



Oxford Cambridge and RSA

GCSE (9–1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Practice paper

Time allowed: 1 hour

No additional material is required for this Question Paper

First name										
Last name										
Centre number						Candidate number				

INSTRUCTIONS

- Use black ink.
- Answer **all** the questions.
- Complete the boxes above with your name, centre number and candidate number.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.

INFORMATION

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [].
- Quality of extended response will be assessed in the question marked with an asterisk (*).
- This document consists of **16** pages.

Section A

Answer **all** the questions.

- 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.

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..... [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?

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.....

.....

..... [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

[2]

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.

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.....

.....

..... [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.

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..... [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.

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..... [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]

Section B

Answer **all** the questions.

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

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

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..... **[2]**

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

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..... **[2]**

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

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..... **[2]**

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

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..... [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

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Advantage 2

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Disadvantage 1

.....

.....

Disadvantage 2

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[4]

..... [4]

- (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.

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..... [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

[illegible]

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