

Please write clearly in block capitals.

Centre number

Candidate number

Surname \_\_\_\_\_

Forename(s) \_\_\_\_\_

Candidate signature \_\_\_\_\_

I declare this is my own work.

# GCSE PHYSICAL EDUCATION

## Paper 2 Socio-cultural influences and wellbeing in physical activity and sport

Time allowed: 1 hour 15 minutes

### Materials

For this paper you may use:

- a calculator.

### Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 78.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

For Examiner's Use	
Question	Mark
1 to 5	
6	
7	
8	
9	
10	
11	
12	
13	
<b>TOTAL</b>	



Answer **all** questions.

Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



**0 1**

Which **one** of these is the 'T' in SMART targets of goal setting?

[1 mark]

**A** Task orientated

**B** Team outcome

**C** Time bound

**D** Training programme

**0 2**

Which **one** of these is a side effect of blood doping?

[1 mark]

**A** Increased potential of a heart attack

**B** Increased potential of aching joints

**C** Increased potential of muscle tension

**D** Increased potential of nausea



**0 3**Which **one** of these is hitting a tennis ball hard an example of?**[1 mark]****A** Direct aggression**B** Indirect aggression**C** Physical aggression**D** Verbal aggression**0 4**Which **one** of these requires a low level of arousal for optimal performance?**[1 mark]****A** Archery**B** Boxing**C** Rowing**D** Rugby**0 5**Which **one** of these is an example of an open skill?**[1 mark]****A** Discus throw**B** Platform dive**C** Rugby tackle**D** Shot put

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**5**

Turn over ►



0 6 . 1 Define the term 'gamesmanship'.

[1 mark]

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0 6 . 2 Describe **two** different sporting examples of gamesmanship.

[2 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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0 6 . 3 Identify **three** negative side effects on the body of taking beta blockers.

[3 marks]

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



0 6 . 4

Explain how beta blockers can help improve performance.

Use a sporting example in your answer.

[2 marks]

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0 6 . 5

Suggest the negative effects on a sport if a high number of competitors tested positive for performance enhancing drugs.

[4 marks]

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12

Turn over for the next question

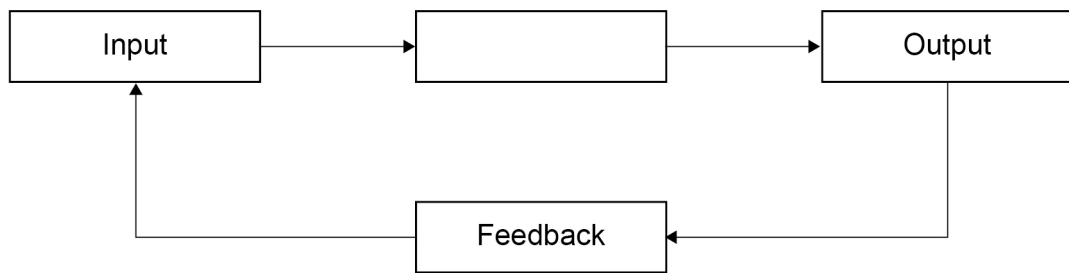
Turn over ►



0 7

**Figure 1** shows the basic information processing model.

**Figure 1**



0 7 . 1

Identify the missing stage of the basic information processing model in **Figure 1**.

**[1 mark]**

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0 7 . 2

Explain what happens at the following stages of the basic information processing model when attempting a shot in netball or basketball:

- Input
- Feedback.

**[4 marks]**

Input \_\_\_\_\_

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Feedback \_\_\_\_\_

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0 7 . 3

Identify a sport that would be most suited to an extrovert.

Justify your choice.

[3 marks]

Sport \_\_\_\_\_

Justification \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

0 7 . 4

Identify **and** describe **two** different stress management techniques.

[4 marks]

1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12

Turn over ►



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0 8 . 1

Identify **three** positive effects of sponsorship on **sport**.

[3 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

0 8 . 2

Identify **three** negative effects of sponsorship on **performers**.

[3 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

6





0 9 . 1

Describe 'social health and wellbeing'.

[3 marks]

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0 9 . 2

State **three** positive effects that sporting activities can have on 'mental health and wellbeing'.

[3 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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6

Turn over for the next question

Turn over ►



1 0

**Table 1** shows the body mass index (BMI) scores and average daily calorie intake for five adults.

**Table 1**

	Adult 1	Adult 2	Adult 3	Adult 4	Adult 5
<b>Gender</b>	Female	Male	Female	Male	Female
<b>BMI score</b>	19	23	29	31	28
<b>Average daily calorie intake</b>	2300	2400	2000	2500	1900

Analyse the information in **Table 1** to answer **Questions 10.1** and **10.2**.

1 0 . 1

Identify which **one** of the adults would be classified as obese.

**[1 mark]**


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1 0 . 2

Identify which **one** of the adults is eating above the average required calorie intake per day.

**[1 mark]**


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1 0 . 3

Gender is one factor that can affect the required calorie intake per day for an individual.

Identify **and** describe **two** other factors that affect the required calorie intake per day for an individual.

**[4 marks]**

Factor 1 \_\_\_\_\_

Description \_\_\_\_\_

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Factor 2 \_\_\_\_\_

Description \_\_\_\_\_

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1 0 . 4

Explain **two** negative effects that obesity could have on performance in football or hockey.

[2 marks]

Negative effect 1 \_\_\_\_\_

\_\_\_\_\_

Negative effect 2 \_\_\_\_\_

\_\_\_\_\_

1 0 . 5

Avoiding obesity helps maintain good physical health and wellbeing and improves performance in sport.

Explain **two** other ways that good physical health and wellbeing helps to improve performance in sport.

[4 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12

Turn over ►



**1 1 . 1** Outline the difference between intrinsic and extrinsic motivation.

Use sporting examples in your answer.

**[4 marks]**

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**1 1 . 2** Give **one** sporting example of a self-paced skill.

Justify your choice.

**[3 marks]**

Example \_\_\_\_\_

Justification \_\_\_\_\_

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**1 1 . 3** Give **one** sporting example of a gross skill.

Justify your choice.

**[3 marks]**

Example \_\_\_\_\_

Justification \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
**10**

**Turn over for the next question**

**Turn over ►**











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ANSWER IN THE SPACES PROVIDED**







