Modified Enlarged 24pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Friday 10 June 2022 – Afternoon

GCSE (9–1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Time allowed: 1 hour
plus your additional time allowance

No extra materials are needed.

Please write clearly in black ink.

Centre number | | | | | |

Candidate number | | | | |

First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF

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DC (PQ) 316711

1146250749

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 (*).

ADVICE

Read each question carefully before you start your answer.

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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. [1]

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. ☐

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. [1]

TRUE **FALSE**

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. [1]

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. ☐

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 100 m 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. [1]

TRUE **FALSE**

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. [3]

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.

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. [1]

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. ☐

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]**

SECTION B

Answer ALL the questions.

21 TABLE 21 shows the percentage of junior and secondary school children taking part in physical activities (Active Lives survey 5/12/2019 – Sport England).

TABLE 21

Activity type	Junior School Years 3–6 (ages 7–11)		Secondary School Years 7–11 (ages 11–16)	
	2019	2018	2019	2018
Team sports	68%	63%	63%	60%
Swimming activities	31%	29%	14%	13%
Active play and informal activities	72%	67%	49%	44%

(a) **Using TABLE 21, assess the different trends and patterns of participation in physical activity by children.**

_____

_____

_____

_____

_____

_____

_____

_____

_____ **[3]**

(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]

(c)* Circuit training is a form of exercise used to improve health and fitness.

Using practical examples, describe how exercise may improve the social health of a performer.

Explain how different fitness components can be improved using circuit 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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