



Surname _____

Forename(s) _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

I declare this is my own work.

GCSE

PHYSICAL EDUCATION

**Paper 2 Socio-cultural influences and wellbeing in
physical activity and sport**

8582/2

Thursday 8 June 2023 Morning

Time allowed: 1 hour 15 minutes

**At the top of the page, write your surname and
forename(s), your centre number, your candidate
number and add your signature.**

[Turn over]



MATERIALS

You will need no other materials.

INSTRUCTIONS

- **Use black ink or black ball-point pen. Pencil should only be used for drawing.**
- **Answer ALL questions.**
- **You must answer questions in the spaces provided. Do not write on blank pages.**
- **If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).**
- **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.

DO NOT TURN OVER UNTIL TOLD TO DO SO

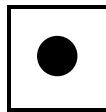


Answer ALL questions.

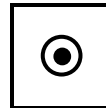
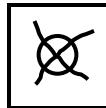
Only ONE answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

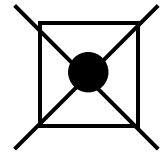
CORRECT METHOD



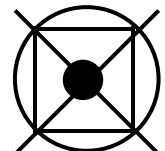
WRONG METHODS



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.



0	1
---	---

Which ONE of these is the correct amount of carbohydrates in a balanced diet? [1 mark]

☐

A 25–30%

☐

B 35–40%

☐

C 45–50%

☐

D 55–60%

[Turn over]



0	2
---	---

Which ONE of these is largely responsible for maintaining the efficient working of the body systems and general health? [1 mark]

☐

A Carbohydrates

☐

B Fats

☐

C Proteins

☐

D Vitamins



0	3
---	---

How many calories should an average adult male consume per day? [1 mark]

☐

A 2000

☐

B 2500

☐

C 3000

☐

D 3500

[Turn over]



0	4
---	---

Which ONE of these is the definition of a self-paced skill? [1 mark]

☐

A A skill where large movements of the body are used.

☐

B A skill where small movements of the body are used.

☐

C A skill where the start of the movement is controlled by external factors.

☐

D A skill where the start of the movement is controlled by the performer.



0	5
---	---

Which ONE of these is an example of etiquette in sport? [1 mark]

☐

A Arguing with the referee in a football match.

☐

B A high tackle during a rugby match.

☐

C Shaking hands with your opponent after a tennis match.

☐

D Time wasting in a hockey match.

[Turn over]

5



0	6	.	1
---	---	---	---

Skills in sport can be classified in different ways.

Define the term 'closed skill'. [1 mark]

0	6	.	2
---	---	---	---

Outline the difference between gross and fine skills.

Use sporting examples in your answer. [4 marks]



5



0	7	.	1
---	---	---	---

Explain the relationship between arousal level and performance level in the inverted-U theory.

You must use a sporting example in your answer.
[3 marks]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BLANK PAGE

[Turn over]



0	7	.	2
---	---	---	---

Describe how deep breathing and mental rehearsal could be used to control arousal in named sporting activities of your choice. [4 marks]

Deep breathing _____

Mental rehearsal _____

7



BLANK PAGE

[Turn over]



0	8	.	1
---	---	---	---

Describe how an individual's gender and age may affect their engagement in physical activity and sport.

[4 marks]

Gender _____

Age _____



0	8	.	2
---	---	---	---

Discuss how the personality type of an individual may affect which sporting activities they choose to participate in. [4 marks]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[Turn over]



8



BLANK PAGE

[Turn over]



0	9	.	1
---	---	---	---

Give THREE negative effects of having spectators at major sporting events. [3 marks]

Negative effect 1 _____

Negative effect 2 _____

Negative effect 3 _____



0	9	.	2
---	---	---	---

State AND explain TWO positive effects that having spectators at sporting events can have on performance. [4 marks]

Positive effect 1 _____

Positive effect 2 _____

[Turn over]

—
7



1	0	.	1
---	---	---	---

Define the term 'sedentary lifestyle'. [1 mark]

1	0	.	2
---	---	---	---

Describe 'physical health and wellbeing'. [2 marks]



1	0	.	3
---	---	---	---

Explain TWO ways that good mental health helps to improve performance in sport. [4 marks]

1 _____

2 _____

[Turn over]

7



1	1
---	---

Explain TWO negative effects that eating an unbalanced diet will have on the ability of an individual to perform in a physical activity. [4 marks]

1 _____

2 _____

4



1	2	.	1
---	---	---	---

Somatotyping is a method of classifying body types.

Identify TWO physical characteristics for each of the following somatotypes:

- **Endomorph**
- **Mesomorph.**

[4 marks]

Endomorph

1 _____

2 _____

Mesomorph

1 _____

2 _____

[Turn over]



1 2 . 2

Discuss how suitable athletics would be as a sport for an ectomorph somatotype. [4 marks]

[illegible]

[Turn over]

—
8



13.1

SMART targets are used in goal setting.

What do the S, M and A in SMART stand for? [3 marks]

S: _____

M: _____

A: _____

13.2

Ben is a 16-year-old athlete who has been competing in the 800m for 5 years.

TABLE 1 shows Ben's personal best times in each of those 5 years.

TABLE 1

YEAR	1	2	3	4	5
PERSONAL BEST	2m 15s	2m 11s	2m 06s	1m 59s	1m 55s



Ben's coach has set a target of 1m 53s for Year 6.

Analyse whether you think this target is SMART.

[4 marks]

[Turn over]

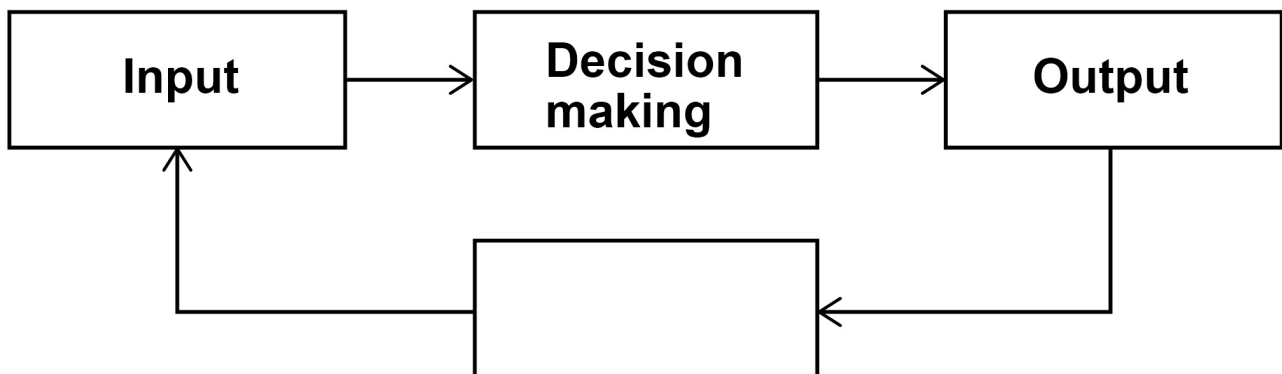
<hr/>
7



1	4	.	1
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FIGURE 1 shows the basic information processing model.

FIGURE 1



Identify the missing stage of the basic information processing model in FIGURE 1. [1 mark]

BLANK PAGE

[Turn over]



1	4	.	2
---	---	---	---

Using a named skill from a sport, explain what happens at the following stages of the basic information processing model:

- Decision making
- Output.

[4 marks]

Decision making _____

Output _____



[Turn over]

5



1	5
---	---

Blood doping is a prohibited method that can be used to improve the performance of a marathon runner.

Evaluate the effects that different performance enhancing drugs (PEDs) may have on a marathon runner's performance.

Do NOT refer to blood doping in your answer. [6 marks]



6



1	6
---	---

Analyse the impact that the media and sponsorship have had on sport. [9 marks]

[illegible]

[Turn over]





[illegible]

END OF QUESTIONS

9



Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

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For Examiner's Use	
Question	Mark
1 to 5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
TOTAL	

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