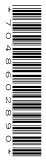


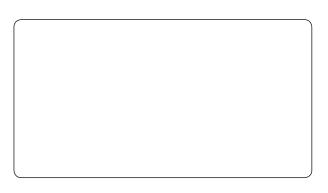
GCSE (9-1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Friday 18 May 2018 - Afternoon

Time allowed: 1 hour







First name	
Last name	
Centre number	Candidate number

INSTRUCTIONS

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- · Use black ink.
- Answer all the questions.
- 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, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the barcodes.

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		ntify one effect that beta blockers may have on a performer in sport which could aid th formance.	ıeir
			[1]
2		e two ways in which gender might affect participation in physical activity and sport.	
	2		[2]
3	(a)	Identify one reason for deviance in sport.	
			[1]
	(b)	Give two different practical examples of gamesmanship using a different sport for each on	
		1	
		2	
			 [2]
4	spo	ich one of the following is the best strategy to improve participation in physical activity a ort with higher quality provision? a tick () in the box next to the correct answer.	and
	A	UK sport providing financial support to elite athletes	
	В	The Lawn Tennis Association part funding the Wimbledon Championships	
	С	A local authority building outdoor basketball facilities	
	D	The private sector increasing the number of personal trainers	
			[1]

dentif	y one type o	of social media	that influence	s the commer	cialisation of s	sport.	
Compl	lete the follo	wing statemer	nt using numbe	ers and words	from the box	below.	
Partici	pation in spo	ort from the ag	e of	to 24 has deci	reased since 2	2005 and appro	oxim
	percent	participate in	sport for at lea	st 30 minutes	a \	week.	
	12	50	twice	once	30	16	
oefore	competition	1.		•	-	to prepare the	
oefore	competition					to prepare the	
oefore 1 2 Give o	competition						
oefore 1 2 Give o	competition	example of a	sports skill tha	at is classified a	as an open sk		 onm
Defore 1 2 Give ocontinu Define	one practical	example of a	sports skill tha	at is classified a	as an open sk	ill on the enviro	onm
Define Skilful	one practical uum.	example of a	sports skill tha	nt is classified a	as an open sk	ill on the environ	onm
before 1 2 Give ocontinu Define skilful Definit	e competition one practical uum. the term 'm performer.	example of a	sports skill tha	nt is classified a	etermination	ill on the environal	onm

	Adv	tor skill. vantage: advantage:	[2]
	Adv	vantage:	
10			
	1110	tor skill.	_
13		scribe one advantage and one disadvantage of using mechanical guidance in the learni	ng of a
		True False	[1]
	As	print start off the blocks in a 100 metre race is an example of a simple skill.	
12	ls t	his statement true or false? Draw a circle around your answer.	ניו
		was incorrect in a previous match	 [1]
	D	during an athletics competition A netball player being told by her team-mate that her shooting technique	
	С	An athlete receiving the result of a photo-finish after a 100 metre race	
	В	A rugby player knowing that she has played well because the crowd cheered her throughout the match	
	Α	A tennis player finding out from his coach how many first serves he completed successfully during a tournament	
	_	_	

15		ich one of the following is the best example of a meal that is high in fibre? If a tick (\checkmark) in the box next to the correct answer.	
	A	A hard-boiled egg with white bread and butter	
	В	A baked jacket potato with baked beans	
	С	Fried steak with French fries	
	D	Grilled sausage with mashed potatoes	
			[1]
16	(a)	What is meant by the term 'fitness'?	
			[41
	(b)	Obesity, Type 2 diabetes and a decrease in physical fitness can be consequent sedentary lifestyle.	
		Describe other physical consequences of a sedentary lifestyle.	
			[2]
17	ls th	his statement true or false? Draw a circle around your answer.	
	A ba	alanced diet is taking in more energy than the body needs for energy expenditure.	
		True False	[1]
18	Wat	ter is an important component of any athlete's diet.	
		re one other component of a diet that is particularly important to a long-distance runne vide energy before a race.	r to help
			[1]

19	belonging to a group.
	[1]
20	Vitamins provide many health and fitness benefits which can help sports performers.
	Name a food which is a good source of vitamins.
	[1]

Section B

Answer all the questions.

21	Em	otion	al well-being can be affected by leading a sedentary lifestyle.
	(a)	(i)	What is meant by the term 'sedentary lifestyle'?
			[2]
		(ii)	Describe two ways in which a sedentary lifestyle might lead to low levels of self-esteem
			1
			2
			[2]
	(b)	Ехр	lain how physical activity can help to raise levels of self-esteem.
			[2]
	(c)		lain how the physical and emotional benefits of physical activity can help young people to nage stress.

22	(a)	Using practical examples, explain how SMART goal setting can improve a specific skill in a physical activity or sport of your choice.
		Physical activity/sport:
		Skill:
		Explanation:
		[41]

	Describe how appropriate goal setting can help to prevent injury to performers.
•	
•	
•	
•	
•	
•	
•	

23 Fig. 1 below shows the number of adults (in millions) taking part in sport at moderate intensity by frequency (Active People Survey, Sport England).

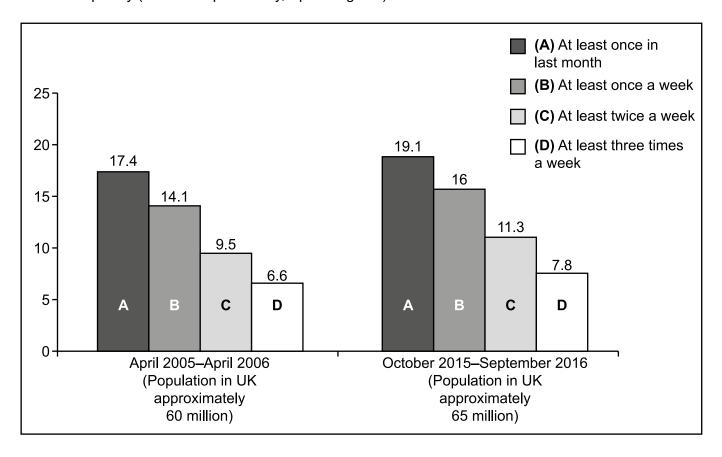


Fig. 1

(a)	Using the data shown in Fig. 1 above, assess the trends in participation in sport in 2015/16 and those in 2005/06.
	[<i>A</i>]

b)	(1)	Using practical examples, describe strategies to increase the frequency of adults taking part in sport.	ng
	/··· \		4]
	(ii)	Identify two possible factors that prevent adults participating in sport in the UK. 1	
		2	
			 2]

END OF QUESTION PAPER

12

ADDITIONAL ANSWER SPACE

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

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