OCR
Oxford Cambridge and RSA

GCSE Physical Education

J587/02 Socio-cultural issues and sports psychology

Question Set 6

Section B: Health, fitness and well-being

1 (a) Using practical examples, discuss the social benefits for the elderly of participating in physical activities. **[4]**

1 (b) **Table 1** below shows the approximate daily protein requirements of different athletes and general sedentary individuals depending on their body weight

Table 1

Strength athletes	1.2 – 1.7 g per kg body weight per day
Endurance athletes	1.2 – 1.4 g per kg body weight per day
General sedentary individuals	0.8 – 1.0 g per kg body weight per day

1 (b) (i) Using the data in **Table 1** above, analyse the different protein requirements shown. **[3]**

1 (b) (ii) Complete **Table 2** below giving **one** different example of a food source for each named component of a balanced diet.

Table 2

Component of balanced diet	Example of food source
Carbohydrates	
Vitamins	
Fibre	

[3]

2 (a) (i) Emotional well-being can be affected by leading a sedentary lifestyle.

What is meant by the term ‘sedentary lifestyle’? **[2]**

2 (a) (ii) Describe **two** ways in which a sedentary lifestyle might lead to low levels of self-esteem. **[2]**

2 (b) Explain how physical activity can help to raise levels of self-esteem. **[2]**

2 (c) Explain how the physical and emotional benefits of physical activity can help young people to manage stress. **[4]**

3 (a) Participating in physical activity has been found to affect mental health and well-being.

Poor mental health and well-being amongst young people is a continuing problem.

The graph below in Fig. 1 shows the percentage of 5 to 19 year olds suffering from mental disorders, based on data from a survey by the NHS.

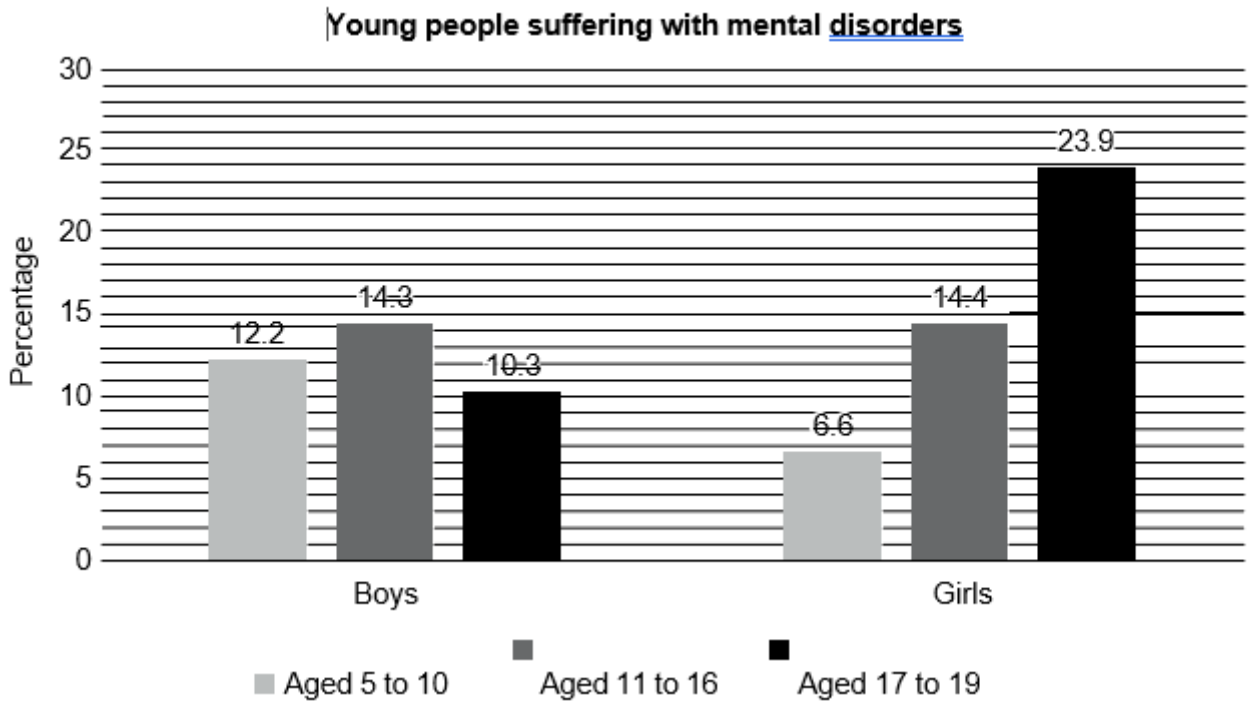

Fig. 1

Using Fig. 1, calculate the difference between:

(i) The percentage of 17 to 19 year old boys and the percentage of 17 to 19 year old girls suffering from mental disorders. **[1]**

3 (a) (ii) The percentage of 5 to 10 year old boys and the percentage of 5 to 10 year old girls suffering from mental disorders. **[1]**

3 (b) Describe **two** other trends or patterns which the data in Fig. 1 shows. **[2]**

3 (c)* Regular exercise and a balanced diet often results in physical and emotional benefits.

Using practical examples, describe the emotional benefits of participating in physical activity.

Explain how regular exercise and a balanced diet result in long-term benefits on the heart. **[6]**

Total Marks for Question Set 6: 30

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