AQA

GCSE
PHYSICAL EDUCATION

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

Thursday 8 June 2023   Morning   Time allowed: 1 hour 15 minutes

Materials
You will need no other materials.

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	
14	
15	
16	
TOTAL	

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 correct amount of carbohydrates in a balanced diet?

[1 mark]

A 25–30% ⬭

B 35–40% ⬭

C 45–50% ⬭

D 55–60% ⬭

| 0 | 2 | Which **one** of these is largely responsible for maintaining the efficient working of the body systems and general health?

[1 mark]

A Carbohydrates ⬭

B Fats ⬭

C Proteins ⬭

D Vitamins ⬭

0 3 How many calories should an average adult male consume per day?

[1 mark]

A 2000 ⬭

B 2500 ⬭

C 3000 ⬭

D 3500 ⬭

0 4 Which **one** of these is the definition of a self-paced skill?

[1 mark]

A A skill where large movements of the body are used. ⬭

B A skill where small movements of the body are used. ⬭

C A skill where the start of the movement is controlled by external factors. ⬭

D A skill where the start of the movement is controlled by the performer. ⬭

0 5 Which **one** of these is an example of etiquette in sport?

[1 mark]

A Arguing with the referee in a football match. ⬭

B A high tackle during a rugby match. ⬭

C Shaking hands with your opponent after a tennis match. ⬭

D Time wasting in a hockey match. ⬭

5

Turn over ▶

0 6 . 1 Skills in sport can be classified in different ways.

Define the term 'closed skill'.

[1 mark]

_____

_____

_____

0 6 . 2 Outline the difference between gross and fine skills.

Use sporting examples in your answer.

[4 marks]

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5

0 7 . 1 Explain the relationship between arousal level and performance level in the inverted-U theory.

You must use a sporting example in your answer.

[3 marks]

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0 7 . 2 Describe how deep breathing and mental rehearsal could be used to control arousal in named sporting activities of your choice.

[4 marks]

Deep breathing _____

_____

_____

_____

Mental rehearsal _____

_____

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_____

7

Turn over for the next question

Turn over ▶

0 8 . 1 Describe how an individual's gender and age may affect their engagement in physical activity and sport.

[4 marks]

Gender _____

_____

_____

_____

Age _____

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0 8 . 2 Discuss how the personality type of an individual may affect which sporting activities they choose to participate in.

[4 marks]

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8

0 9 . 1 Give **three** negative effects of having spectators at major sporting events.

[3 marks]

Negative effect 1 _____

_____

Negative effect 2 _____

_____

Negative effect 3 _____

_____

0 9 . 2 State **and** explain **two** positive effects that having spectators at sporting events can have on performance.

[4 marks]

Positive effect 1 _____

_____

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_____

Positive effect 2 _____

_____

_____

_____

Turn over for the next question

7

Turn over ▶

1 0 . 1 Define the term 'sedentary lifestyle'.

[1 mark]

1 0 . 2 Describe 'physical health and wellbeing'.

[2 marks]

1 0 . 3 Explain **two** ways that good mental health helps to improve performance in sport.

[4 marks]

1

2

7

1 1 Explain **two** negative effects that eating an unbalanced diet will have on the ability of an individual to perform in a physical activity.

[4 marks]

1 _____

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2 _____

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4

Turn over for the next question

Turn over ▶

1 2 . 1 Somatotyping is a method of classifying body types.

Identify **two** physical characteristics for each of the following somatotypes:

- Endomorph
- Mesomorph.

[4 marks]

Endomorph

1 _____

2 _____

Mesomorph

1 _____

2 _____

1 2 . 2 Discuss how suitable athletics would be as a sport for an ectomorph somatotype.

[4 marks]

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8

1 3 . 1 SMART targets are used in goal setting.

What do the S, M and A in SMART stand for?

[3 marks]

S: _____

M: _____

A: _____

1 3 . 2 Ben is a 16-year-old athlete who has been competing in the 800m for 5 years.

Table 1 shows Ben's personal best times in each of those 5 years.

Table 1

Year	1	2	3	4	5
Personal best	2m 15s	2m 11s	2m 06s	1m 59s	1m 55s

Ben's coach has set a target of 1m 53s for Year 6.

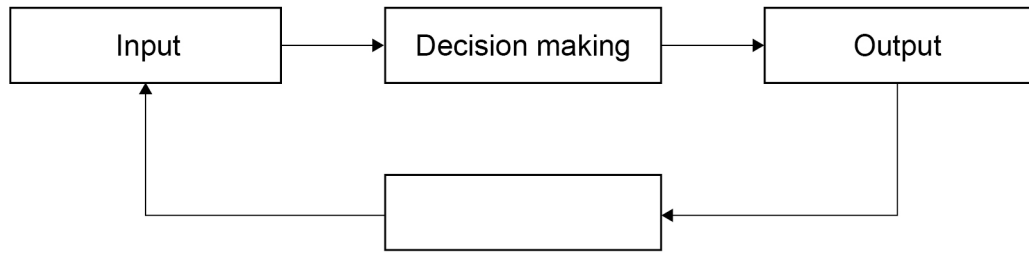Analyse whether you think this target is SMART.

[4 marks]

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7

Turn over ▶

1 4 . 1 **Figure 1** shows the basic information processing model.

Figure 1

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

[1 mark]

1 4 . 2 Using a named skill from a sport, explain what happens at the following stages of the basic information processing model:

- Decision making
- Output.

[4 marks]

Decision making

Output

5

1 5 Blood doping is a prohibited method that can be used to improve the performance of a marathon runner.

Evaluate the effects that different performance enhancing drugs (PEDs) may have on a marathon runner's performance.

Do **not** refer to blood doping in your answer.

[6 marks]

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Extra space _____

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6

Turn over ▶

1 6   Analyse the impact that the media and sponsorship have had on sport.

[9 marks]

Extra space

END OF QUESTIONS

9

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