OCR
Oxford Cambridge and RSA

GCSE Physical Education

J587/02 Socio-cultural issues and sports psychology

Question Set 3

Section A: Health, fitness and well-being

1 Which **one** of the following is a physical benefit of regular physical activity? Put a tick (✓) next to the correct answer.

(a) An increase in a positive body image ☐

(b) A decrease in the likelihood of Type 2 diabetes ☐

(c) An increase in friendship groups ☐

(d) A decrease in skeletal bone density ☐

[1]

2 **(a)** What is meant by a balanced diet? **[1]**

(b) A lack of water intake can lead to the dehydration of a sports performer.

Describe **two** reasons why hydration is important to a sports performer. **[2]**

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

One consequence of a sedentary lifestyle is that blood pressure is decreased.

True **False** **[1]**

4 What is meant by the term 'well-being'? **[1]**

5 By using a practical example, give **one** way that physical activity can benefit posture. **[1]**

6 Create a statement that shows the difference between 'health' and 'fitness'. **[1]**

7 Which **one** of the following is the best example of a meal that is high in fibre?

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

A A hard-boiled egg with white bread and butter ☐

B A baked jacket potato with baked beans ☐

C Fried steak with French fries ☐

D Grilled sausage with mashed potatoes ☐

[1]

8 (a) What is meant by the term 'fitness'? **[1]**

8 (b) Obesity, Type 2 diabetes and a decrease in physical fitness can be consequences of a sedentary lifestyle.

Describe other physical consequences of a sedentary lifestyle. **[2]**

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

A balanced diet is taking in more energy than the body needs for energy expenditure.

True **False**

[1]

10 Water is an important component of any athlete's diet.

Give **one** other component of a diet that is particularly important to a long-distance runner to help provide energy before a race. **[1]**

11 Describe **one** practical example of how sport or physical activity might provide the social benefit of belonging to a group. **[1]**

12 Vitamins provide many health and fitness benefits which can help sports performers.

Name a food which is a good source of vitamins. **[1]**

13 What is meant by the term health? **[1]**

14 While regular exercise is good for us, there can be risks and negative effects as well. Describe **two** ways in which participating in physical activities can have both a positive and negative effect on health. **[2]**

15 One consequence of a sedentary lifestyle is that bone density decreases.

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

True **False** **[1]**

16 Give **one** emotional consequence of following a sedentary lifestyle. **[1]**

17 Give **one** social consequence of following a sedentary lifestyle. **[1]**

18 Describe **one** type of physical activity where a performer requires high levels of carbohydrates and water. **[1]**

19 State **one** way that an appropriate level of protein is beneficial to a sports performer. **[1]**

Total Marks for Question Set 3: 24

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