



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

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Forename(s)

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Candidate signature

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# GCSE PHYSICAL EDUCATION

Paper 2 Socio-cultural influences and well-being in physical activity and sport

Friday 18 May 2018

Afternoon

Time allowed: 1 hour 15 minutes

## Materials

For this paper you may use:

- a calculator.

## Instructions

- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.  
You must answer questions in the space provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

## Information

- The marks for questions are shown in brackets.
- The maximum mark for the paper is 78.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

For Examiner's Use

Page	Mark
2	
3	
4	
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12	
14	
16	
<b>TOTAL</b>	



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Answer **all** questions.

Do not write  
outside the  
box

Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



0 1

Which **one** of these is an example of extrinsic motivation?

A Personal achievement

B Praise

C Pride

D Self-satisfaction

[1 mark]

0 2

Which **one** of these performance enhancing drugs is taken to reduce heart rate?

A Beta blockers

B Diuretics

C Peptide hormones (EPO)

D Stimulants

[1 mark]

2



0 3

How much fat should a balanced diet contain?

A 15–20%

B 25–30%

C 35–40%

D 55–60%

[1 mark]

0 4

Which **one** of these is an example of indirect aggression?

A A boxer punching an opponent

C A judo performer throwing an opponent

B A rugby union player making a (high) tackle with force

D A tennis player hitting a shot with power

[1 mark]

0 5

Which **one** of these activities is most suited to an introvert?

A Association football

B Basketball

C Canoeing

D Rugby League

[1 mark]

3

Turn over for the next question

Turn over ►



0 6

Taking part in physical activity, exercise and sport is essential for health and well-being.

0 6 . 1

Define mental health.

[1 mark]

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0 6 . 2

State **two** positive effects that being physically active can have on mental health.

[2 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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0 6 . 3

Define obesity.

[1 mark]

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0 6 . 4

State **two** negative effects that obesity could have on an individual's **mental** health.

[2 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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0 6 . 5

State **two** negative effects that obesity could have on an individual's **social** health.

[2 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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8



0 7

Skills can be classified in different ways.

0 7 . 1

Define an open skill.

[1 mark]

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0 7 . 2

Outline the difference between self-paced **and** externally paced skills.

Use sporting examples in your answer.

[4 marks]

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0 7 . 3

Give an example of a complex skill.

Justify your choice.

[4 marks]

Example

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9

Turn over ►



0 8

Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.

On completion of the putting test in week 4, he was then asked to set his own target score for week 5.

**Table 1** shows the results of tests and the target score set for week 5.

**Table 1**

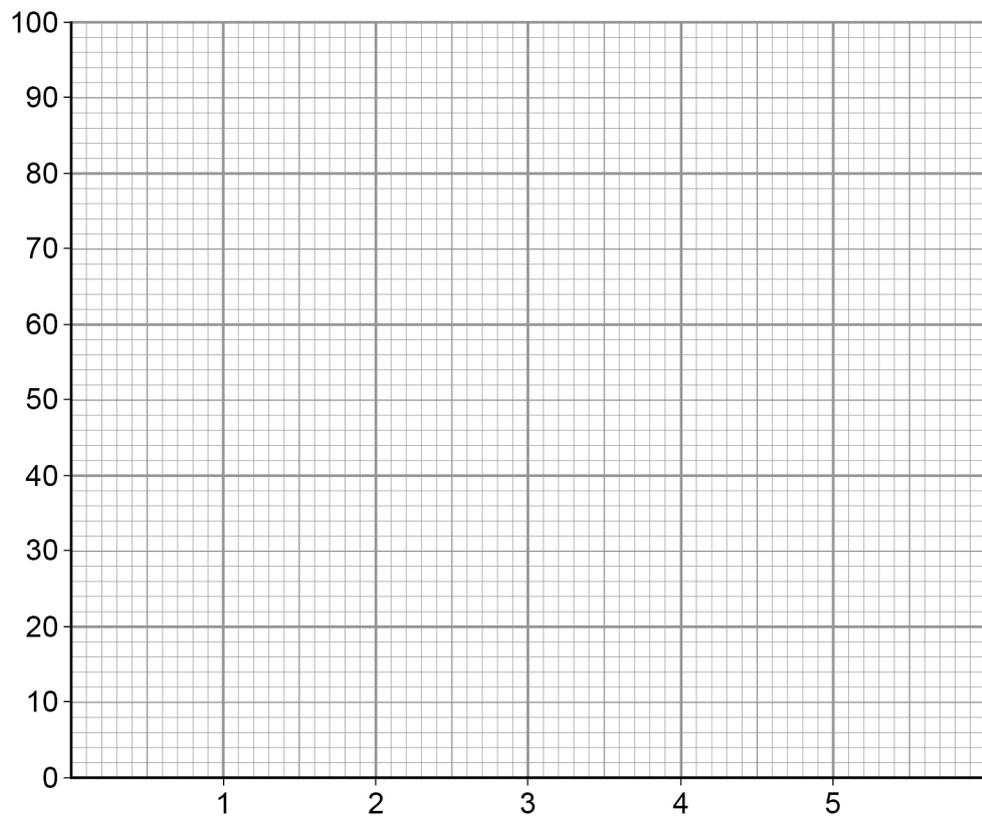
	Week 1	Week 2	Week 3	Week 4	Target score week 5
<b>Successful putts</b>	22	30	36	38	64

0 8 . 1

Plot the information shown in **Table 1** on the graph paper below to show the results from the putting tests and Milo's target score.

Label the axes and join up the points to make a line graph.

**[2 marks]**



**2**



0 8 . 2

Analyse the information in **Table 1**. Identify **two** ways Milo can make his target score for week 5 'SMART'.

[2 marks]

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

0 8 . 3

Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5.

[2 marks]

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

0 8 . 4

Explain why the golf coach would use the following types of guidance to improve Milo's performance:

- visual
- manual.

[4 marks]

Visual \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Manual \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8

Turn over ►



Do not write  
outside the  
box

0 9

In 2016, 136 Russian track and field athletes were banned from competing at the Rio Olympics due to evidence of widespread use of performance enhancing drugs (PEDs) and blood doping.

0 9 . 1

Describe the process of blood doping.

[3 marks]

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0 9 . 2

Explain how blood doping could improve the performance of a marathon runner.

[3 marks]

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6



0 9 . 3

State **three** negative side effects that an athlete may suffer as a result of blood doping.

**[3 marks]**

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

0 9 . 4

Suggest the negative impacts that Russia's ban at the Olympics may have had on the sport of athletics.

**[4 marks]**

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7

**Turn over for the next question**

**Turn over ►**



1 0

A group of five friends recently counted their daily calorie intake over a period of 7 days. Their average daily intake over this period is shown in **Table 2**.

**Table 2**

	Friend 1	Friend 2	Friend 3	Friend 4	Friend 5
<b>Gender</b>	Male	Male	Female	Male	Female
<b>Average calories/day</b>	2500	2300	1900	2200	2400

1 0 . 1

Analyse the information shown in **Table 2**. Identify which **one** of the friends is eating above the recommended calorie intake per day for an average adult.

[1 mark]

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1 0 . 2

Gender is a factor that affects the recommended calorie intake per day for an individual.

Describe **two** other factors that affect calorie intake.

[4 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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5
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1 0 . 3

Sports performers need to ensure they drink plenty of fluids to avoid becoming dehydrated.

Define dehydration.

[1 mark]

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1 0 . 4

Explain **two** negative effects dehydration may have on the performance of a sports performer.

[4 marks]

1 \_\_\_\_\_

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2 \_\_\_\_\_

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5

Turn over for the next question

Turn over ►



1 1

Somatotyping is a method of classifying body types.

1 1 . 1

Outline **two** physical characteristics for each of the following somatotypes:

- ectomorph
- mesomorph.

[4 marks]

Ectomorph

1 \_\_\_\_\_

2 \_\_\_\_\_

Mesomorph

1 \_\_\_\_\_

2 \_\_\_\_\_

1 1 . 2

Discuss the suitability of athletics as a sport for an individual with an endomorph somatotype.

[4 marks]

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8









