Oxford Cambridge and RSA

Monday 9 June 2025 – Afternoon

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 | | | | | | Candidate number | | | | |

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.

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Section A

1 Define the term motor skill.

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

2 Name the type of feedback that comes from **within** a performer.

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

3 Give **two** examples at a sports centre that limit access for a wheelchair user.

1 .....

.....

2 .....

.....
[2]

4 Give **one negative** effect of sponsorship on sport.

.....

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

5 Which of the following statements is true?

Tick (✓) **one** box next to the correct answer.

Children have the lowest participant rates in sport and physical activity. ☐

Older people take part in less sport or physical activity than younger people. ☐

People with a disability access as much sport as those without a disability. ☐

Women do more physical activity and sport than men. ☐

[1]

6 What does the term well-being mean?

.....

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

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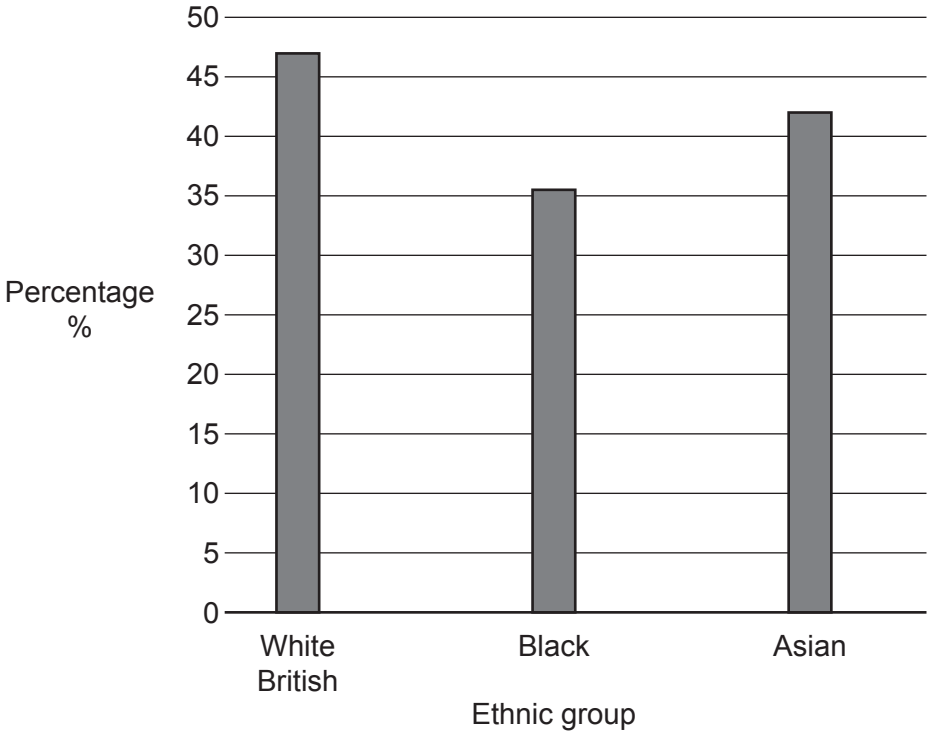
7 The graph shows the percentages of different ethnic groups that took part in regular physical activity in 2019–2020.



(a) Use the data in the graph to complete the table.

Ethnic group	Percentage participation (%)
White British	
Black	
Asian	

[3]

(b) Give **one** reason why people who identify as White British might take part in more regular physical activity than other ethnic groups.

.....

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

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8 One cause of player violence in sport is an unfair decision by an official.

State **three** other causes of player violence.

1 .....

2 .....

3 .....
[3]

9 Give **one** advantage of using social media to promote a new exercise class at a sports centre.

.....

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

10 Give **two** reasons why a sports performer might set goals.

1 .....

2 .....
[2]

11 Place a penalty shot in netball in its correct position on the environmental continuum.

Open |_____|_____|_____|_____|____ Closed
[1]

12 Explain why it is helpful for skills to be classified on a continuum.

.....

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

13 Explain why skilful movement can be described as aesthetically pleasing.

.....

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

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14 State **one** way taking beta blockers can improve sports performance.

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

15 A coach tells a rugby player they had great speed going into a tackle.

Identify this type of **feedback**.

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

16 State **one social** benefit of taking part in a walking group.

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

17 Other than losing weight, state **two physical** benefits of taking part in regular physical activity.

Benefit 1 .....

Benefit 2 .....

[2]

18 Give **two** examples of emotional consequences of a sedentary lifestyle.

Consequence 1 .....

Consequence 2 .....

[2]

19 Which of the following is a side effect of taking anabolic steroids?

Tick (✓) **one** box next to the correct answer.

Increased hair growth ☐

Lower blood pressure ☐

Reduced aggression ☐

Weight loss ☐

[1]

20 Give **two** different types of food that contain a high amount of protein.

1 .....

2 .....

[2]

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Section B

21

(a) Television, social media and the internet are all forms of media.

Name **one** other form of media.

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

(b) The Olympic Games is a global event which has a lot of media coverage.

Discuss **three** ways media coverage has a positive effect on the Olympic Games.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(c) A long jumper is competing at the Olympic Games.

Name **three** techniques a long jumper can use to **mentally prepare** for their jump.
Explain how each technique would help them prepare.

Name of technique .....

Explanation .....

.....

Name of technique .....

Explanation .....

.....

Name of technique .....

Explanation .....

.....

[6]

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22

(a) Both of these statements are **false**.

For each statement explain why they are false.

(i) A tennis serve is classified as a simple skill.

Explanation: ..... **[1]**

(ii) A dive at the start of a swimming race is an open skill.

Explanation: ..... **[1]**

(b) A tennis coach sets goals to help a player improve their performance.

The goals are **specific** and **recorded**.

Identify the other **three** principles of SMART goal setting.

S	Specific
M	.....
A	.....
R	Recorded
T	.....

[3]

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(c) A coach uses verbal guidance to help a tennis player with their tennis serve.

(i) Outline **one** advantage and **one** disadvantage of using verbal guidance.

Advantage .....

.....

Disadvantage .....

.....

[2]

(ii) State **one** other type of guidance the coach could use.

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

(iii) Outline **one** advantage and **one** disadvantage of using this type of guidance.

Advantage .....

.....

Disadvantage .....

.....

[2]

23

(a) Describe what is meant by a balanced diet.

.....

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

(b) Outline **three** positive effects of hydration on a basketball player.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

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(c)* Diet is one method a marathon runner can use to optimise performance.

A warm up will also be beneficial.

Discuss how a marathon runner needs to adapt their diet compared to a sedentary individual.
Explain the physical benefits of a warm up for a marathon runner.

.....

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..... **[6]**

END OF QUESTION PAPER

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EXTRA ANSWER SPACE

If you need extra space use these lined pages. You must write the question numbers clearly in the margin.

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