Oxford Cambridge and RSA

Monday 3 June 2024 – 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 Name **one** type of media.

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

2 State a physical consequence of a **sedentary** lifestyle.

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

3 A basketball coach praises a player when they score points for their team.

What type of feedback is this?

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

A Extrinsic and knowledge of results ☐

B Extrinsic and negative ☐

C Intrinsic and knowledge of performance ☐

D Intrinsic and negative ☐

[1]

4 Why is it important that a player receives effective feedback?

.....

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

5 Is this statement true or false?

Physical activity **increases** the risk of Type 2 diabetes.

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

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6 Explain **two** ways a lack of disposable income can affect participation in physical activity or sport.

1. .....

.....

2. .....

.....

[2]

7 An elite gymnast performs a somersault in a floor routine to music.

Place an **X** on the difficulty continuum to show how the somersault would be classified.

Simple ⟷ Complex

[1]

Justify your answer.

.....

.....

[1]

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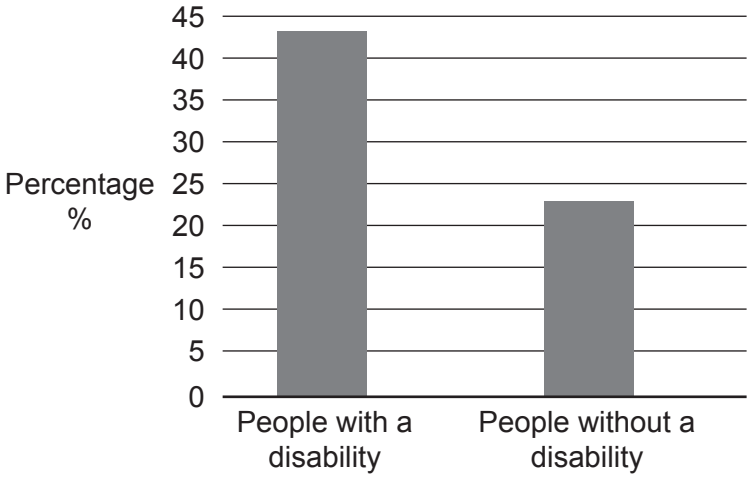
8 The graph below shows the percentage levels of physical **inactivity** by people with a disability and people without a disability.



Describe a difference shown on the graph.

.....

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

9 Give **two** examples of how a sports centre can make physical activity sessions accessible for people with a disability.

1 .....

.....

2 .....

.....

[2]

10 Other than carbohydrates, identify **two** components of a balanced diet **and** describe a function of each.

Component 1 .....

Function .....

.....

Component 2 .....

Function .....

.....

[4]

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11 State how an Olympic athlete could use a mental preparation technique to improve their performance.

.....

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

12 What hormone do beta blockers reduce the effect of?

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

13 Give a practical example for each of the following types of guidance.

Visual .....

.....

Verbal .....

.....
[2]

14 Why might social media **not** be the most effective way of advertising an Over 65s football session?

.....

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

15 State **two** foods that are good sources of carbohydrates.

1 .....

2 .....
[2]

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16 TV coverage helps encourage people to participate in sport.

Give **two** arguments that **disagree** with this statement.

1 .....

.....

2 .....

.....

[2]

17 Give a **practical** example of player violence in a rugby match.

.....

.....

[1]

18 Which of the following is an example of **gamesmanship** in sport?

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

A Deliberately obstructing a player to waste time ☐

B Helping an opponent up from the ground ☐

C Shaking hands with an opponent ☐

D Tossing a coin at the start of a football match ☐

[1]

19 Is this statement true or false?

Surfing in the sea is an example of a closed skill.

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

20 Explain **two** ways regular physical activity can **benefit** an individual's **posture**.

1 .....

.....

2 .....

.....

[2]

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Section B

21 (a)* Engaging in physical activity provides many benefits for older people (Over 65s).

Describe the **social** benefits for older people and explain how they can minimise the risk of injury when participating in physical activity.

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

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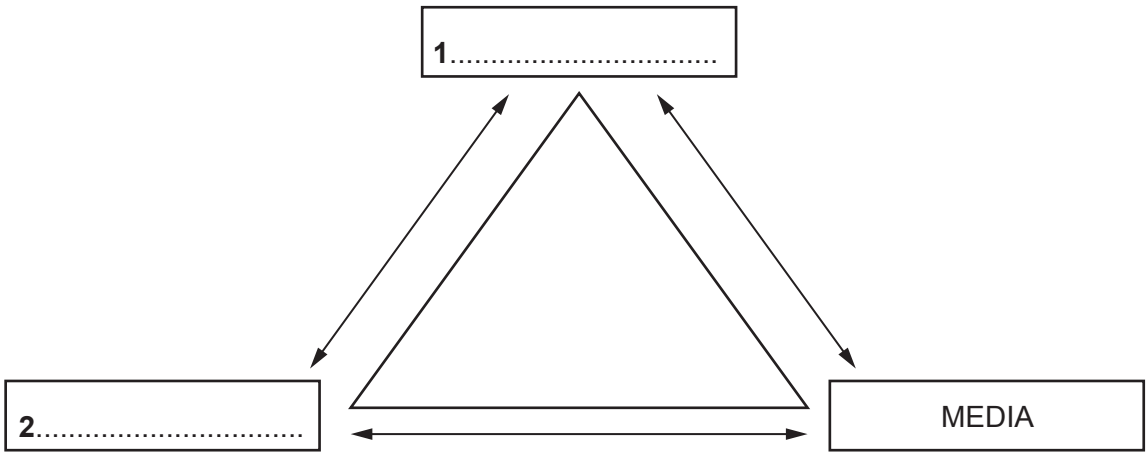
(b) The golden triangle is shown below but with two labels missing.

Write the missing terms in the boxes.



[2]

(c) The table below shows possible effects the media can have on the Olympics.

Place a tick (✓) next to the **two positive** effects.

Dictates event schedules	
Encourages armchair spectatorism	
Generates revenue for the Olympics	
Raises awareness of the Olympics	
Reduces spectators at live events	

[2]

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22 **(a)** A coach is working with a beginner gymnast and often uses verbal and visual guidance.

Identify **two** other types of guidance that the coach could use and give a practical example of each for gymnastics.

Type of **guidance**: .....

Example for **gymnastics**: .....

.....
[2]

Type of **guidance**: .....

Example for **gymnastics**: .....

.....
[2]

(b) A coach sets a goal of improving a sit and reach test result by 3 cm over a 6-week period.

Name **two** principles of SMART goal setting that this goal meets.

1 .....

2 .....
[2]

(c) State **two** reasons why a coach might set goals.

1 .....

2 .....
[2]

(d) A gymnast performs a successful backward somersault and lands it very neatly.

Using this example, describe **two** characteristics of **skilful** movement.

1 .....

.....

.....

2 .....

.....

.....
[2]

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23 **(a)** State **three** reasons why physical activity can **reduce** an individual's risk of **coronary heart disease** (CHD).

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(b) State **three** ways physical activity can help a young person with their emotional health and well-being.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

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(c) Ali has a bowl of porridge and some fruit for breakfast.

Ali then goes out on a bike ride and takes a cereal bar and some water with him.

Explain the impacts of these dietary choices on Ali's ability to perform well on the bike ride.

.....

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..... **[4]**

END OF QUESTION PAPER

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EXTRA ANSWER SPACE

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

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