

**GCSE (9–1) Physical Education****J587/02** Socio-cultural issues and sports psychology**Friday 18 May 2018 – Afternoon****Time allowed: 1 hour**

First name	
Last name	
Centre number	<div style="display: flex; justify-content: space-between; width: 100%;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>
Candidate number	<div style="display: flex; justify-content: space-between; width: 100%;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>

**INSTRUCTIONS**

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- 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.
- Do **not** write in the barcodes.

**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 (\*).
- This document consists of **16** pages.

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## Section A

Answer all the questions.

- 1 Identify **one** effect that beta blockers may have on a performer in sport which could aid their performance.

..... [1]

- 2 Give **two** ways in which gender might affect participation in physical activity and sport.

1. ....

2. .... [2]

- 3 (a) Identify **one** reason for deviance in sport.

..... [1]

- (b) Give **two** different practical examples of gamesmanship using a different sport for each one.

1. ....

.....

2. ....

..... [2]

- 4 Which **one** of the following is the best strategy to improve participation in physical activity and sport with higher quality provision?

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

A UK sport providing financial support to elite athletes

☐

B The Lawn Tennis Association part funding the Wimbledon Championships

☐

C A local authority building outdoor basketball facilities

☐

D The private sector increasing the number of personal trainers

☐

[1]

3

5 What is meant by commercialisation in sport?

.....  
 ..... [1]

6 Identify **one** type of social media that influences the commercialisation of sport.

..... [1]

7 Complete the following statement using numbers and words from the box below.

Participation in sport from the age of ..... to 24 has decreased since 2005 and approximately ..... percent participate in sport for at least 30 minutes ..... a week.

12	50	twice	once	30	16
----	----	-------	------	----	----

[3]

8 Give **two** mental preparation techniques a sports performer might use to prepare themselves before competition.

1. ....  
 2. .... [2]

9 Give **one** practical example of a sports skill that is classified as an open skill on the environmental continuum.

..... [1]

10 Define the term 'motor skills' and give an example of 'pre-determination' as a characteristic of a skilful performer.

Definition: .....  
 .....

Example: .....  
 .....

[2]

4

- 11 Which **one** of the following is the best practical example showing knowledge of performance as a type of feedback?

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

- |   |  |                          |
|---|--|--------------------------|
| A | A tennis player finding out from his coach how many first serves he completed successfully during a tournament | <input type="checkbox"/> |
| B | A rugby player knowing that she has played well because the crowd cheered her throughout the match             | <input type="checkbox"/> |
| C | An athlete receiving the result of a photo-finish after a 100 metre race during an athletics competition       | <input type="checkbox"/> |
| D | A netball player being told by her team-mate that her shooting technique was incorrect in a previous match     | <input type="checkbox"/> |

[1]

- 12 Is this statement true or false? Draw a circle around your answer.

A sprint start off the blocks in a 100 metre race is an example of a simple skill.

**True**

**False**

[1]

- 13 Describe **one** advantage and **one** disadvantage of using mechanical guidance in the learning of a motor skill.

Advantage: .....

.....

.....

.....

Disadvantage: .....

.....

.....

.....

[2]

- 14 Give a practical example of manual guidance being used to improve a motor skill in sport.

..... [1]

5

- 15** Which **one** of the following is the best example of a meal that is high in fibre?  
Put a tick (✓) in the box next to the correct answer.

- A** A hard-boiled egg with white bread and butter
- B** A baked jacket potato with baked beans
- C** Fried steak with French fries
- D** Grilled sausage with mashed potatoes

☐  
☐  
☐  
☐

[1]

- 16 (a)** What is meant by the term 'fitness'?

.....

..... [1]

- (b)** Obesity, Type 2 diabetes and a decrease in physical fitness can be consequences of a sedentary lifestyle.

Describe other physical consequences of a sedentary lifestyle.

.....

.....

.....

..... [2]

- 17** Is this statement true or false? Draw a circle around your answer.

A balanced diet is taking in more energy than the body needs for energy expenditure.

True

False

[1]

- 18** Water is an important component of any athlete's diet.

Give **one** other component of a diet that is particularly important to a long-distance runner to help provide energy before a race.

..... [1]

- 19** Describe **one** practical example of how sport or physical activity might provide the social benefit of belonging to a group.

.....  
..... [1]

- 20** Vitamins provide many health and fitness benefits which can help sports performers.

Name a food which is a good source of vitamins.

..... [1]

## Section B

Answer all the questions.

21 Emotional well-being can be affected by leading a sedentary lifestyle.

(a) (i) What is meant by the term 'sedentary lifestyle'?

.....  
 ..... [2]

(ii) Describe **two** ways in which a sedentary lifestyle might lead to low levels of self-esteem.

1. ....  
 .....  
 2. ....  
 ..... [2]

(b) Explain how physical activity can help to raise levels of self-esteem.

.....  
 .....  
 .....  
 ..... [2]

(c) Explain how the physical and emotional benefits of physical activity can help young people to manage stress.

.....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....  
 ..... [4]

- 22 (a)** Using practical examples, explain how SMART goal setting can improve a specific skill in a physical activity or sport of your choice.

Physical activity/sport: .....

Skill: .....

Explanation: .....

.....

.....

.....

.....

.....

.....

..... [4]



**(b)\*** Using practical examples, discuss how goal setting can motivate performers in physical activity and sport.

Describe how appropriate goal setting can help to prevent injury to performers.

..... [6]



- (b) (i) Using practical examples, describe strategies to increase the frequency of adults taking part in sport.

.....

.....

.....

.....

.....

.....

.....

..... [4]

- (ii) Identify **two** possible factors that prevent adults participating in sport in the UK.

1. ....

2. ....

[2]

**END OF QUESTION PAPER**



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