



**Edexcel GCSE PE  
Physical Training  
Mark Scheme 3.6**

**A**

Question Number	Answer AO1 - 1 mark	Mark
1(a)	<b>Correct answer is anything between 5 - 10 minutes</b>	(1)

Question Number	Answer AO2 - 4 marks	Mark
1(b)	<p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Mental preparation for exercise/performance (1)</li> <li>• Increase muscle elasticity for more explosive movements (1)</li> <li>• Increase tendon/ligament temperature to reduce risk of injury (1)</li> <li>• Increases flexibility to reduce risk of injury (1)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(4)

Question Number	Answer AO1 - 3 marks; AO2 - 3 marks	Mark
1(c)	<ul style="list-style-type: none"> <li>• Phase 1 - Pulse raiser (1), where heart rate is increase with light - moderate activity like jogging (1)</li> <li>• Phase 2 - Stretching (1) the muscles/tendons/ligaments that will be used (1)</li> <li>• Phase 3 - Sport specific drills (1) That are similar to what you are about to do (1)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(6)

Question Number	Answer AO2 - 3 marks	Mark
1(d)	<p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Phase 1 - Cycling (1)</li> <li>• Phase 2 - Quad stretch (1)</li> <li>• Phase 3 - Shadow boxing (1)</li> <li>•</li> </ul> <p>(Examples must not be from the same sport)</p> <p><b>Accept other appropriate responses</b></p>	(3)

Question Number	Answer AO1 - 2 marks	Mark
2(a)	<ul style="list-style-type: none"> <li>To slowly return the body to rest (2)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(2)

Question Number	Answer AO1 - 4 marks	Mark
2(b)	<p><b>For example:</b></p> <ul style="list-style-type: none"> <li>Prevents dizziness (1)</li> <li>Prevents blood pooling (1)</li> <li>Improves flexibility (1)</li> <li>Removes lactic acid (1)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(4)

Question Number	Answer AO1 - 2 marks; AO2 - 2 marks	Mark
2(c)	<ul style="list-style-type: none"> <li>Light exercise (1) such as slow jogging (1)</li> <li>Stretching (1) of muscles/tendons/ligaments that have been used (1)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(4)

Question Number	Answer AO1 - 4 marks; AO2 - 2 marks	Mark
3(c)	<ul style="list-style-type: none"> <li>RICE - Rest (1) Ice (1) Compression (1) Elevation (1)</li> <li>Examples - <b>any two soft tissue injuries</b> (2)</li> </ul> <p><b>Accept other appropriate responses</b></p>	(6)

Question Number	Answer AO1 - 1 mark	Mark
4(a)	<b>Correct answer is WADA/World Anti-Doping Agency</b>	(1)

Question Number	Answer AO1 - 4 marks	Mark
4(b)	<b>For example:</b> <ul style="list-style-type: none"> <li>• Anabolic steroids (1)</li> <li>• Narcotic analgesics (1)</li> <li>• Diuretics (1)</li> <li>• Stimulant (1)</li> <li>• Human Growth Hormone/HGH (1)</li> <li>• Erythropoietin/EPO (1)</li> <li>• Beta blockers (1)</li> <li>• Blood doping (1)</li> </ul>	(4)

Question Number	Answer AO3 - 4 marks	Mark
4(c)	<b>For example:</b> <ul style="list-style-type: none"> <li>• Advantages - More strength (1) / Quicker recovery (1)</li> <li>• Disadvantages - heart disease (1) / Death (1)</li> </ul> <b>Accept other appropriate responses</b>	(4)