4 Relative to an origin O, the position vectors of points P and Q are given by

$$\overrightarrow{OP} = \begin{pmatrix} -2 \\ 3 \\ 1 \end{pmatrix} \quad \text{and} \quad \overrightarrow{OQ} = \begin{pmatrix} 2 \\ 1 \\ q \end{pmatrix},$$

where q is a constant.

(i) In the case where $q = 3$, use a scalar product to show that $\cos POQ = \frac{1}{7}$. [3]

(ii) Find the values of q for which the length of $\overrightarrow{PQ}$ is 6 units. [4]