



Section A

Answer all the questions.

1 Give **one** practical example of sportsmanship.  
..... [1]

2 Positive and negative are two types of feedback used in sport.  
Other than positive and negative, give **two** other types of feedback used in sport.  
1 .....  
2 ..... [2]

3 Evaluate **two** reasons why participating in a physical activity is regarded as having social benefits.  
.....  
.....  
.....  
.....  
.....  
..... [2]

4 Which **one** of the following is the best example of selective attention in sport.  
Put a tick (✓) in the box next to the correct answer.

A	A 100m sprint athlete listening to music as a distraction.	<input type="checkbox"/>
B	A tennis player imagining winning the game and remaining calm.	<input type="checkbox"/>
C	A football goalkeeper concentrating on the ball and ignoring the crowd during a penalty.	<input type="checkbox"/>
D	A rugby player watching a video of the opponent's set plays and making notes before a match.	<input type="checkbox"/>

[1]

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

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

**True**

**False**

[1]

- 6 Other than trying to win, give **one** other reason for taking an illegal performance drug.

..... [1]

- 7 Complete **Table 1** below by giving **one** example of a food that is a good source of each named nutrient.

**Table 1**

<b>Carbohydrate</b>	<b>Protein</b>	<b>Fibre</b>

[3]

- 8 Complete the following statement using words from the box below. Each word chosen can only be used once.

The 'golden ..... ' is a term used to show the relationship between ....., sponsorship and the .....

<b>sport</b>	<b>athletes</b>	<b>public</b>
<b>idea</b>	<b>triangle</b>	<b>media</b>
		<b>talent</b>

[3]

- 9 Give **one** practical example of how age can affect participation in sport.

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

10 Explain **three** reasons why sponsorship can have a negative effect on physical activity and sport.

1 .....

.....

.....

2 .....

.....

.....

3 .....

.....

.....

[3]

11 Which **one** of the following is the best example of a closed skill?  
Put a tick (✓) in the box next to the correct answer.

- A A hockey player practising shooting with a defender tackling.
- B A tennis player waiting to receive an opponent's serve.
- C A football player taking a penalty with a large crowd watching.
- D A netball player making a bounce pass under pressure-practice conditions.

[1]

12 Using a practical example from a sport or physical activity, describe positive feedback.

.....

.....

.....

.....

[2]

13 Give **one** emotional consequence of following an active lifestyle.

.....

.....

[1]

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 What is meant by a balanced diet?

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

16 Complete the following by adding the missing words.

The SMART principle of goal setting includes:

- 1 Specific
- 2 .....
- 3 Achievable
- 4 Recorded
- 5 ..... [2]

17 Give **one** practical example of using mechanical guidance when learning a motor skill.

..... [1]

18 Why might a long distance athlete consume water regularly during competition?

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

19 Give **one** practical example from a sports activity that is classified as a simple skill.

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

20 A characteristic of skillful movement is that the skill looks good when it is performed.

Give **one** word which describes this characteristic.

..... [1]

Section B

Answer all the questions.

21 Many elite performers in sport are aware of the need to follow a diet that enables them to train and compete 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 ..... [1]

(b) Give **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]





- 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.

- (i) What conclusions can be drawn from the responses given in table 2?

.....

.....

.....

.....

.....

.....

..... [3]

- (ii) Suggest **one** positive point and **one** negative point about the way in which the data has been collected.

Positive: .....

.....

.....

Negative: .....

.....

.....

[2]



**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).

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



**Copyright Information**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series. If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.