

GCSE PHYSICAL EDUCATION

Paper 2 – Socio-cultural influences and well-being in physical activity and sport

Draft Specimen 2018

Morning

Time allowed: 1 hour 15 minutes

Materials

For this paper you must have:

- a calculator

Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the bottom of this page.
- Answer **all** questions. You must answer the questions in the space provided. Do **not** write outside the box around each page or on blank pages.
- 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.

Please write clearly, in block capitals, to allow character recognition.

Centre number

Candidate number

Surname

Forename(s)

Candidate signature _____

Answer **all** questions.

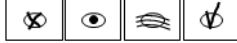
For questions with four responses only **one** answer per question is allowed.

For each answer 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 an example of intrinsic motivation when learning to swim?

- A Enjoying the swimming lessons
- B Moving on to the next swimming level
- C Receiving badges for distances swam
- D Receiving praise from the swimming teacher

[1 mark]

0 | **2**

Which **one** of these activities is most suited to an introvert?

- A Football
- B Hockey
- C Netball
- D Rock climbing

[1 mark]

0 3Which **one** of these is an effect of blood doping?

- A** A decreased red blood cell count
- B** A decreased white blood cell count
- C** An increased red blood cell count
- D** An increased white blood cell count

[1 mark]**0 4**Which **one** of these somatotypes is most suited to high jumping?

- A** Ectomorph
- B** Endomorph
- C** Mesomorph

[1 mark]**0 5**

How many calories should an average adult female consume per day?

- A** 1500
- B** 2000
- C** 2500
- D** 3000

[1 mark]**0 6**Which **one** of these is the 'S' in SMART targets of goal setting?

- A** Simple
- B** Sound
- C** Special
- D** Specific

[1 mark]

0 7

Identify **two** consequences of a sedentary lifestyle.

[2 marks]

1.

2.

0 8 . 1

Define gamesmanship.

[1 mark]

0 8 . 2

Describe **two** examples of gamesmanship.

[2 marks]

1.

2.

0 9 . 1

Define arousal.

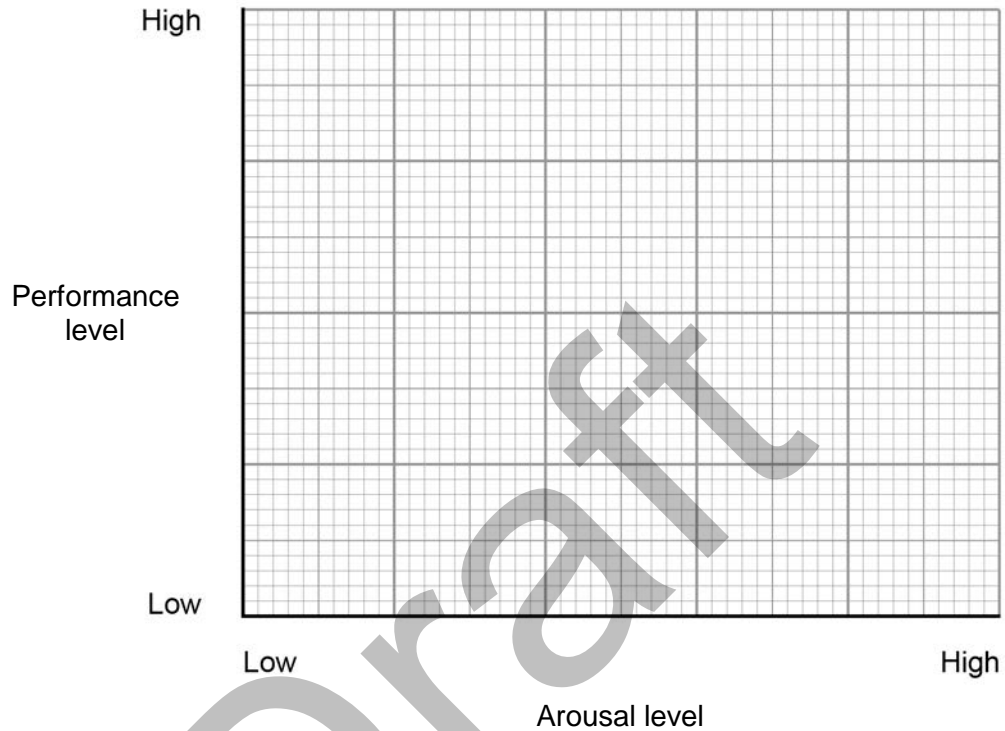
[1 mark]

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- 0 9 . 2** Complete **Figure 1** by sketching a graph to show the shape of the inverted-U theory in relation to arousal (low to high) and performance (low to high).

[1 mark]

Figure 1 – Inverted-U theory graph



- 0 9 . 3** Describe the relationship between arousal and performance as shown in the inverted-U theory.

[2 marks]

Question 09 continues on the next page

0 9 . **4** Explain how a performer may use stress management techniques to control arousal in order to maximise performance. **[4 marks]**

1 0 . **1** Explain the difference between direct aggression and indirect aggression in physical activity and sport. **[2 marks]**

1 0 . **2** Describe how direct aggression may be used to improve performance. Use an example in your answer. **[2 marks]**

1 0 . 3 Describe how indirect aggression may be used to improve performance.
Use an example in your answer.

[2 marks]

1 1 . 1 What is a balanced diet?

[3 marks]

1 1 . 2 Define obesity.

[2 marks]

1 1 . 3 Explain how obesity can affect performance in physical activity and sport.

Use examples in your answer.

[4 marks]

1 2 . 1 Explain how the gender of an individual may affect his/her level of participation in physical activity and sport.

Use examples in your answer.

[3 marks]

- 1 2** . **2** Explain how family influences may affect an individual's level of participation in physical activity and sport.

Use examples in your answer.

[3 marks]

- 1 3** . **1** 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. Taking PEDs can also cause negative side effects.

Complete **Table 2** to identify **one** positive effect on the performer's body **and one** possible negative side effect on the performer's body for each PED.

Narcotic analgesics have been given as an example.

[4 marks]

Table 2 – Performance enhancing drugs and their effects

Performance enhancing drug	One positive effect on the performer's body	One possible negative side effect on the performer's body
Narcotic analgesics	Masks the pain caused by injury	Addiction
Anabolic agents		
Diuretics		

1 3 . **2** Performers face lengthy bans from competing if they are caught taking a performance enhancing drug.

Identify **two** possible non-physiological reasons why a performer may risk taking a performance enhancing drug.

[2 marks]

1.

2.

1 3 . **3** Using a sporting activity of your choice, suggest why performers may use beta blockers.

[2 marks]

1 4 Correct etiquette is expected in sporting activities.

1 4 . **1** Define etiquette.

[1 mark]

1 4 . 2 Describe **two** examples of correct sporting etiquette.

[2 marks]

1 5 . 1 State **three** types of sponsorship an individual may receive.

[3 marks]

1.

2.

3.

1 5 . 2 Describe how **two** types of sponsorship may improve an individual's performance.

[4 marks]

1 6 . **1** State **three** benefits of taking part in physical activity and sport to an individual's physical health and well-being.

[3 marks]

1.

2.

3.

1 6 . **2** Using examples, explain how dehydration can affect performance in physical activity and sport.

[3 marks]

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1 7

Classify the skill of marathon running using the following classifications:

- self-paced or externally-paced
- gross or fine.

Explain your choices.

[2 marks]

Turn over for the next question

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There are no questions printed on this page

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

DRAFT