GCSE
PHYSICAL EDUCATION

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

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.

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 types of feedback should coaches avoid using with a beginner?

A Extrinsic  
B Knowledge of results  
C Negative  
D Positive  

[1 mark]
03 Which 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]

04 Which one of these somatotypes is most suited to high jumping?

A Ectomorph
B Endomorph
C Mesomorph

[1 mark]

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

A 1500
B 2000
C 2500
D 3000

[1 mark]

06 Which one of these is the ‘S’ in SMART targets of goal setting?

A Simple
B Sound
C Special
D Specific

[1 mark]
07.1 Define gamesmanship. [1 mark]

07.2 Describe two examples of gamesmanship in sporting activities of your choice. [2 marks]

1. 

2. 

08.1 Define arousal. [1 mark]
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**

[Graph showing the inverted-U theory with axes labeled Arousal level on the x-axis and Performance level on the y-axis, with performance increasing as arousal increases up to a peak and then decreasing.]

Describe the relationship between arousal and performance as shown in the inverted-U theory.

[2 marks]

Question 08 continues on the next page
Name two stress management techniques and explain how they could be used to control arousal in named sporting activities of your choice. [4 marks]

In 2015, Manchester City footballer, Jill Scott, was sent off for an aggressive act in a game against Arsenal ladies. [9 marks]

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

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

Use an example in your answer.

[2 marks]

The winners of the FA Women’s Super League win a trophy at the end of the season.

Evaluate the use of a trophy as a form of extrinsic motivation.

[3 marks]
A group of five friends have recently calculated their body mass indexes (BMI) and have researched how to follow a balanced diet. Their current BMI scores are shown in Table 1.

Table 1 – The BMI scores of a group of five friends

<table>
<thead>
<tr>
<th>Friend</th>
<th>Friend 1</th>
<th>Friend 2</th>
<th>Friend 3</th>
<th>Friend 4</th>
<th>Friend 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI score</td>
<td>38</td>
<td>21</td>
<td>29</td>
<td>31</td>
<td>30</td>
</tr>
</tbody>
</table>

10.1 Analyse the information shown in Table 1 and identify which of the friends are classified as obese. Justify your answer.

10.2 What is a balanced diet?

10.3 One possible consequence of a sedentary lifestyle is obesity.

Identify two other consequences of a sedentary lifestyle.

1. 
2. 
Katie is a newly qualified PE teacher at a primary school. She is using verbal
guidance in her teaching.

Discuss the suitability of verbal guidance when teaching at a primary school. [4 marks]

Explain what sports would suit the following personality types:

- introvert
- extrovert. [2 marks]
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 of anabolic agents on the performer’s body and one possible negative side effect of diuretics on the performer’s body.

[2 marks]

### Table 2 – Performance enhancing drugs and their effects

<table>
<thead>
<tr>
<th>Performance enhancing drug</th>
<th>One positive effect on the performer’s body</th>
<th>One possible negative side effect on the performer’s body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anabolic agents</td>
<td></td>
<td>High blood pressure</td>
</tr>
<tr>
<td>Diuretics</td>
<td>Increased amount of water excreted in urine</td>
<td></td>
</tr>
</tbody>
</table>

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.
Using a sporting activity of your choice, suggest why performers may use beta blockers. [2 marks]

Correct etiquette is expected in sporting activities.

Define etiquette. [1 mark]

Describe two examples of correct sporting etiquette. [2 marks]

State three types of sponsorship an individual may receive. [3 marks]
Explain how two types of sponsorship may improve an individual’s performance. [2 marks]

1. 

2. 

Outline three benefits of taking part in physical activity and sport to an individual’s physical health and well-being. [3 marks]

1. 

2. 

3. 
A group of amateur runners are attempting their first marathon. Some of the runners take advantage of the drinks offered to them during the race whilst others do not.

Evaluate the actions of the runners who do not take advantage of the drinks available.

[3 marks]

Classify the skill of marathon running using each of the following classifications:

- basic/complex
- open/closed
- self-paced/externally-paced
- gross/fine.

Explain your choices.

[4 marks]
Using the stages of the information processing model, analyse how a performer hits a ball or shuttlecock in a racket sport of your choice (for example squash, tennis or badminton).

[6 marks]
Aisha is currently studying for her GCSEs. Her school report has been sent home to her parents and highlights that her PE teacher is worried about her lack of interest in taking part in physical activity inside and outside of school. Her parents are also disappointed as they have regularly encouraged her to join a sports club.

Identify potential factors that could have caused Aisha's lack of interest in sport, justifying your choices.

[9 marks]
END OF QUESTIONS
There are no questions printed on this page