

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**Friday 15 May 2020 – Afternoon**

**GCSE (9–1) Physical Education**

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

**Time allowed: 1 hour**

**plus your additional time allowance**

**No extra materials are needed.**

**Please write clearly in black ink.**

**Centre number**

--	--	--	--	--

**Candidate number**

--	--	--	--

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

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

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS**

**Use black ink. You can use an HB pencil, but only for graphs and diagrams.**

**Answer ALL the questions.**

**Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers 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 questions marked with an asterisk (\*).**

## **ADVICE**

**Read each question carefully before you start your answer.**

## SECTION A

Answer all the questions.

- 1 Give ONE practical example of sportsmanship.

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

- 2 Positive and negative are two types of feedback used in sport.

Other than positive and negative, give TWO other types of feedback used in sport.

1 \_\_\_\_\_

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

- 3 Evaluate TWO reasons why participating in a physical activity is regarded as having social benefits.

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

**4 Which ONE of the following is the best example of selective attention in sport.  
Put a tick (✓) in the box next to the correct answer. [1]**

**A A 100m sprint athlete listening to music as a distraction.** ☐

**B A tennis player imagining winning the game and remaining calm.** ☐

**C A football goalkeeper concentrating on the ball and ignoring the crowd during a penalty.** ☐

**D A rugby player watching a video of the opponent's set plays and making notes before a match.** ☐

**5 Far fewer people from lower socio-economic groups play sport than those from higher socio-economic groups.**

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

**TRUE**

**FALSE**

**6 Other than trying to win, give ONE other reason for taking an illegal performance drug.**

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

- 7 Complete TABLE 1 below by giving ONE example of a food that is a good source of each named nutrient. [3]

**TABLE 1**

<b>Carbohydrate</b>	<b>Protein</b>	<b>Fibre</b>

- 8 Complete the following statement using words from the box below. Each word chosen can only be used once.

The 'golden \_\_\_\_\_' is a term

used to show the relationship between

\_\_\_\_\_, sponsorship and the

\_\_\_\_\_. [3]

sport

athletes

public

idea

triangle

media

talent

**9 Give ONE practical example of how age can affect participation in sport.**

---

---

[1]

**10 Explain THREE reasons why sponsorship can have a negative effect on physical activity and sport.**

**1** 

---

---

---

**2** 

---

---

---

**3** 

---

---

---

[3]

**11 Which ONE of the following is the best example of a closed skill?**

**Put a tick (✓) in the box next to the correct answer. [1]**

**A A hockey player practising shooting with a defender tackling.**

☐

**B A tennis player waiting to receive an opponent's serve.**

☐

**C A football player taking a penalty with a large crowd watching.**

☐

**D A netball player making a bounce pass under pressure-practice conditions.**

☐

**12 Using a practical example from a sport or physical activity, describe positive feedback.**

---

---

---

---

**[2]**

**13 Give ONE emotional consequence of following an active lifestyle.**

---

---

**[1]**

**14 People are born with the motor skills they need for sports performance.**

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

**TRUE**

**FALSE**

**15 What is meant by a balanced diet?**

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

**16 Complete the following by adding the missing words.**

**The SMART principle of goal setting includes:**

**1 Specific**

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

**3 Achievable**

**4 Recorded**

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

**17 Give ONE practical example of using mechanical guidance when learning a motor skill.**

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



**18 Why might a long distance athlete consume water regularly during competition?**

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

**19 Give ONE practical example from a sports activity that is classified as a simple skill.**

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

**20 A characteristic of skillful movement is that the skill looks good when it is performed.**

**Give ONE word which describes this characteristic.**

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

## SECTION B

Answer all the questions.

**21 Many elite performers in sport are aware of the need to follow a diet that enables them to train and compete at the highest level.**

**(a) (i) Why is fibre an important component of a balanced diet?**

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

**(ii) Which component of a balanced diet is essential for growth and repair?**

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

**(iii) Complete this sentence:**

**Carbohydrates are a particularly important component of a balanced diet because they are the main source of \_\_\_\_\_.**

[1]

**(b) Give TWO reasons why vitamins are so important to elite performers in sport.**

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

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

[2]

- (c) (i) Using your knowledge of diet and sport, describe a meal plan with named foods and drinks for a long-distance athlete the day before a competition.**

---

---

---

---

---

---

---

---

---

---

**[3]**

- (ii) Explain the balance and choice of foods and drinks in your meal plan.**

---

---

---

---

---

---

---

---

---

---

**[2]**

- 22 (a) Using practical examples from physical activity and sport, describe the positive effects of sponsorship for both the sponsor and the sports performer.**

**Positive effects on sponsor**

---

---

---

---

**Positive effects on performer**

---

---

---

---

**[4]**

**BLANK PAGE**

**(b)\*The commercialisation of sport can affect participation and performance.**

## Analyse the effects of different types of media on sports participation.

**Describe the long-term physical benefits of regular sports participation. [6]**

[illegible]

---

---

---

---

---

---

---

---

---

---

- 23 (a) A questionnaire was sent to a club level athlete who is underperforming. The responses by the athlete are shown in TABLE 2 below.**

**TABLE 2**

<b>Question</b>	<b>Response from Athlete</b>
<b>Can you improve your performance over the rest of the season?</b>	<b>I feel that I have reached my best level of performance.</b>
<b>How do you feel when you compete?</b>	<b>I feel a bit bored now and have lost interest in improving.</b>
<b>Do you follow your training programme properly?</b>	<b>I have often missed training sessions because I have other interests that get in the way.</b>



- (i) What conclusions can be drawn from the responses given in table 2?

---

---

---

---

---

---

---

---

[3]

- (ii) Suggest ONE positive point and ONE negative point about the way in which the data has been collected.

Positive: 

---

---

---

Negative: 

---

---

---

[2]

---

---

---

---

---

---

---

---

---

---

---

---

---

[5]

**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).**


