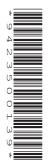


Thursday 8 June 2023 – Morning GCSE (9–1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Time allowed: 1 hour



No extra materials are needed.	
Please write clearly in black ink. D	not write in the barcodes.
Centre number	Candidate number
First name(s)	

INSTRUCTIONS

Last name

- Use black ink.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers 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 questions marked with an asterisk (*).
- This document has 12 pages.

ADVICE

· Read each question carefully before you start your answer.

Section A

Taking banned performance-enhancing drugs is a practical example of deviance in sport.	
Give one other practical example of deviance in sport.	
Suggest two ways a role model can have a positive effect on participation in physical activity and sport.	
1	
2	
	[2
Explain how schools can have negative effects on participation in physical activity and sport.	
	. [2
Describe two ways religion/culture can influence participation in sport and physical activity.	
1	
2	
	[2

5		iich one of the following is an example of a local authority improving access to physical actively sport?	/ity			
	Put	t a tick (✓) in the box next to the correct answer.				
	A	Give out leaflets for coaching courses in a school assembly.				
	В	Increase the number of lifeguards at the local swimming pool.				
	С	Provide more free coaching sessions for children.				
	D	Set up a new bus route that stops at the local leisure centre.	[1]			
6	Ма	le sport has more media exposure than female sport.				
	ls t	his statement true or false ?				
			[1]			
7	lde	ntify one physical activity or sport where the use of beta blockers may improve performan	ıce.			
			[1]			
8	Stir	mulants are mainly used to increase muscle growth.				
	ls t	Is this statement true or false ?				
			[1]			
9	Giv	re one practical example of a coordinated movement in a sport.				
			[1]			
10	Det	fine the term motor skill.				
			[1]			

11	Whi	ch one of the	following identifies	s the characteristi	cs of skilful move	ment?		
Put a tick (✓) in the box next to the correct answer.								
	Α	Aesthetic, flu	ent, predetermined	d				
	В	Aesthetic, flu	ent, progressive					
	C Fluent, predetermined, strong							
	D	Fluent, knowl	edgeable, predete	ermined				
							[1]	
12	The	scoring perce	entage of a basket	ball player is test	ed on a regular ba	asis.		
	The	table below s	hows the scoring	success percenta	iges from five tes	ts.		
		Test 1	Test 2	Test 3	Test 4	Test 5		
		51%	54%	55%	61%	64%		
	Use the data from the table to answer the questions.							
	Identify the consecutive tests which show the least improvement.							
				Betw	veen test	and test		
	Ider	ntify the conse	cutive tests which	show the most in	mprovement.			
				Betv	veen test	and test		
	Cald	culate the total	percentage impro	ovement from tes	t 1 to test 5.			
							% [3]	

13 The SMART principle of goal setting is used to help improve performance.

A runner has a personal best of 2 minutes and 30 seconds.

14

15

performance.

By the end of July they want to reduce this time by 2 seconds.

Use your knowledge of SMART goal setting to complete the table below.

SMART principle	Practical Application
Specific	The goal is to reduce the personal best to 2 min 28 sec.
Measurable	
Achievable	
Recorded	
Time Phased	The goal is to be achieved by the end of July.
	[3]
What is mental rehears	sal?
	[1]
Give one practical exa	mple of how a sports performer can use positive thinking to improve their

17	Using practical examples, describe two emotional benefits of participating in physical activ	ity.
	1	
	2	
		[2]
18	Loneliness is one negative consequence of a sedentary lifestyle on social health.	
	Describe two other negative consequences of a sedentary lifestyle on social health.	
	1	
	2	
		[2]
		[4]
19	Fibre, minerals and protein are all components of a balanced diet.	
	State two other components of a balanced diet.	
	1	
	2	
		[2]
20	State a good food source of fibre.	
		[1]

Section B

21	A sp	oorts	coach will use different types of guidance and feedback to help development.	
	(a)	lder	ntify two advantages of using mechanical guidance when improving motor skills.	
		1		
		2		
				[2]
	(b)	(i)	Give two practical examples of manual guidance.	
			1	
			2	
				[2]
		(ii)	Identify two disadvantages of using manual guidance.	
			1	
			2	
				[2

	(c)	Define what is meant by extrinsic and intrinsic feedback.	
		Give a practical example of each.	
		Definition of extrinsic feedback	
		Practical example of extrinsic feedback	
		Definition of intrinsic feedback	
		Practical example of intrinsic feedback	
			[4]
22	(a)	Give two different examples of good sportsmanship in physical activity and sport.	
		1	•••••
		2	
			[2]
	(b)	Explain two ways gamesmanship might be used to gain a competitive advantage.	
		1	
		2	
			[2]

(c)	Describe one negative impact performance-enhancing drugs can have on a sport and a sports performer.
	Negative impact on a sport
	Nagativa impact on a grante montaneous
	Negative impact on a sports performer
	[2]
(d)	Evaluate the influence of newspapers on participation and performance in physical activities and sport.
	[4]

23	(a)	Explain the importance of minerals and proteins in a balanced diet.	
		Minerals	
		Proteins	
			[4]
	(b)*	Interruptions in physical activity often result in inactivity causing reversibility.	
		Describe how regular training benefits physical health.	
		Using practical examples, evaluate continuous training and weight training.	[6]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).		



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