



Oxford Cambridge and RSA

**Friday 10 June 2022 – Afternoon**

**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. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

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Last name

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### INSTRUCTIONS

- Use black ink. You can use an HB pencil, but only for graphs and diagrams.
- 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.
- Answer **all** the questions.

### 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 **16** pages.

### ADVICE

- Read each question carefully before you start your answer.

**Section A**

Answer **all** the questions.

1 Identify **one** type of media used to promote sport.

..... [1]

2 Sam is 14 years of age.

Give **two** different ways that Sam's age could affect participation in sport and physical activity.

1 .....

.....

2 .....

..... [2]

3 Which **one** of the following statements related to participation in physical activity in the UK is correct?

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

**A** Men are more likely to participate in physical activity than women.

**B** Participation rates in physical activity generally increase with age.

**C** The most popular physical activities are team sports.

**D** The unemployed are likely to be the most physically active.

[1]

4 A netball club that prevents men from participating is an example of discrimination.

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

**True**

**False**

[1]

5 Describe **three** different ways that family can promote participation in sport or physical activity.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

6 Which **one** of the following statements is **not** an example of deviance in sport?

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

A Making illegal tackles in rugby to prevent an opponent from scoring a try.

B Recording incorrect scores during a golf match.

C Refusing to shake hands with officials after a hockey match.

D Taking beta blockers to calm nerves before a diving competition.

[1]

7 Suggest **one** reason why a player may use violence in sport.

..... [1]

8 Describe **one** positive effect of anabolic steroids on a sports performer.

Positive effect .....

..... [1]

9 Many coaches use the SMART principle of goal setting to motivate performers.

Describe how making goals measurable and recorded can help motivate a 100m sprinter.

Measurable: .....

.....

Recorded: .....

.....

[2]

10 An example of selective attention is when a basketball player blocks out the distractions of the crowd when taking a free throw.

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

**True**

**False**

[1]

11 One example of positive feedback is a coach telling a javelin thrower their technique was correct.

Draw a line from each of the other types of feedback to the most suitable practical example.

| Type of feedback |  | Practical example   |
|------------------|--|---|
| Positive         |  | A golfer hearing the crowd cheer when their long shot hits the flag.                |
| Negative         |  | A gymnast sensing their handstand is good because of the feelings in their muscles. |
| Intrinsic        |  | A coach telling a badminton player that their smash needs more power.               |
| Extrinsic        |  | A coach telling a javelin thrower their technique was correct.                      |

[3]

12 Explain why running is classified as a simple skill on the difficulty continuum.

.....  
..... [1]

13 Describe the meaning of the following terms when applied to a dance routine.

Aesthetic: .....  
.....  
Fluent: .....  
..... [2]

14 Which **one** of the following skills would be classified as the most open skill on the environmental continuum?

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

- A A basketball player dribbling past defenders.
- B A gymnast performing a floor routine.
- C A hockey player taking a penalty stroke.
- D A volleyball player making a serve.

[1]

15 Name a food that is a good source of carbohydrate and name a different food that is a good source of protein.

Carbohydrate: .....  
.....  
Protein: .....  
..... [2]

16 Define the term fitness.

.....  
..... [1]

17 Poor posture and an increased risk of heart disease can be physical consequences of a sedentary lifestyle.

Give **two** other physical consequences of a sedentary lifestyle.

1 .....

.....

2 .....

..... [2]

18 Give **two** emotional benefits of physical activity.

1 .....

.....

2 .....

..... [2]

19 Define the term a balanced diet.

.....  
..... [1]

20 Complete the following definition which relates to the commercialisation of sport.

The golden triangle shows the relationship between sport, ..... and

..... [1]



(b) (i) Describe **two** ways to increase participation for children in physical activities by improving provision.

1 .....

.....

2 .....

.....

[2]

(ii) Describe **two** ways to increase participation for children in physical activities by improving access.

1 .....

.....

2 .....

.....

[2]

(c) Using examples, explain how the environment can affect participation in sport and physical activity.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

[3]



22 (a) Good sports coaches know when and how to use different types of guidance to improve motor skills.

(i) Give **one** example of a type of mechanical guidance used to improve motor skills in sport.

.....  
..... [1]

(ii) Describe **two** advantages of using manual guidance when improving motor skills in sport.

1 .....

.....

2 .....

..... [2]

(iii) Describe **one** disadvantage of using visual guidance when improving motor skills in sport.

.....  
..... [1]

(b) Describe the following and give a practical example of each:

Knowledge of performance .....

.....

Practical example .....

.....

Knowledge of results .....

.....

Practical example .....

.....

[4]

(c) Goal setting is used to motivate performers when learning a new skill.

Other than motivation, give **two** reasons why goal setting is important.

1 .....

2 .....

[2]

23 (a) Describe the importance of fats and fibre as part of a balanced diet.

Fats: .....

.....

Fibre: .....

.....

[2]

(b) Explain **two** reasons why hydration is important for all sports performers.

1 .....

.....

2 .....

.....

[2]



A series of horizontal dotted lines spanning the width of the page, providing a template for writing answers.

**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).

This section of the page is a large, empty area of lined paper. It consists of a vertical solid line on the left side, creating a margin, and a series of horizontal dotted lines extending across the page to the right. This layout is designed for students to write their answers to questions that require more space than the previous page provided.



A large area of the page is reserved for writing, featuring a vertical solid line on the left side and horizontal dotted lines extending across the page.

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