

1. Which **one** of the following is a suitable definition of a motor skill?
Put a tick (✓) in the box next to the correct answer.

(A) A learned movement response.

(B) A potential you are born with which produces actions.

(C) A fundamental action in sports performance.

(D) A response linked to mechanical advantage in sport.

[1]

2. Using a practical example, describe **one** characteristic of an open motor skill.

[1]

3. Using a practical example, describe **one** characteristic of a complex motor skill.

[1]

4. Explain **one** advantage and **one** disadvantage of using manual guidance when developing a motor skill in sport.

[1]

5. Explain how imagery can help a sports performer mentally prepare for effective performance.

[3]

6. A coach gives a tennis player verbal feedback about errors in her forehand technique at the end of a training session.

Other than being extrinsic, what type of feedback is this?

[1]

7. Which **one** of the following is **false**?

Put a tick (✓) in the box next to the correct answer.

- (A) Selective attention is good for a rugby player's concentration.
- (B) An example of a specific goal is to improve strength in the legs of a badminton player.
- (C) The use of pre-recorded verbal feedback is an example of mechanical guidance.
- (D) A characteristic of a skilful gymnast is that he shows good co-ordination.

[1]

8. Describe **three** ways the media may promote sport.

1

2

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[3]

9. Which **one** of the following is **true**?

Put a tick (✓) in the box next to the correct answer.

- (A) Professional female golfers earn more now than professional male golfers.
- (B) Tennis is the most popular participant sport in the UK.
- (C) As age increases the probability of sports participation decreases.
- (D) Taking part in sport as a child has no significance to taking part as an adult.

[1]

10. What is meant by the term sponsorship?

[1]

11. Describe **one** practical example of sportsmanship.

[1]

12. Describe **two** reasons why a player in a team sport might be violent.

1

2

[2]

13. Identify **one** reason why a sports performer might use anabolic steroids.

[1]

14. The Cricket World Cup attracts prize money for men of about £2,500,000, whereas for women, the prize money is about £47,000.

Discuss possible reasons for this difference in prize money for men and women.

[3]

15. Give **two** practical examples of how exercise can increase a person's sense of well-being.

1

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[2]

16. Which **one** of the following is a physical health benefit of participation in physical activity?

Put a tick (✓) in the box next to the correct answer.

(A) Can lead to a better self-image.

(B) Bone density is decreased as a result of physical activities.

(C) You are less likely to suffer from Type 2 diabetes.

(D) The more sport you play, the more friends you make.

[1]

17. Give **one** characteristic of a sedentary lifestyle.

[1]

18. Which **one** of the following is the main function of carbohydrates?

Put a tick (✓) in the box next to the correct answer.

(A) To deliver oxygen to working muscles.

(B) To provide energy for movement.

(C) To enable bones to grow and repair.

(D) To provide roughage for the digestive system.

[1]

19. Using practical examples, describe how the physical benefits of regular exercise can help with posture.

[3]

20. Give one possible consequence of a lack of hydration when performing in sport.

[1]

21(a)

(i) What is meant by 'positive thinking' when an athlete prepares for a competitive performance?

[1]

(ii) Using a practical example for each, describe **two** effects of positive thinking.

1

2

[2]

(b). Stephanie has been going to a tennis club for two years. Her play has improved in lots of ways but her serve is still inconsistent and often loses her points during matches, as shown in **Table.1** below:

Table.1

	Serves which are 'in' (%)	Points won on serve (%)
1 st serve	52%	45%
2 nd serve	58%	30%

Complete the table below to give an example of how each of the SMART principles could be applied to help Stephanie improve her tennis.

SMART element	Practical example of goal to improve her tennis
Specific	
Measurable	
Achievable	
Recorded	
Timed	

[5]

(c). Give **two** examples of different types of visual guidance when helping to develop skills in sport.

1

2

[2]

(b). Give **two** different practical suggestions that might lead to an increase in participation for 11–14 year old females. How might you assess whether your suggestions are successful?

[4]

23(a) 0 Carbohydrates are one component of a healthy diet.

(i) Give three other components of a healthy diet.

1

2

3

[1]

(ii) Kim is trying to eat more healthily and be more physically active in order to lose weight.

Justify which one of the following goals is most likely to help Kim achieve her goal.

A. I will go to the gym whenever I can from now on.

B. I will do more exercise and eat more healthy food on weekdays.

C. I will go to the gym once a week for the next 10 weeks.

[2]

(b). Explain **three** social benefits of regularly attending a local gym.

[3]

(c). Analyse how physical activity can benefit emotional health.

[4]

END OF QUESTION PAPER