear answer with more detail than was required.

Marks were awarded for:

Early Specialisation

Sports such as gymnastics and swimming

Late specialisation

Team games and track and field athletics / sports that require strategical understanding.

## Question 8(c)

Candidates were required to name **and** describe each of the 6 stages in order to score the 6 marks. Most candidates identified that they were required to do two things for each mark. The majority correctly identified the name of each stage however many of the explanations were too vague to score a mark. Examples of this include candidates re-using the name of the stage in an attempted descriptive sentence, as in

Train to Win - This is where the athletes training is helping them win.

(c) Name and describe each stage of development within the LTAD plan.

(6)

The early specialised model has 4 stages: Training to train, Training to compete, training to win and active for life. The late specialised model has 6 stages: Fundamentals, Learning to train, training to train, training to compete, training to win, active for life. Fundamentals: <sup>(aimed at 10 years\*)</sup> involves the teaching of basic skills, tactics, techniques and rules. Learning to train: The step up to developing more complex movements and techniques and how these can be improved. Training to train: participate in regular training. Training to compete: learn rules of your sport and have a moderate level of skill and technique. Training to win: Training becomes more focussed on beating the opposition rather than fun and enjoyment skills, techniques, tactics are improved to a higher level. Active for life: aimed at keeping people involved in physical activity through coaching, leadership, member of an NGB in your sport or moving from competitive sport to recreational activity such as jogging.



### ResultsPlus Examiner Comments

This answer received all 6 marks that were available.

All 6 stages were identified and all had appropriate explanations.



### ResultsPlus Examiner Tip

This answer demonstrates the detail needed to get the available marks; however the structure would be better if the stages were identified in a list form with the explanations adjacent to them rather than as a paragraph of prose.

(c) Name and describe each stage of development within the LTAD plan.

(6)

Fundamentals - Having fun and enjoyment in a sport

Learning to train - Developing basic skills in a chosen sport.

Training to train - Beginning to develop more specific skills in a chosen sport. For example, position specific skills i.e. Lineout throwing (rugby union).

Training to win - Aiming to optimise skills in preparation for podium performance.

Retirement - Remaining active and healthy. i.e. Not sedentary.



**ResultsPlus**  
**Examiner Comments**

Although 5 stages were identified only 2 marks were awarded for this answer.

1 mark was awarded for Learning to train and basic skills.

1 mark was awarded for Train to train and more specific skills.

The other explanations were too vague.

## Question 9

Like the majority of essay questions this one is based around a discussion. The statement claims that deviance has increased and suggests that this is related to a corresponding rise in commercialisation. Consequently in order to score well within this question the candidates must do a number of things.

- Firstly their answer must clearly identify that they understand the main concepts under discussion, namely deviance and commercialisation.
- Secondly they must identify whether they agree with the statement, namely that both have increased.
- Thirdly, candidates need to discuss if deviance is linked to commercialisation or whether there could be other contributory factors.

Simply agreeing with the statement would have meant no discussion was present in the answer and would therefore have limited the answer to a medium mid band mark. To score above 6 marks candidates needed to include an element of discussion.

It was pleasing to see that there were a number of very good answers produced for this question. Weaker answers were likely to have referred to deviance as drug taking and commercialisation as the media's involvement. Slightly better answers provided acceptable definitions / explanations of Deviance and Commercialisation but lacked discussion. They cited the need to win in order to secure sponsorships and endorsements and consequently "it followed that athletes would be willing to do what it takes, - to *Win at all costs*". Better answers recognised that deviance has existed for a long time, just that we are more aware of it today. They then tried to provide some explanations for this other than the link to commercialisation. The best answers provided discussion to the growth of deviance and also the reasons why deviance may exist; they provided sporting examples to substantiate their views and had a clear and logical structure to their response.

\*9 Discuss the suggestion that the growth of deviance in sport is linked to the growth of commercialisation.

Deviance is breaking the rules in sport e.g. drug taking. In sport it is being more commercialised as sport has turned into a business. There is advertisement, ~~and~~ sponsorship. As these are becoming more popular, athletes have to live up to a standard to get a certain ~~sponsor~~ sponsorship. This means that the pressure to live up to a certain standard is higher so the athletes have to perform better to get it. And if they are unable to do this they have to cheat.

in order to get an advantage e.g. drugs. Another argument could be that there has always been deviance in sport but as it is becoming more commercialised it has become more obvious who has cheated. Also the competition levels are much higher meaning that the athletes feel they need to cheat to win and become the best. The more commercialised sport becomes the more athletes feel they need to win to become more recognised and get better.



## ResultsPlus

Examiner Comments

5 marks were scored for this answer. Potentially this could have been quite a good answer. However the structure is not developed and it lacks depth of supporting argument. The candidate attempts to qualify what deviance and commercialisation are, although it is a little too brief and narrative with the explanations. The candidate then supports the statement by stating that increased commercialisation has increased the need to perform well and so be deviant (take drugs). There is an attempt at a counter argument by stating that there "might" have been deviance pre commercialisation but the increased commercialisation means there is more of a focus on deviance. However this statement lacks any substance or context, no reason is given to any reason for pre commercialisation deviance and has no supporting examples are given.

From the mark scheme the following statements illustrate where marks were awarded:

**The candidate will demonstrate an understanding of the concepts of deviance and commercialisation.**

Some understanding is offered but is very brief and too narrow to be totally accurate.

**The answer will be based around an assumption that deviance is related to commercialisation.**

Most of the answer is relating to this.

**There will be some acceptance that deviance might occur for other reasons.**

Not really explored. One sentence states that deviance might have existed before but there is no substance or context offered.

**There will be some elements of discussion present in answers at the top of the band.**

No real discussion present

\*9 Discuss the suggestion that the growth of deviance in sport is linked to the growth of commercialisation. ~~and commercialisation~~

The growth of deviance in sport is linked to the growth of commercialisation as sports is seen as more of a business so money can be made by the millions of people that watch certain sporting events.

The growth of deviance means that people have recognised the amount of money that goes into sport and are acting on the amount of spectators it has.

Deviance can be seen as bending the rules without it being classed as illegal or against the rules. This can be linked with commercialisation because athletes that find ways to bend the rules ~~are~~ an win major sporting events can be the 'front man' of a companies commercial advertisements, for example Usain Bolt for Virgin media.



## ResultsPlus

Examiner Comments

2 marks were scored for this brief and rather superficial answer.

The candidate refers to both deviance and commercialisation and attempts to clarify their meaning. However deviance has been confused with gamesmanship and there is no attempt to define commercialisation, although the candidate seems to be aware of its link to business and money. The candidate assumes that the statement is correct and makes no attempt at presenting an alternative view.

**The candidate will demonstrate an understanding of the concepts of deviance and commercialisation.**

Some attempt to clarify the terms is offered but deviance is seemingly confused with gamesmanship. No definition of commercialisation is offered but reference to some terms is made which demonstrate some understanding.

**There will be an assumption that deviance is related to commercialisation.**

This is the only explanation offered.

**The answer will be purely descriptive.**

It is.

\*9 Discuss the suggestion that the growth of deviance in sport is linked to the growth of commercialisation.

For

- It is causing it pressure
- need to win
- look good

Against

- only now is it more apparent

Deviance in sport has often been linked to the media, suggesting that commercialisation may be causing deviance. However it must be considered that deviance has become more easily seen.

Some may believe that deviance is occurring as a result of the enormous amount of pressure put on athletes by the media. This pressure influences them to achieve by whatever means necessary whether it be drug taking or cheating in the game.

Many athletes have become more competitive as sport has become professional and have adopted a "win by any means necessary" approach. This has led to cheating and drug taking to get that ~~one~~ one step ahead of their opponents.

~~Some~~ Countering this argument many believe that there has not been a rise in derviance itself but a rise in derviance in the media. This is due to the better equipment that is available to find cheater. For example the WADA have ~~also~~ become alot better at detecting banned substances.

It is argued that derviance has always been apparent. for example in ancient Greece athletes would drink tonics to improve their performance. However this has only been recently shown in the media.

Athletes often feel the need to look good and impress. The best way to do this is obviously by winning. This is therefore why people go to such great lengths to win even if it is cheating.

I believe that derviance ~~is not~~ the growth of derviance is linked to commercialisation but not caused by it. I believe that more derviance is being shown due to advanced in technology.

(Total for Question 9 = 12 marks)

**TOTAL FOR PAPER = 90 MARKS**



8 marks were allocated to this answer.

The candidate presents a very balanced argument, offering reasons why deviance may be growing but also offering other reasons as to why athletes might be deviant. The answer suggests that the increase in recorded evidence of deviant behaviour may be due to better technology that aids catching the deviant.

This answer would have been better had the candidate used more real life examples to substantiate the points made (the only one offered in the entire answer was that the ancient Greeks took tonics) and also if the terms of deviance and commercialisation had been clarified. The answer demonstrates quite a good understanding of deviance but assumes that commercialisation means increased media coverage.

**The candidate will demonstrate a clear understanding of the concepts of deviance and commercialisation.**

The answer demonstrate a clear understanding of the concepts of deviance and commercialisation means increased media coverage. This answer although good, could have been much better.

**The candidates will make reference to different types of deviance in sport, providing contemporary examples of each to support the points being made.**

The answer lacks examples to substantiate the points made.

**Discussion will exist in the form of questioning whether deviant behaviour has increased, providing examples of deviant behaviour in the past.**

This discussion is present and WADA & other technologies are cited as being responsible for catching deviants.

**The candidate will provide examples of deviant behaviour and demonstrate the commercial advantages gained, however there will be equal representation of deviant behaviour that provided no commercial benefit.**

There is equal representation of opinions with an appropriate conclusion presented based on the argument written. More examples would have offered greater substance to the arguments however.

## Paper Summary

Based on the performance of candidates on this paper the following advice is offered to candidates:

- Candidates need to ensure that they use appropriate language to accurately define concepts and terms: using terms such as valid, to define validity, will not allow candidates to access the marks available.
- Candidates must ensure that they are aware of the correct names of all fitness tests and that they are able to relate the tests accurately to the components that they measure.
- When answering a question, candidates should ascertain how many actions are required of them in order to answer it effectively. A clear structure to an answer would aid some candidates to score more marks.
- Within essay questions candidates need to understand where the discussion exists within the question and then structure their answer, with examples to support the points made, accordingly.
- For some candidates, a clearer understanding of the difference between talent development and talent identification is required.
- For many candidates, naming and describing the stages of the LTAD was straightforward. However a significant number of candidates were unable to offer a suitable description of each stage that differentiated from that offered for other stages.
- Clear and concise explanations, clarity of understanding and structured answers would aid many candidates in future examination series'.

## **Grade Boundaries**

Grade boundaries for this, and all other papers, can be found on the website on this link:

<http://www.edexcel.com/iwantto/Pages/grade-boundaries.aspx>

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