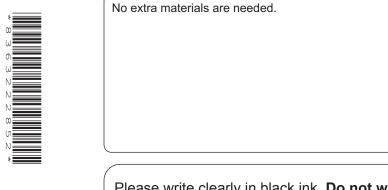


# Friday 06 November 2020 - Afternoon

## GCSE (9-1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Time allowed: 1 hour





Please write clearly in black ink. Do not write in the barcodes.									
Centre number						Candidate number			
First name(s)									
Last name									,

#### **INSTRUCTIONS**

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

### Answer all the questions.

	ve <b>one</b> practical example of sportsmanship.	r	11
Po: Oth	sitive and negative are two types of feedback used in sport. ner than positive and negative, give <b>two</b> other types of feedback used in sport.	-	-
			2]
Eva	aluate <b>two</b> reasons why participating in a physical activity is regarded as having		
		[	2]
	nich <b>one</b> of the following is the best example of selective attention in sport. t a tick (✓) in the box next to the correct answer.		
Α	A 100 m sprint athlete listening to music as a distraction.		
В	A tennis player imagining winning the game and remaining calm.		
С	A football goalkeeper concentrating on the ball and ignoring the crowd during a penalty.		
D	A rugby player watching a video of the opponent's set plays and making notes before a match.		11
		1	П

Far fewer people from lower socio-economic groups play sport than those from higher socio-

5

	True	)	False
	_	_	an illegal performance drug.
omplete <b>Table</b> utrient.	1 below by giv	ing <b>one</b> example of a foo	od that is a good source of ea
Carbohy	ydrate	Protein	Fibre
sed once.		-	ed to show the relationship
sed once. The 'golden		' is a term us	ed to show the relationship

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2		
	ich <b>one</b> of the following is the best example of a closed skill? ta tick (✓) in the box next to the correct answer.	
Α	A hockey player practising shooting with a defender tackling.	
В	A tennis player waiting to receive an opponent's serve.	
С	A football player taking a penalty with a large crowd watching.	
D	A netball player making a bounce pass under pressure-practice conditions.	
Usi	ng a practical example from a sport or physical activity, describe positive feedba	ack.

14 People are born with the motor skills they need for sports performance.

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

		True	False [1]
15	Wh	at is meant by a balanced diet?	
			[1]
16	Cor	mplete the following by adding the missing words.	
	The	e SMART principle of goal setting includes:	
	1	Specific	
	3	Achievable	
	4 5	Recorded	[2]
17	Giv	e <b>one</b> practical example of using mechanical guidance	when learning a motor skill.
18	Wh	y might a long distance athlete consume water regularly	y during competition?
			[1]
19	Giv	e <b>one</b> practical example from a sports activity that is cla	assified as a simple skill.
			[1]
20		haracteristic of skillful movement is that the skill looks go	good when it is performed.
			[1]

### Section B

### Answer all the questions.

21		•	te performers in sport are aware of the need to follow a diet that enables them to train and at the highest level.
	(a)	(i)	Why is fibre an important component of a balanced diet?
			[1]
		(ii)	Which component of a balanced diet is essential for growth and repair?
			[1]
		(iii)	Complete this sentence:
			Carbohydrates are a particularly important component of a balanced diet because they
			are the main source of
	(b)	Give	e two reasons why vitamins are so important to elite performers in sport.
		1	
		2	

[2]

(c)	(i)	Using your knowledge of diet and sport, describe a meal plan with named foods and drinks for a long-distance athlete the day before a competition.
		[3]
	(ii)	Explain the balance and choice of foods and drinks in your meal plan.
		[2]

22	(a)	Using practical examples from physical activity and sport, describe the positive effects of sponsorship for both the sponsor and the sports performer.
		Positive effects on sponsor
		Positive effects on performer
		[4]
		1.1

Analyse the effects of different types of media on sports participation.
Describe the long-term physical benefits of regular sports participation.

23 (a) A questionnaire was sent to a club level athlete who is underperforming. The responses by the athlete are shown in **Table 2** below.

Table 2

Question	Response from Athlete
Can you improve your performance over the rest of the season?	I feel that I have reached my best level of performance.
How do you feel when you compete?	I feel a bit bored now and have lost interest in improving.
Do you follow your training programme properly?	I have often missed training sessions because I have other interests that get in the way.

		 [2]
	Negative:	
	Positive:	
(ii)	Suggest <b>one</b> positive point and <b>one</b> negative point about the way in which the data have been collected.	as
(i)	What conclusions can be drawn from the responses given in table 2?	

(b)	Explain how goal setting could be used to improve the performance of this athlete.
	[5]

#### **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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