GCSE
PHYSICAL EDUCATION

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

Materials
For this paper you may use:
• a calculator.

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 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 the 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.
Answer all questions.

Only one answer per question is allowed.

For each answer 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. ✗

01 Which one of these is an example of extrinsic motivation?

A Personal achievement

B Praise

C Pride

D Self-satisfaction

[1 mark]

02 Which one of these performance enhancing drugs is taken to reduce heart rate?

A Beta blockers

B Diuretics

C Peptide hormones (EPO)

D Stimulants

[1 mark]

2
03 How much fat should a balanced diet contain?

A 15–20%  
B 25–30%  
C 35–40%  
D 55–60%  

[1 mark]

04 Which one of these is an example of indirect aggression?

A A boxer punching an opponent  
B A rugby union player making a (high) tackle with force  
C A judo performer throwing an opponent  
D A tennis player hitting a shot with power  

[1 mark]

05 Which one of these activities is most suited to an introvert?

A Association football  
B Basketball  
C Canoeing  
D Rugby League  

[1 mark]

Turn over for the next question
Taking part in physical activity, exercise and sport is essential for health and well-being.

Define mental health. [1 mark]

State two positive effects that being physically active can have on mental health. [2 marks]
1

2

Define obesity. [1 mark]

State two negative effects that obesity could have on an individual's mental health. [2 marks]
1

2

State two negative effects that obesity could have on an individual's social health. [2 marks]
1

2
Skills can be classified in different ways.

07.1 Define an open skill. [1 mark]

07.2 Outline the difference between self-paced and externally paced skills. Use sporting examples in your answer. [4 marks]

07.3 Give an example of a complex skill. Justify your choice. [4 marks]
Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.

On completion of the putting test in week 4, he was then asked to set his own target score for week 5.

Table 1 shows the results of tests and the target score set for week 5.

<table>
<thead>
<tr>
<th>Successful puts</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Target score week 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>22</td>
<td>30</td>
<td>36</td>
<td>38</td>
<td>64</td>
</tr>
</tbody>
</table>

Plot the information shown in Table 1 on the graph paper below to show the results from the putting tests and Milo’s target score.

Label the axes and join up the points to make a line graph.

[2 marks]
08.2 Analyse the information in Table 1. Identify two ways Milo can make his target score for week 5 ‘SMART’.

[2 marks]

1

2

08.3 Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5.

[2 marks]

08.4 Explain why the golf coach would use the following types of guidance to improve Milo’s performance:

- visual
- manual.

[4 marks]

Visual

Manual
In 2016, 136 Russian track and field athletes were banned from competing at the Rio Olympics due to evidence of widespread use of performance enhancing drugs (PEDs) and blood doping.

Describe the process of blood doping. [3 marks]

Explain how blood doping could improve the performance of a marathon runner. [3 marks]
State **three** negative side effects that an athlete may suffer as a result of blood doping.

[3 marks]

1. 

2. 

3. 

Suggest the negative impacts that Russia’s ban at the Olympics may have had on the sport of athletics.

[4 marks]
A group of five friends recently counted their daily calorie intake over a period of 7 days. Their average daily intake over this period is shown in Table 2.

### Table 2

<table>
<thead>
<tr>
<th>Gender</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>Average</td>
<td>2500</td>
<td>2300</td>
<td>1900</td>
<td>2200</td>
<td>2400</td>
</tr>
<tr>
<td>calories/day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. **10.1** Analyse the information shown in Table 2. Identify which one of the friends is eating above the recommended calorie intake per day for an average adult.  

1 mark

2. **10.2** Gender is a factor that affects the recommended calorie intake per day for an individual. 

Describe two other factors that affect calorie intake.  

4 marks

1. 

2. 

5
1.3 Sports performers need to ensure they drink plenty of fluids to avoid becoming dehydrated.

Define dehydration. [1 mark]

________________________________________________________________________

________________________________________________________________________

1.4 Explain two negative effects dehydration may have on the performance of a sports performer. [4 marks]

1 ________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

2 ________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Turn over for the next question
Somatotyping is a method of classifying body types.

Outline two physical characteristics for each of the following somatotypes:
- ectomorph
- mesomorph.

Ectomorph
1 ____________________________
2 ____________________________

Mesomorph
1 ____________________________
2 ____________________________

Discuss the suitability of athletics as a sport for an individual with an endomorph somatotype.

[4 marks]
Hooliganism is often associated with the game of football.

Evaluate the effectiveness of strategies that are being used to combat hooliganism at football matches.

[6 marks]
Sport has become commercialised due to its relationship with sponsorship and the media.

Evaluate the impact that the media and sponsorship have had on sports performers. [9 marks]
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