



Please write clearly in block capitals.

Centre number

Candidate number

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

GCSE PHYSICAL EDUCATION

Paper 2 Socio-cultural influences and wellbeing in physical activity and sport

Thursday 8 June 2023

Morning

Time allowed: 1 hour 15 minutes

Materials

You will need no other materials.

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 spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- 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 this 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	
Question	Mark
1 to 5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
TOTAL	



J U N 2 3 8 5 8 2 2 0 1

Answer **all** questions.Only **one** answer per question is allowed.

For each question 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 the correct amount of carbohydrates in a balanced diet?**[1 mark]****A** 25–30%**B** 35–40%**C** 45–50%**D** 55–60%**0 2**Which **one** of these is largely responsible for maintaining the efficient working of the body systems and general health?**[1 mark]****A** Carbohydrates**B** Fats**C** Proteins**D** Vitamins

0 3

How many calories should an average adult male consume per day?

[1 mark]**A** 2000**B** 2500**C** 3000**D** 3500**0 4**Which **one** of these is the definition of a self-paced skill?**[1 mark]****A** A skill where large movements of the body are used.**B** A skill where small movements of the body are used.**C** A skill where the start of the movement is controlled by external factors.**D** A skill where the start of the movement is controlled by the performer.**0 5**Which **one** of these is an example of etiquette in sport?**[1 mark]****A** Arguing with the referee in a football match.**B** A high tackle during a rugby match.**C** Shaking hands with your opponent after a tennis match.**D** Time wasting in a hockey match.**5****Turn over ►**

0 7 . 1

Explain the relationship between arousal level and performance level in the inverted-U theory.

You must use a sporting example in your answer.

[3 marks]

0 7 . 2

Describe how deep breathing and mental rehearsal could be used to control arousal in named sporting activities of your choice.

[4 marks]

Deep breathing _____

Mental rehearsal _____

7

Turn over for the next question

Turn over ►



0 9 . 1

Give **three** negative effects of having spectators at major sporting events.

[3 marks]

Negative effect 1 _____

Negative effect 2 _____

Negative effect 3 _____

0 9 . 2

State **and** explain **two** positive effects that having spectators at sporting events can have on performance.

[4 marks]

Positive effect 1 _____

Positive effect 2 _____

7

Turn over for the next question

Turn over ►



1 0 . 1

Define the term 'sedentary lifestyle'.

[1 mark]

1 0 . 2

Describe 'physical health and wellbeing'.

[2 marks]

1 0 . 3

Explain **two** ways that good mental health helps to improve performance in sport.

[4 marks]

1 _____

2 _____

7



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1	1
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Explain **two** negative effects that eating an unbalanced diet will have on the ability of an individual to perform in a physical activity.

[4 marks]

1 _____

2 _____

4

Turn over for the next question

Turn over ►



1 3 . 1 SMART targets are used in goal setting.

What do the S, M and A in SMART stand for?

[3 marks]

S: _____

M: _____

A: _____

1 3 . 2 Ben is a 16-year-old athlete who has been competing in the 800m for 5 years.

Table 1 shows Ben's personal best times in each of those 5 years.

Table 1

Year	1	2	3	4	5
Personal best	2m 15s	2m 11s	2m 06s	1m 59s	1m 55s

Ben's coach has set a target of 1m 53s for Year 6.

Analyse whether you think this target is SMART.

[4 marks]

7

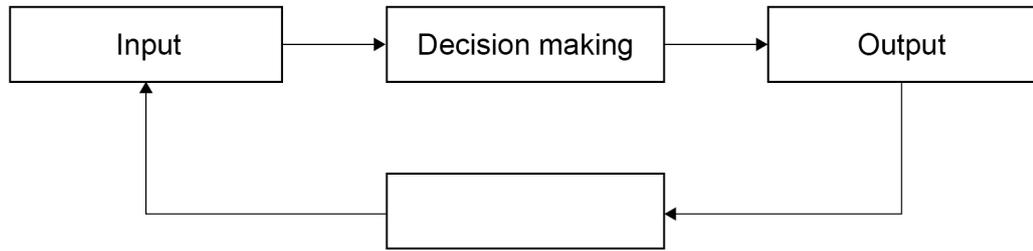
Turn over ►



1 4 . 1

Figure 1 shows the basic information processing model.

Figure 1



Identify the missing stage of the basic information processing model in **Figure 1**.

[1 mark]

1 4 . 2

Using a named skill from a sport, explain what happens at the following stages of the basic information processing model:

- Decision making
- Output.

[4 marks]

Decision making _____

Output _____

5



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