



Oxford Cambridge and RSA

Thursday 8 June 2023 – Morning

GCSE (9–1) Physical Education

J587/02 Socio-cultural issues and sports psychology

Time allowed: 1 hour



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

INSTRUCTIONS

- Use black ink.
- 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.

2
Section A

1 Taking banned performance-enhancing drugs is a practical example of deviance in sport.

Give **one** other practical example of deviance in sport.

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

2 Suggest **two** ways a role model can have a **positive** effect on participation in physical activity and sport.

1

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2

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[2]

3 Explain how schools can have **negative** effects on participation in physical activity and sport.

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..... [2]

4 Describe **two** ways **religion/culture** can influence participation in sport and physical activity.

1

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2

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[2]

5 Which **one** of the following is an example of a local authority improving **access** to physical activity and sport?

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

A Give out leaflets for coaching courses in a school assembly.

B Increase the number of lifeguards at the local swimming pool.

C Provide more free coaching sessions for children.

D Set up a new bus route that stops at the local leisure centre.

[1]

6 Male sport has more media exposure than female sport.

Is this statement **true** or **false**?

..... [1]

7 Identify **one** physical activity or sport where the use of beta blockers may **improve** performance.

..... [1]

8 Stimulants are mainly used to increase muscle growth.

Is this statement **true** or **false**?

..... [1]

9 Give **one** practical example of a coordinated movement in a sport.

..... [1]

10 Define the term motor skill.

..... [1]

11 Which **one** of the following identifies the characteristics of skilful movement?

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

- A Aesthetic, fluent, predetermined
- B Aesthetic, fluent, progressive
- C Fluent, predetermined, strong
- D Fluent, knowledgeable, predetermined

[1]

12 The scoring percentage of a basketball player is tested on a regular basis.

The table below shows the scoring success percentages from five tests.

Test 1	Test 2	Test 3	Test 4	Test 5
51%	54%	55%	61%	64%

Use the data from the table to answer the questions.

Identify the consecutive tests which show the **least** improvement.

Between test and test

Identify the consecutive tests which show the **most** improvement.

Between test and test.....

Calculate the total percentage improvement from test 1 to test 5.

.....%

[3]

13 The SMART principle of goal setting is used to help improve performance.

A runner has a personal best of 2 minutes and 30 seconds.

By the end of July they want to reduce this time by 2 seconds.

Use your knowledge of SMART goal setting to complete the table below.

SMART principle	Practical Application
Specific	The goal is to reduce the personal best to 2 min 28 sec.
Measurable	
Achievable	
Recorded	
Time Phased	The goal is to be achieved by the end of July.

[3]

14 What is mental rehearsal?

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

15 Give one practical example of how a sports performer can use **positive** thinking to improve their performance.

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..... [1]

16 Define the term well-being.

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

17 Using practical examples, describe **two emotional** benefits of participating in physical activity.

1

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2

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[2]

18 Loneliness is one negative consequence of a sedentary lifestyle on social health.
Describe **two other** negative consequences of a **sedentary** lifestyle on **social** health.

1

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2

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[2]

19 Fibre, minerals and protein are all components of a balanced diet.
State **two other** components of a balanced diet.

1

2

[2]

20 State a good food source of fibre.
..... [1]

Section B

21 A sports coach will use different types of guidance and feedback to help development.

(a) Identify **two** advantages of using **mechanical** guidance when improving motor skills.

1

2

[2]

(b) (i) Give **two** practical examples of **manual** guidance.

1

2

[2]

(ii) Identify **two disadvantages** of using **manual** guidance.

1

2

[2]

(c) Define what is meant by **extrinsic** and **intrinsic** feedback.

Give a practical example of each.

Definition of extrinsic feedback

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Practical example of extrinsic feedback

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.....

Definition of intrinsic feedback

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Practical example of intrinsic feedback

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[4]

22 (a) Give **two** different examples of **good** sportsmanship in physical activity and sport.

1

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2

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[2]

(b) Explain **two** ways gamesmanship might be used to gain a competitive advantage.

1

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2

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[2]

(c) Describe **one** negative impact performance-enhancing drugs can have on a sport and a sports performer.

Negative impact on a **sport**

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Negative impact on a **sports performer**

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[2]

(d) **Evaluate** the influence of newspapers on participation and performance in physical activities and sport.

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[4]

23 (a) Explain the importance of **minerals** and **proteins** in a balanced diet.

Minerals

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Proteins

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[4]

(b)* Interruptions in physical activity often result in inactivity causing reversibility.

Describe how regular training **benefits** physical health.

Using practical examples, evaluate **continuous** training and **weight** training.

[6]

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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).

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



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