

Please write clearly in block capitals.

Centre number

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Surname

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Forename(s)

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Candidate signature

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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 must have:

- a ruler.

### 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 6             |      |
| 7                  |      |
| 8                  |      |
| 9                  |      |
| 10                 |      |
| 11                 |      |
| 12                 |      |
| 13                 |      |
| 14                 |      |
| 15                 |      |
| <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 definition of a complex skill?

[1 mark]

**A** A skill where few decisions affect the success of the movement.
☐
**B** A skill where lots of decisions have to be made in order to be successful.
☐
**C** A skill where the start of the movement is controlled by an external factor.
☐
**D** A skill where the start of the movement is controlled by the performer.
☐

0 2

Which **one** of these is the definition of ability?

[1 mark]

**A** A learned action or behaviour with the intention of bringing about predetermined results.
☐
**B** Having the knowledge and understanding to perform a sporting skill successfully.
☐
**C** How well an individual can perform a sporting skill after years of practise.
☐
**D** Inherited, stable traits that determine an individual's potential to learn or acquire a skill.
☐


**0 3**

Which **one** of these is a negative effect of sponsorship on a performer?

**[1 mark]**

- A** Increased access to free clothing.
- B** Increased access to technologically advanced equipment.
- C** Increased amounts of money.
- D** Increased time commitment needed to attend promotional events.

☐☐☐☐**0 4**

Which **one** of these is a **physical** health benefit of taking part in regular exercise?

**[1 mark]**

- A** Improved co-operation skills.
- B** Improved heart function.
- C** Opportunities to socialise.
- D** Reduced feelings of stress.

☐☐☐☐**0 5**

Which **one** of these is the definition of obesity?

**[1 mark]**

- A** A Body Mass Index (BMI) over 10.
- B** A Body Mass Index (BMI) over 20.
- C** A Body Mass Index (BMI) over 30.
- D** A Body Mass Index (BMI) over 40.

☐☐☐☐**Turn over ►**

0 6

Which **one** of these is an example of visual guidance?

[1 mark]

**A** A coach demonstrating a technique to a performer.☐**B** A coach physically moving a performer's body to help correct technique.☐**C** A coach providing a piece of equipment to help correct technique.☐**D** A coach talking to a performer about their technique.☐

6

0 7 . 1

State **two** positive effects of having spectators at a sporting event.

[2 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

0 7 . 2

State and explain **two** reasons why hooliganism can occur at football matches.

[4 marks]

Reason 1 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reason 2 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



0 7 . 3

The following strategies have been used to reduce hooliganism at football matches:

- early kick-offs
- segregation of fans.

Discuss how effective **each** of these strategies has been in reducing hooliganism at football matches.

[4 marks]

Early kick-offs \_\_\_\_\_

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Segregation of fans \_\_\_\_\_

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10

0 8 . 1

Define 'the media'.

[1 mark]

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0 8 . 2

Identify **three** positive effects that the media in sport has on the **audience/spectators**.

[3 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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Question 8 continues on the next page

Turn over ►



**[3 marks]**

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**[5 marks]**

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12



**0 9 . 1** Define the term 'open skill'.

**[1 mark]**

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**0 9 . 2** Give **one** sporting example of an open skill.

**[1 mark]**

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**0 9 . 3** Give **one** sporting example of a closed skill.

Justify your choice.

**[4 marks]**

Sporting example \_\_\_\_\_

Justification \_\_\_\_\_

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1 0 . 1

Obesity is one possible consequence of a sedentary lifestyle.

State **two** other possible consequences of a sedentary lifestyle.

[2 marks]

1 \_\_\_\_\_

2 \_\_\_\_\_

1 0 . 2

The following are all components of a balanced diet:

- carbohydrates
- protein
- vitamins and minerals.

Explain how each component will help the performance of an individual in sport.

[6 marks]

Carbohydrates \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Protein \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vitamins and minerals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



1 1 . 1

Give **one** example of how a performer can avoid dehydration.**[1 mark]**

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1 1 . 2

The following are two effects of dehydration on a performer:

- blood thickening
- increase in body temperature.

Explain how each one may affect the performance of a marathon runner.

**[4 marks]**Blood thickening 

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Increase in body temperature 

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5**Turn over for the next question****Turn over ►**

**1 2 . 1** Define the term 'contract to compete'.

**[1 mark]**

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**1 2 . 2** Define 'etiquette' in sport.

**[1 mark]**

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**1 2 . 3** Describe the process of blood doping.

**[3 marks]**

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1 2 . 4

Many performance enhancing drugs (PEDs) are not allowed in sport. However, some performers still take them because of the positive effect that they have on their bodies.

Complete **Table 1** to identify the correct PED and positive effect on the performer's body.

[4 marks]

**Table 1**

| PED                    | Positive effect on the performer's body        |
|------------------------|------------------------------------------------|
| Peptide hormones (EPO) |                                                |
|                        | Increase in the rate and amount of muscle mass |
| Narcotic analgesics    |                                                |
|                        | Removal of excess water from the body          |

9

Turn over for the next question

Turn over ►



1 3 . 1

Nick has been a coach of a rugby team for four seasons. Each season consists of 24 matches. Nick has been asked by the club committee to set a target number of wins for season 5.

**Table 2** shows the number of wins in Nick's first four seasons and his target for season 5.

**Table 2**

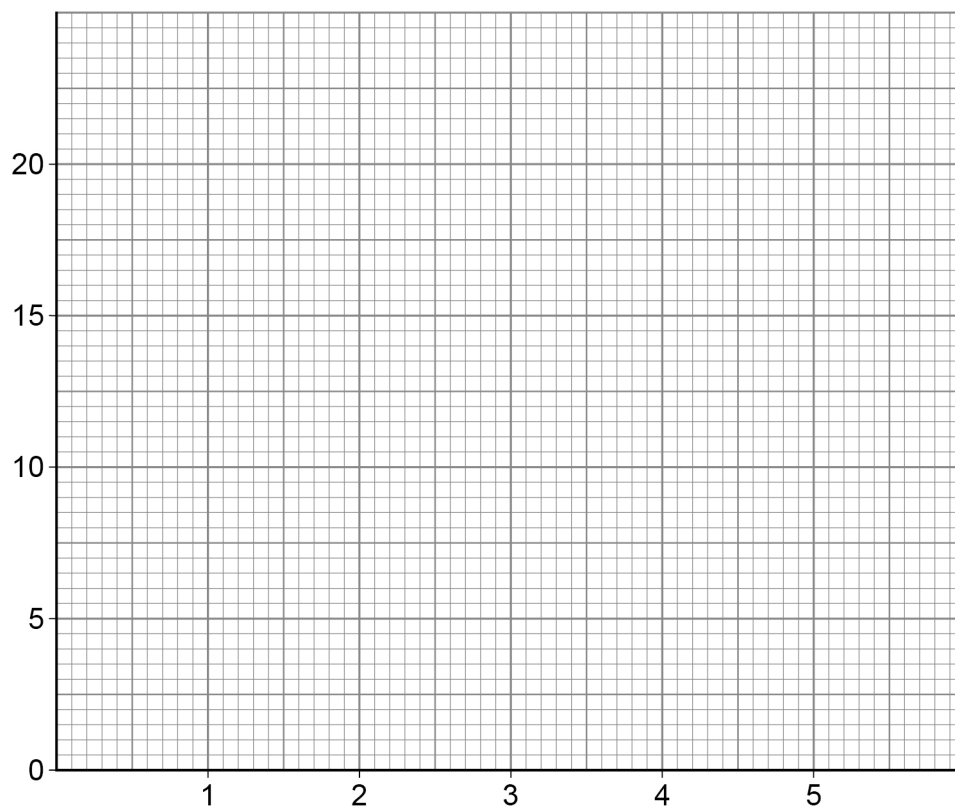
|                   | Season 1 | Season 2 | Season 3 | Season 4 | Season 5<br>Target |
|-------------------|----------|----------|----------|----------|--------------------|
| Number of<br>wins | 10       | 14       | 11       | 15       | 18                 |

Plot the data from **Table 2** on **Figure 1**.

Label the axes and join up the points to make a line graph.

**[2 marks]**

**Figure 1**



**1 3 . 2** Analyse the information in **Table 2**.

Outline **two** ways that Nick's target for season 5 can be seen to be 'SMART'.

**[2 marks]**

1 \_\_\_\_\_

2 \_\_\_\_\_

**1 3 . 3** Nick's target for season 5 is an outcome goal.

Explain why an outcome goal may **not** be a good idea for the team.

**[3 marks]**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7

**Turn over for the next question**

**Turn over ►**



Analyse how a performer uses the different stages of the basic information processing model to catch a ball.

[illegible][illegible]

The attitudes of family members are the most important factor affecting a child's engagement in physical activity and sport.

**[9 marks]**

[illegible]

Extra space

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9

**END OF QUESTIONS**



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ANSWER IN THE SPACES PROVIDED**







