

Physical Education (9-1)

J587/02, Socio-cultural issues and sports
psychology, Practice 1
Cora Cheung

Please note that you may see slight differences between this paper and the original.

Candidates answer on the Question paper.

OCR supplied materials:

Additional resources may be supplied with this paper.

Other materials required:

- Pencil
- Ruler (cm/mm)

Duration: 60 mins

INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions, unless your teacher tells you otherwise.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Where space is provided below the question, please write your answer there.
- You may use additional paper, or a specific Answer sheet if one is provided, but you must clearly show your candidate number, centre number and question number(s).

INFORMATION FOR CANDIDATES

- The quality of written communication is assessed in questions marked with either a pencil or an asterisk. In History and Geography a *Quality of extended response* question is marked with an asterisk, while a pencil is used for questions in which *Spelling, punctuation and grammar and the use of specialist terminology* is assessed.
- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **60**.
- The total number of marks may take into account some 'either/or' question choices.

1. Is this statement true or false? Draw a circle around your answer.
Gamesmanship is the use of unethical methods to try to win in sport.

True

False

[1]

2. Describe **two** strategies which can be used to improve participation in sport by disabled people.

[2]

- 3(a). Identify **one** recent trend in sports participation for women aged over sixteen.

[1]

- (b). Tick **two** of the following statements that are true for participation in physical activity and sport within the UK.

- (i) Cycling and dance are the most popular physical activities for adults
- (ii) Swimming and walking are the most popular physical activities for adults
- (iii) Football is more popular with younger age groups than older age groups
- (iv) Golf is more popular with those from an ethnic minority background

[2]

4. Which one of the following is not an example of sponsorship improving performance in sport?
Put a tick (✓) in the box next to the correct answer.

- (a) Sponsorship can provide money for athletes to train full-time
- (b) Sponsorship can lead to scholarships for those who excel in sport
- (c) Sponsorship enables sports performers to purchase the best equipment
- (d) Sponsorship enables the development of community sports projects

[1]

5. Identify **one** illegal drug that is likely to increase strength and levels of aggression in sport.

[1]

6. Give **one** practical example of sportsmanship during a sports competition.

[1]

7. What is meant by the golden triangle in sports funding?

[3]

8. Complete the following statements using words from the box below.

(i) Knowledge of _____ is a type of _____, for example knowing that you have _____ the league in football.

(ii) Goal setting in tennis can increase exercise _____, increase _____ and optimise _____.

won	performance	feedback
motivation	results	adherence

9. Give one practical example to show the aesthetic characteristic of skilled performance in sport.

[1]

10. Visual and verbal guidance are types of guidance that help the learning of motor skills. Using a practical example for each, describe two other types of guidance.

[2]

11. Which **one** of the following best shows a SMART goal for a skilled hockey player?
Put a tick (✓) in the box next to the correct answer.

- (a) To agree with the coach that you will win the league and score more goals than the previous season
- (b) To be selected for the GB team ready for a future Olympic Games
- (c) To improve flicking the ball over a distance of 25 metres and writing down the results of practice over a six-week period
- (d) To increase cardiovascular fitness by training harder

[1]

12. Is this statement true or false? Draw a circle around your answer.
A complex skill in sport involves the processing of a lot of information.

True

False

[1]

13. Describe positive feedback when learning motor skills in sport.

[2]

14. Where on the environmental classification of skills continuum would you place a tennis serve?
Indicate by placing the figure X on the continuum below.

(Open) |-----|-----| (Closed)

[1]

15. Which **one** of the following is a physical benefit of regular physical activity?
Put a tick (✓) in the box next to the correct answer.

(a) An increase in a positive body image

(b) A decrease in the likelihood of Type 2 diabetes

(c) An increase in friendship groups

(d) A decrease in skeletal bone density

[1]

16(a) What is meant by a balanced diet?

[1]

(b). A lack of water intake can lead to the dehydration of a sports performer.

Describe **two** reasons why hydration is important to a sports performer.

[2]

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

One consequence of a sedentary lifestyle is that blood pressure is decreased.

True

False

[1]

18. What is meant by the term 'well-being'?

[1]

19. By using a practical example, give one way that physical activity can benefit posture.

[1]

20. Create a statement that shows the difference between 'health' and 'fitness'.

[1]

21(a) Levels of participation in sport in the UK have fallen since the London 2012 Olympic Games.

(i) Give **two** ways in which media coverage could have affected the declining levels of participation in sport.

[2]

(ii) Give **two** ways in which families could influence young people to increase their levels of participation in sport.

[2]

(b). Explain the current trends and reasons for participation rates for those in different socio-economic groups.

[2]

(c). Explain how the media might help to raise the levels of participation in sport.

[4]

22(a) Using practical examples, give two advantages and two disadvantages of using visual guidance in the learning of motor skills in sport.

Advantage 1

Advantage 2

Disadvantage 1

Disadvantage 2

[4]

(b).



Using practical examples, explain the benefits of using mental preparation techniques in a warm up before a sports competition.

In what ways does a warm up physically benefit the sports performer?

- (b). **Table 1** below shows the approximate daily protein requirements of different athletes and general sedentary individuals depending on their body weight.

Table 1

Strength athletes	1.2 – 1.7 g per kg body weight per day
Endurance athletes	1.2 – 1.4 g per kg body weight per day
General sedentary individuals	0.8 – 1.0 g per kg body weight per day

- (i) Using the data in **Table 1** above, analyse the different protein requirements shown.

[3]

- (ii) Complete **Table 2** below giving one different example of a food source for each named component of a balanced diet.

Table 2

Component of balanced diet	Example of food source
Carbohydrates	
Vitamins	
Fibre	

[3]

END OF QUESTION PAPER