Instructions

- Use black ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and candidate number.
- Answer all questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 70.
- The marks for each question are shown in brackets – use this as a guide as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.
Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1. (a) Which one of the following is a macronutrient?
   - ☐ A  Vitamins
   - ☐ B  Fats
   - ☐ C  Fibre
   - ☐ D  Water

   (b) Which one of the following is most likely to decrease the risk of osteoporosis?
   - ☐ A  Swimming
   - ☐ B  Having an appropriate amount of sleep
   - ☐ C  Cycling
   - ☐ D  Long distance running

   (c) Identify the practice structure from the description.
      ‘Repeatedly practising a whole skill within a training session’.
   - ☐ A  Fixed
   - ☐ B  Distributed
   - ☐ C  Simple
   - ☐ D  Variable

   (d) Which one of the following is the best example of an open skill?
   - ☐ A  A tennis serve
   - ☐ B  A shot put
   - ☐ C  A cartwheel
   - ☐ D  A pass in football
For Questions 1(e) and 1(f), use the information in Figure 1 to decide whether A, B, C or D is correct.

**Figure 1** shows the percentage of people who have diabetes and are underweight, normal weight, overweight or obese in 2016.

(e) Identify which one of the following body weight groups has the highest percentage of people with diabetes.

- □ A Underweight
- □ B Normal
- □ C Overweight
- □ D Obese

(f) Identify the body weight group where the percentage of males and females with diabetes is between 15% and 20%.

- □ A Underweight
- □ B Normal
- □ C Overweight
- □ D Obese

(Total for Question 1 = 6 marks)
One emotional health benefit of taking part in regular physical activity is that it can make you feel good.

(a) Identify one other emotional health benefit of regular participation in physical activity.

Regular participation in physical activity can also give physical health benefits.

(b) Give one example of a physical health benefit of regular participation in physical activity.

(Total for Question 2 = 2 marks)
3 Hawani is a diver and is using mental rehearsal before her dive.

![Hawani diving](Source: © Paolo Bona/Shutterstock)

**Figure 2**

Explain **two** ways mental rehearsal will improve Hawani’s diving performance.

1 ..................................................................................................................................

..................................................................................................................................

..................................................................................................................................

..................................................................................................................................

2 ..................................................................................................................................

..................................................................................................................................

..................................................................................................................................

..................................................................................................................................

(Total for Question 3 = 4 marks)
4 Figures 3 and 4 show performers using different skills in their sports.

(Source: © Hindustan Times/Getty Images) (Source: © Shawn Pecor/Shutterstock)

Dribbling in hockey

Running in a marathon

Figure 3

Figure 4

(a) Identify which is the more complex skill: dribbling in hockey or running in a marathon.

(1)

(b) Give two characteristics of a complex skill.

(2)

1

2

(Total for Question 4 = 3 marks)
5 Personal factors such as an individual’s age can affect participation in sport and physical activity.

(a) State **two** other personal factors that can affect participation rates. (2)

1 ..........................................................................................................................

2 ..........................................................................................................................

(b) Explain **two** reasons why a person’s age may affect their participation in sport and physical activity. (4)

1 ..........................................................................................................................

2 ..........................................................................................................................

(Total for Question 5 = 6 marks)
Figure 5 shows the participation rates by age group in sport and physical activity in the North of England, from 2002 to 2017.

Figure 5

(a) Analyse the data in Figure 5 to compare the changing patterns in participation rates from 2002 to 2017 for the following age groups:

(i) 25–34

(ii) 35–44
(b) Using the data in Figure 5, predict the most likely trend in the participation rates of adults aged 45+ in 2022.

(1)

(c) Justify your answer to (b) using the data in Figure 5.

(2)

(Total for Question 6 = 5 marks)
When setting goals to improve performance in physical activity, applying SMART targets is a key factor for success.

The statements below are examples of targets.

A  I need to reduce my 1500m time by 1 minute as soon as possible.
B  I will improve my 50m breaststroke time by 2 secs in the next two months.
C  I want to complete a five-mile run in under 45 minutes.

(a) Apart from measurable, identify which principle of SMART target setting has been applied to all three of these targets.

(b) Explain which of the targets above would be the most effective in improving performance in physical activity according to SMART principles.

(Total for Question 7 = 5 marks)
8 **Figure 6** shows two of the three components in the relationship between sport and commercialisation.

![Figure 6](image)

(a) Identify the missing component in this relationship, labelled A in Figure 6. (1)
(b) Explain **one** advantage and **one** disadvantage of sponsorship for commercial sponsors of sport.

Advantage

.......................................................................................................................... ...
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................

Disadvantage

.......................................................................................................................... ...
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................
..........................................................................................................................

(Total for Question 8 = 5 marks)
Noah is taking part in a triathlon. This involves swimming, cycling and running over long distances.

Describe two possible benefits of drinking water during the event.

1. ..........................................................................................................................
   ..........................................................................................................................
   ..........................................................................................................................
   ..........................................................................................................................

2. ..........................................................................................................................
   ..........................................................................................................................
   ..........................................................................................................................
   ..........................................................................................................................

(Total for Question 9 = 4 marks)
10 State **two** advantages and **two** disadvantages of using distributed practice. 

(4)

**Advantages**

1.

2.

**Disadvantages**

1.

2.

(Total for Question 10 = 4 marks)
11 (a) State two factors that can affect a person's optimum weight.

1

2

(b) Explain how the optimum weight of a power athlete may vary from that of an endurance athlete.

(Total for Question 11 = 4 marks)
Figure 7 shows Paula running in a marathon.

(Source: © WENN Ltd/Alamy Stock Photo)

Figure 7

Explain how carbohydrate loading could improve an athlete’s performance in this long distance event.

(Total for Question 12 = 4 marks)
13 Discuss the view that sportsmanship is being replaced by gamesmanship in professional sport.
14 Mechanical and manual guidance can be used when practising techniques in sport.

Assess the advantages and disadvantages of using mechanical and manual guidance when teaching a beginner to swim.

(9)