

**Modified Enlarged 24pt
OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

Friday 19 November 2021 – 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



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 (*).

ADVICE

Read each question carefully before you start your answer.

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SECTION A

Answer ALL the questions.

- 1 Other than social media, identify ONE other type of media that influences the commercialisation of sport.

_____ [1]

- 2 Give TWO types of drugs that are used illegally by sports performers to improve sports performance.

1 _____

2 _____

[2]

3 Name TWO continua that are used in the classification of sports skills.

1 _____

2 _____

[2]

4 Describe TWO practical examples that show how a skilful performance in sport may be pre-determined.

1 _____

2 _____

[2]

5 An example of gamesmanship in sport is a tennis player shouting 'out' when the opponent's serve was clearly 'in'.

Is this statement true or false? Draw a circle around your answer. [1]

TRUE

FALSE

6 Which ONE of the following is the best example of a cultural reason affecting participation in sport?

Put a tick (✓) in the box next to the correct answer. [1]

A Not enough sporting extracurricular activities followed in school.

B A lack of suitable facilities locally.

C Not having enough money to afford a tennis racket.

D Unable to participate in a marathon because of religious fasting.

7 Define what is meant by physical fitness.

[1]

8 Complete the following statement using words from the box below. Each word chosen can only be used once. [3]

Loneliness

Fitness

Obesity

Posture

Social

Confidence

Economic

A physical benefit of following a healthy lifestyle is an increase in _____ and an emotional consequence of following a sedentary lifestyle is a lack of _____ .

A _____ benefit of following a healthy lifestyle is an increased sense of belonging.

9 Which ONE of the following is the best example of a meal that is high in carbohydrates?

Put a tick (✓) in the box next to the correct answer. [1]

A Grilled beef steak with salad

B Fillet of salmon with green beans

C Pasta with tomatoes and spinach

D Broccoli and cheese bake with cabbage

10 Describe ONE practical example of a sports coach using visual guidance in a specific sport.

[1]

11 Describe ONE advantage and ONE disadvantage of a sports coach using visual guidance.

Advantage: _____

Disadvantage: _____

[2]

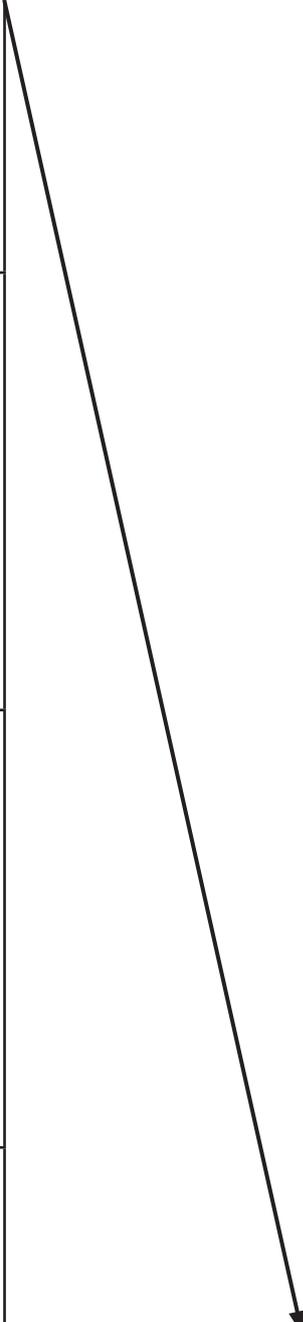
12 Give ONE practical example of negative feedback.

[1]

13 Age can be seen as a limiting factor affecting sports participation, for example a 50 year old male has given up attempting to learn gymnastic skills.

Draw a line from each of the other factors affecting participation in sport to the appropriate practical example. [3]

Age	A male in the UK is less likely to take up skiing due to the lack of natural snow slopes
Discrimination	A young woman is not allowed to join a golf club as only men can be members
Environment	A female has taken up dancing because her father shows a keen interest in dance
Family	A 50 year old male has given up attempting to learn gymnastic skills



14 Describe TWO different reasons for player violence occurring in sport.

1

2

[2]

15 Identify ONE reason why goal setting is used for sports performers.

[1]

16 What type of guidance is used when a coach physically supports a trampolinist during a somersault?

_____ [1]

17 Compare knowledge of performance and knowledge of results as types of feedback.

_____ [2]

18 Give ONE practical example of an activity which requires a high intake of protein by the sports performer.

_____ [1]

19 Give ONE component of a balanced diet that is particularly important for a marathon runner the day before competition.

[1]

20 Which ONE of the following is the best example of a physical consequence of following a sedentary lifestyle?

Put a tick (✓) in the box next to the correct answer. [1]

A Less likely to have Type 2 diabetes

B Better body posture

C More likely to be highly stressed

D A decrease in bone density

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SECTION B

Answer ALL the questions.

21 The list below shows some statistics about participation in women's football in the UK. (source FA 2018)

PARTICIPATION

3,818 AFFILIATED YOUTH TEAMS

1,580 AFFILIATED WOMEN'S TEAMS

900,000 GIRLS PLAYING (5-15)

1,580,000 WOMEN PLAYING (16+)

2,480,000 TOTAL FEMALE PLAYERS

In 1993 season 10,400 female players competed in affiliated league and cup competitions

In 2018 season 147,000 female players competed in affiliated league and cup competitions

(b) Identify FOUR factors affecting the participation of females in football.

1 _____

2 _____

3 _____

4 _____

[4]

22 Mental preparation techniques are often used before and during sports performance.

(a) Describe how imagery can be used as a technique by a performer during a sports competition.

[2]

(b) Use practical examples to explain how mental rehearsal might be used in a sport or activity of your choice.

Sport: _____

Explanation: _____

[4]

(c) 'I will score a goal at some stage during this football match', is an example of positive thinking.

(i) Give a different example of positive thinking for a named sport of your choice.

Sport: _____

Example: _____

_____ [1]

(ii) Explain how positive thinking can help a performer during a sports competition.

_____ [3]

23 (a) Describe FOUR emotional benefits of an active lifestyle.

1 _____

2 _____

3 _____

4 _____

[4]

