

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**Friday 17 May 2019 – Afternoon**

**GCSE (9–1) Physical Education**

**J587/02 Socio-cultural issues and sports psychology**

**Time allowed: 1 hour**

**plus your additional time allowance**

**No additional material is required for this Question Paper**

**Please write clearly in black ink.**

**Centre number**

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**Candidate number**

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**First name(s)** \_\_\_\_\_

**Last name** \_\_\_\_\_

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS**

**Use black ink.**

**Answer ALL the questions.**

**Read each question carefully. Make sure you know what you have to do before starting your answer.**

**Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.**

## **INFORMATION**

**The total mark for this paper is 60.**

**The marks for each question are shown in brackets [ ].**

**Quality of extended response will be assessed in the question marked with an asterisk (\*).**

## SECTION A

**Answer all the questions.**

- 1 List the following sports in rank order according to the number of people who participate in the UK, aged sixteen and above:**

**Tennis**

**Boxing**

**Swimming**

**Cycling**

**1. (highest) \_\_\_\_\_**

**2. \_\_\_\_\_**

**3. \_\_\_\_\_**

**4. (lowest) \_\_\_\_\_ [1]**

- 2 Women's and men's participation in sport, at least once per week, has increased overall since 2006.**

**Name ONE other social group whose participation rate in sport has increased since 2006.**

\_\_\_\_\_ [1]

**3 Using practical examples, describe how TWO different types of discrimination reduce participation in sport.**

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[2]

**4 Give THREE reasons why sportsmanship is highly valued.**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

[3]

- 5 Stimulants are used by some performers to increase levels of performance.  
Give TWO other possible effects of stimulants on a sports performer.**

**1. \_\_\_\_\_**

**2. \_\_\_\_\_**

**[2]**

- 6 Deviance in sport involves fair play to gain an advantage over your opponent.**

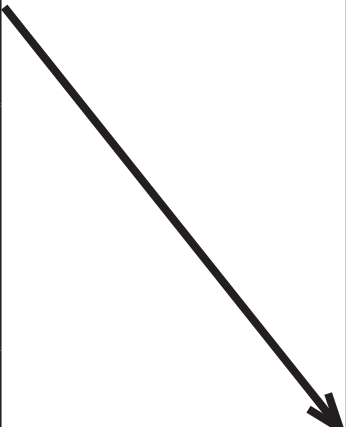
**Is this statement true or false? Draw a circle around your answer. [1]**

**True**

**False**

- 7 One characteristic of skilled performance in sport is predetermination. An example of this might be in preparing to serve, a tennis player knows where she wants the ball to land.

Draw a line from each of the other characteristics of skilled performance to the most suitable practical example. [3]

Characteristic		Practical example
Predetermination		A rugby player wasting little effort in passing the ball to a fellow player
Coordination		A gymnast effectively linking the different elements of his floor routine
Aesthetic		In preparing to serve, a tennis player knows where she wants the ball to land
Efficiency		A snow boarder performs a stylish trick

**8 Skills can be classified based on how difficult they are.**

**Where on the difficulty continuum would you place a hockey goalkeeper's diving save?**

**Indicate by placing the figure X on the continuum.**

**Simple | \_\_\_\_\_ | Complex**  
**[1]**

**9 Give TWO reasons why an athletics coach might use goal setting with one of their athletes.**

**1. \_\_\_\_\_**

**2. \_\_\_\_\_**  
**[2]**

**10 What is meant by selective attention when performing a sports skill?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **[2]**

**11 Describe ONE practical example of positive thinking for a sports performer.**

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[1]

**12 Give ONE advantage and ONE disadvantage of verbal guidance when teaching a sports skill.**

**Advantage** \_\_\_\_\_

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**Disadvantage** \_\_\_\_\_

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[2]



**13 Which ONE of the following is an example of manual guidance when learning skills in sport? [1]**

**Put a tick (✓) in the box next to the correct answer.**

- A A gymnastics coach giving clear instructions to a gymnast about keeping their legs straight and toes pointed.** ☐
- B A member of a hockey team helping her teammate to stand after a leg injury during a hockey match.** ☐
- C A trampoline coach using a harness to support a performer doing a somersault during training.** ☐
- D A swimming coach moving the performer's arm to get the right sense of the front crawl swim stroke.** ☐

**14 What is meant by the term health?**

\_\_\_\_\_

\_\_\_\_\_ **[1]**

- 15 While regular exercise is good for us, there can be risks and negative effects as well. Describe TWO ways in which participating in physical activities can have both a positive and negative effect on health.**

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[2]

- 16 One consequence of a sedentary lifestyle is that bone density decreases.**

**Is this statement true or false? Draw a circle around your answer. [1]**

**True**

**False**

- 17 Give ONE emotional consequence of following a sedentary lifestyle.**

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[1]

**18 Give ONE social consequence of following a sedentary lifestyle.**

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[1]

**19 Describe ONE type of physical activity where a performer requires high levels of carbohydrates and water.**

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[1]

**20 State ONE way that an appropriate level of protein is beneficial to a sports performer.**

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[1]

## SECTION B

Answer all the questions.

**21 Many top performing athletes in sport rely on sponsorship.**

**(a) (i) What is meant by the term sponsorship?**

\_\_\_\_\_  
\_\_\_\_\_ [1]

**(ii) Give an example of a sponsor for a named sport.**

**Name of sport** \_\_\_\_\_

**Example** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_ [1]

**(iii) Using practical examples from sport, describe TWO ways in which sponsorship might be an advantage to an elite performer.**

**1.** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2.** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[2]**

**(b) Explain why sponsors invest large sums of money into sport.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[2]**

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[4]

**22 Feedback is often used by sports coaches for performers to learn and perform movement skills more effectively.**

**(a) Describe TWO different sports situations when positive feedback can improve performance.**

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**[2]**

- (b) Using practical examples from sport, describe knowledge of results and knowledge of performance as types of feedback.

**Knowledge of results** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Knowledge of performance** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[4]



- (c) Using a practical example from sport, explain what is meant by negative feedback and evaluate its effectiveness in motivating sports performers.

Negative feedback: \_\_\_\_\_

\_\_\_\_\_

Example: \_\_\_\_\_

\_\_\_\_\_

Evaluation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [4]

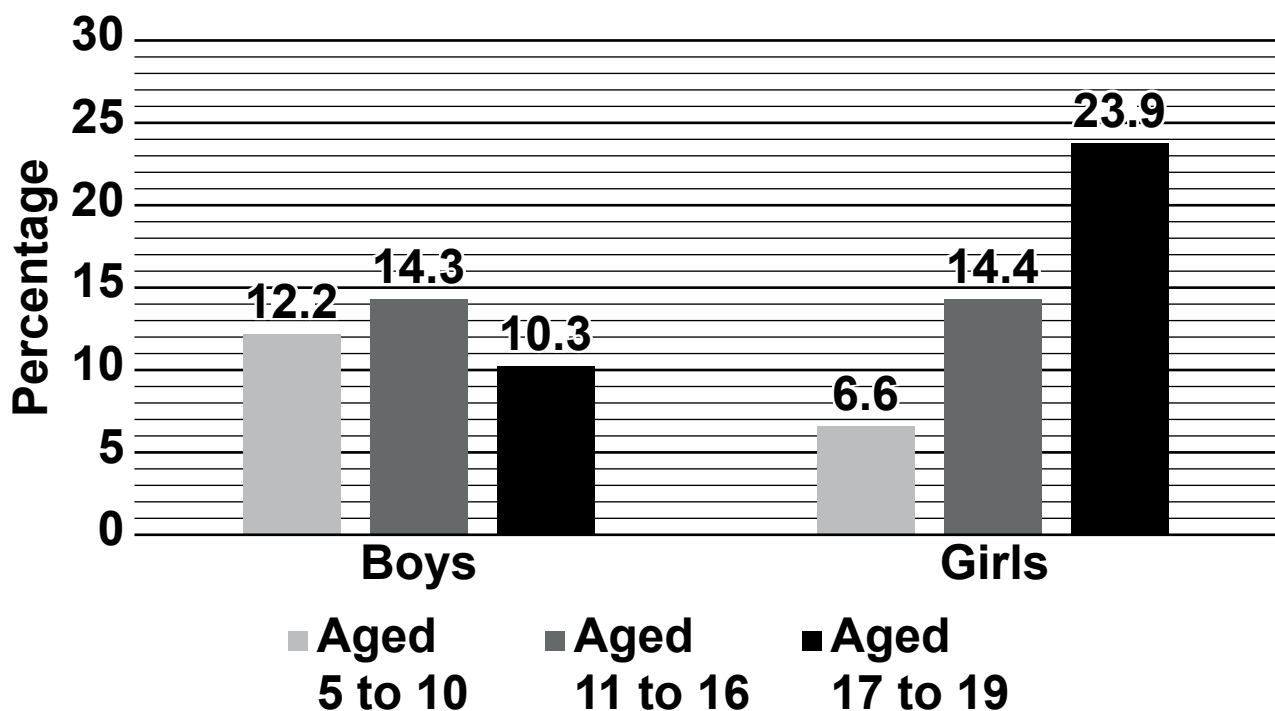
**23 Participating in physical activity has been found to affect mental health and well-being.**

Poor mental health and well-being amongst young people is a continuing problem.

The graph below in Fig. 23 shows the percentage of 5 to 19 year olds suffering from mental disorders, based on data from a survey by the NHS.

**FIG. 23**

**Young people suffering with mental disorders**



(a) Using Fig. 23, calculate the difference between:

- (i) the percentage of 17 to 19 year old boys and the percentage of 17 to 19 year old girls suffering from mental disorders.

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[1]

- (ii) the percentage of 5 to 10 year old boys and the percentage of 5 to 10 year old girls suffering from mental disorders.

\_\_\_\_\_

\_\_\_\_\_ [1]

- (b) Describe TWO other trends or patterns which the data in Fig. 23 shows.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

**(c)\* Regular exercise and a balanced diet often results in physical and emotional benefits.**

## Using practical examples, describe the emotional benefits of participating in physical activity.

**Explain how regular exercise and a balanced diet result in long-term benefits on the heart. [6]**

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**END OF QUESTION PAPER**

**ADDITIONAL ANSWER SPACE**

**If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).**


[illegible]









[illegible]

[illegible]

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