

GCSE PE



Revision Booklet – Paper 2



Name

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Tutor.....

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Teacher.....

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Paper 2 – Socio-Cultural Issues and Sports Psychology

About the Paper:

- **1 hour Paper – 60 marks total**
- **20 Questions in Section A (30 marks)**
 - These are shorter answers, focusing on your overall knowledge. It will include identify/label, multiple choice and describe stated topics.
- **3 (A&B) Questions in Section B (30 marks)**
 - This section will test your application of knowledge. It will give you information and ask you to identify the topics it wants you to discuss.

What will be in your Paper?

- Physical activity and sport in the UK
- Participation in physical activity and sport
- Commercialisation of sport
- Ethics in sport
- Drugs in sport
- Violence in Sport
- Characteristics of Skilful movement
- Classification of skills
- Goal Setting
- Mental Preparation
- Types of Guidance
- Types of Feedback
- Health, fitness and well being
- Diet and Nutrition

How to use this booklet:

- You should use the sections in this booklet to help you revise each section.
- This booklet contains space to make notes on the main points from each section of the specification, but by no means are any of the sections exhaustive.
- In addition to this booklet, you should make additional notes, do further reading and practice past exam questions on each topic

Engagement patterns of different social groups

What are the roles and any examples of the following organisations?

Department
of Culture,
Media, Sport

Sport
England

National
Governing
Body

Blank response area for the Department of Culture, Media, Sport.

Blank response area for Sport England.

Blank response area for National Governing Body.

What sports have the highest participation and why?

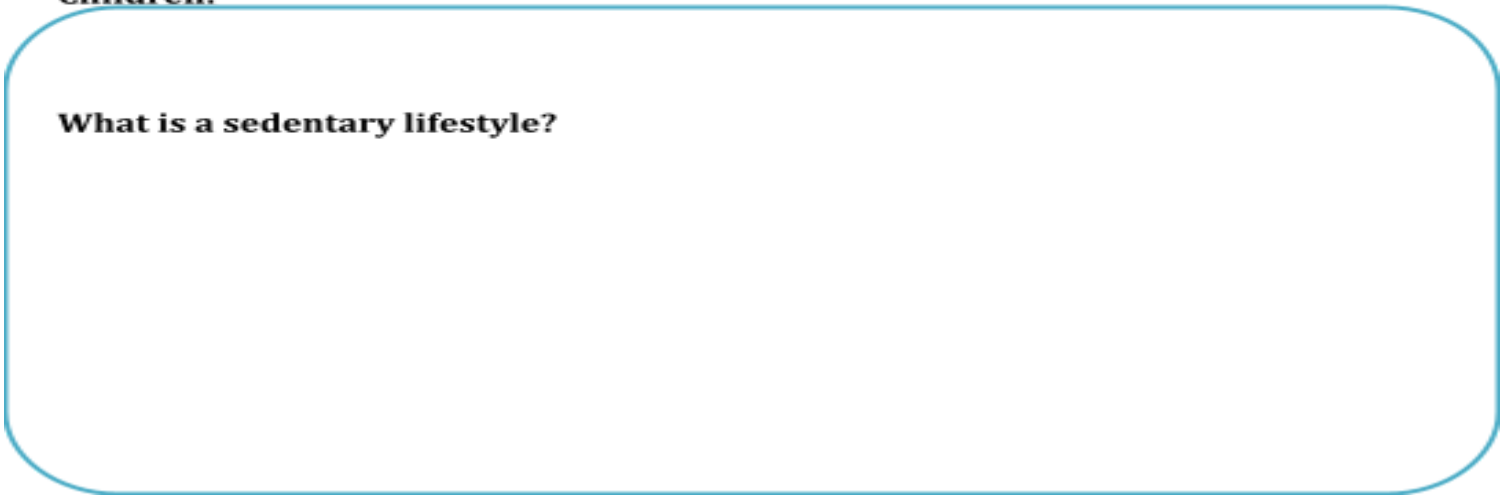


What are the Government recommendations for exercise?

Adults:

Children:

What is a sedentary lifestyle?



Explain why participation rates vary between the following?

GENDERS

ETHNIC GROUPINGS

AGE GROUPS

ETHNIC MINORITIES

DISABILITY

What are some of the Factors affecting participation in Sport?

What are the strategies to improve participation?



Can you identify the national campaigns Sport England and the Government have put into place to help improve participation and health

National Campaigns to improve health

A large, empty rounded rectangular box with a blue border, intended for writing the answer to the question above.

Drugs

Explain the effects of performance enhancing drugs on performance and participation?

Steroids



Performance

Side Effects

Beta-Blockers



Performance

Side Effects

Stimulants



Performance

Side Effects

Other than physical side effects what are some of the negative impacts of taking drugs for sports performers?

Violence

Sometimes player's emotions get the better of them and they are violent on the pitch. You will need to know what factors can cause this violence?

What are the reasons for player violence?



Sportsmanship

What is sportsmanship?

Why is it important?



Gamesmanship

What is Gamesmanship?

Give an example?



Deviance

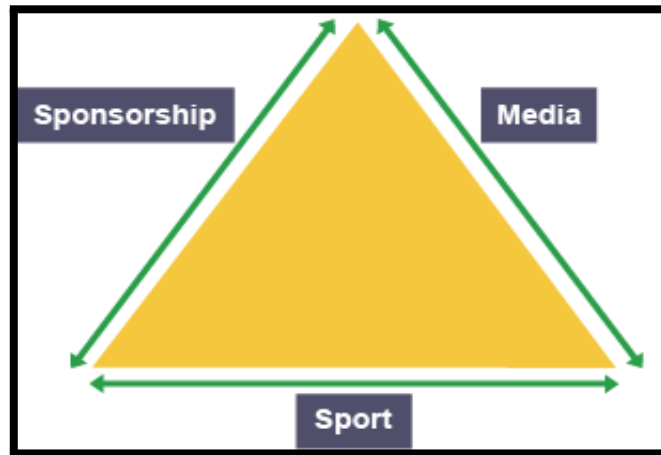
What is Deviance?

Give an example?



Media and Sponsorship

The Golden Triangle



What is it?

Impact on sport?

What are the positives and negatives of the Media and Sponsorship on Participation?

POSITIVES

Positives of media

NEGATIVES

Negatives of media

SPONSORSHIP

What is Sponsorship? How can it affect participation?

Classification of Skill

COMMERCIALISATION

What is Commercialisation? How can it affect participation?

A Motor skill is a _____ response

Classification makes it clearer about what is required to learn and perform a particular skill

They are placed on 2 continuums

- Environmental (OPEN/CLOSED)
- Difficulty (COMPLEX/SIMPLE)

Environmental Continuum (Open/Closed)



Open

Closed



Difficulty Continuum (Simple/Complex)



Simple

Complex



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Describe at least 5 Characteristics of a skillful movement



Can you give a practical example of how each would apply?


Characteristic	Practical Example

Can you identify the difference between a Skilled and Unskilled Performer?

Skilled Performer	Unskilled Performer

Goal Setting

Give 3 reasons as to why Goal Setting is important:



Do you know and understand the SMART goal setting principle, with practical examples?

S

M

A

R

T

Mental Preparation

To cope with high levels of anxiety and emotions when performing

What are the benefits of being mentally prepared?

1

2

3

4

5



Give 4 mental preparation techniques

Description

Practical Example

Description

Practical Example

Description

Practical Example

Description

Practical Example

Reasons why it's important to control emotions?



Types of Guidance

Guidance

E.g.



What are the advantages?

What are the disadvantages?

Guidance

E.g.



What are the advantages?

What are the disadvantages?

What are the advantages?



What are the disadvantages?

What are the advantages?



What are the disadvantages?

Guidance

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Guidance

Types of Feedback

Intrinsic Feedback	Description	Practical Example(s)
Extrinsic Feedback	Description	Practical Example(s)
Knowledge of Results	Description	Practical Example(s)
Knowledge of Performance	Description	Practical Example(s)

Other Types of Feedback:

Energy Balancing

+	-
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Characteristics of a Healthy Lifestyle

What is the BMI formula??

Describe what is BMI and how is it calculated?

Benefits of a healthy active lifestyle

Can you add as many benefits of an active lifestyle for each category as you can.

	Factor	Benefits
<u>Physical</u>		
<u>Social</u>		
<u>Emotional</u>		

Tip: Read the question carefully – is it looking for a specific benefit e.g. physical only??

15 TOP REVISION TIPS:

1. Start revising in **plenty of time** for your exam
2. Make a **revision timetable**
3. Revision notes aren't supposed to look pretty – don't waste time doing this!
4. Revise in **25-45 minute blocks**, with **5-10 minute rest breaks**
5. Revise in a **clean, tidy and organised** environment
6. **Prioritise** your revision (*using the table at the front of this booklet*)
7. Don't spend too much time looking over topics you understand well – **your time is better spent on areas you don't understand as well**
8. Get at least **8-10 hours sleep** per night
9. **Wake at a reasonable time** (i.e. 9AM to begin revising) **you are more productive in the morning** and it means you can get your revision done early and have time to relax in the evenings
10. **Eat and drink well** – avoid sugary, fizzy and energy drinks and eat a healthy, balanced diet
11. **EXERCISE** – exercise helps clear the mind and increase concentration, always make time to exercise
12. Have a **rest day** each week to just allow yourself to relax
13. **Stick revision notes around the house** – on the fridge, in the bathroom, on your bedroom walls.
14. **Keep your bedroom and particularly your desk/table neat and tidy**

