

AQA **Surname** _____**Other Names** _____**Centre Number** _____**Candidate Number** _____**Candidate Signature** _____**GCSE****PHYSICAL EDUCATION****Paper 2:****Socio-cultural influences and well-being
in physical activity and sport****8582/2****Friday 18 May 2018 Afternoon****Time allowed: 1 hour 15 minutes****At the top of the page, write your
surname and other names, your centre
number, your candidate number and add
your signature.****[Turn over]**

For this paper you may use:

- **a calculator.**

INSTRUCTIONS

- **Use black ink or black ball-point pen. Pencil should only be used for drawing.**
- **Answer ALL questions.**
- **You must answer questions in the space provided. Do not write 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.**

DO NOT TURN OVER UNTIL TOLD TO DO SO

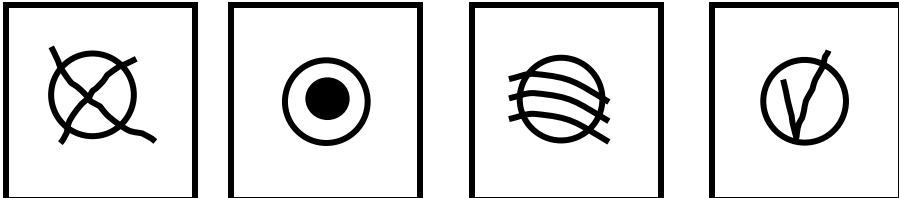


Answer ALL questions.

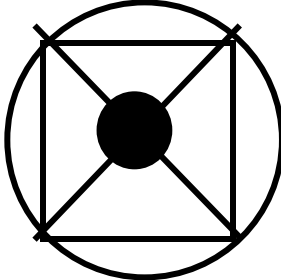
Only ONE answer per question is allowed.

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? [1 mark]

A Personal achievement

B Praise

C Pride

D Self-satisfaction

[Turn over]



0	2
---	---

Which **ONE** of these performance enhancing drugs is taken to reduce heart rate? [1 mark]

A Beta blockers

B Diuretics

C Peptide hormones (EPO)

D Stimulants

2



0	3
---	---

How much fat should a balanced diet contain? [1 mark]

A 15–20%

B 25–30%

C 35–40%

D 55–60%

[Turn over]



0	4
---	---

Which ONE of these is an example of indirect aggression? [1 mark]

A A boxer punching an opponent

B A judo performer throwing an opponent

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

D A tennis player hitting a shot with power

0	5
---	---

Which ONE of these activities is most suited to an introvert?
[1 mark]

A Association football

B Basketball

C Canoeing

D Rugby League

3

[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]

0 6 . 2

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

[2 marks]

1

2



0 6 . 3 Define obesity. [1 mark]

0 6 . 4 State TWO negative effects that obesity could have on an individual's MENTAL health. [2 marks]

1 _____

2 _____

[Turn over]



0 6 . 5

State TWO negative effects that obesity could have on an individual's SOCIAL health. [2 marks]

1

2

8



0 7

Skills can be classified in different ways.

0 7

.1

Define an open skill. [1 mark]

[Turn over]

07.2 Outline the difference between self-paced AND externally paced skills.

Use sporting examples in your answer. [4 marks]

07.3 Give an example of a complex skill.

Justify your choice. [4 marks]

Example _____

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.

16



TABLE 1

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

08.1 Plot the information shown in TABLE 1 on the graph paper, on page 19, to show the results from the putting tests and Milo’s target score.

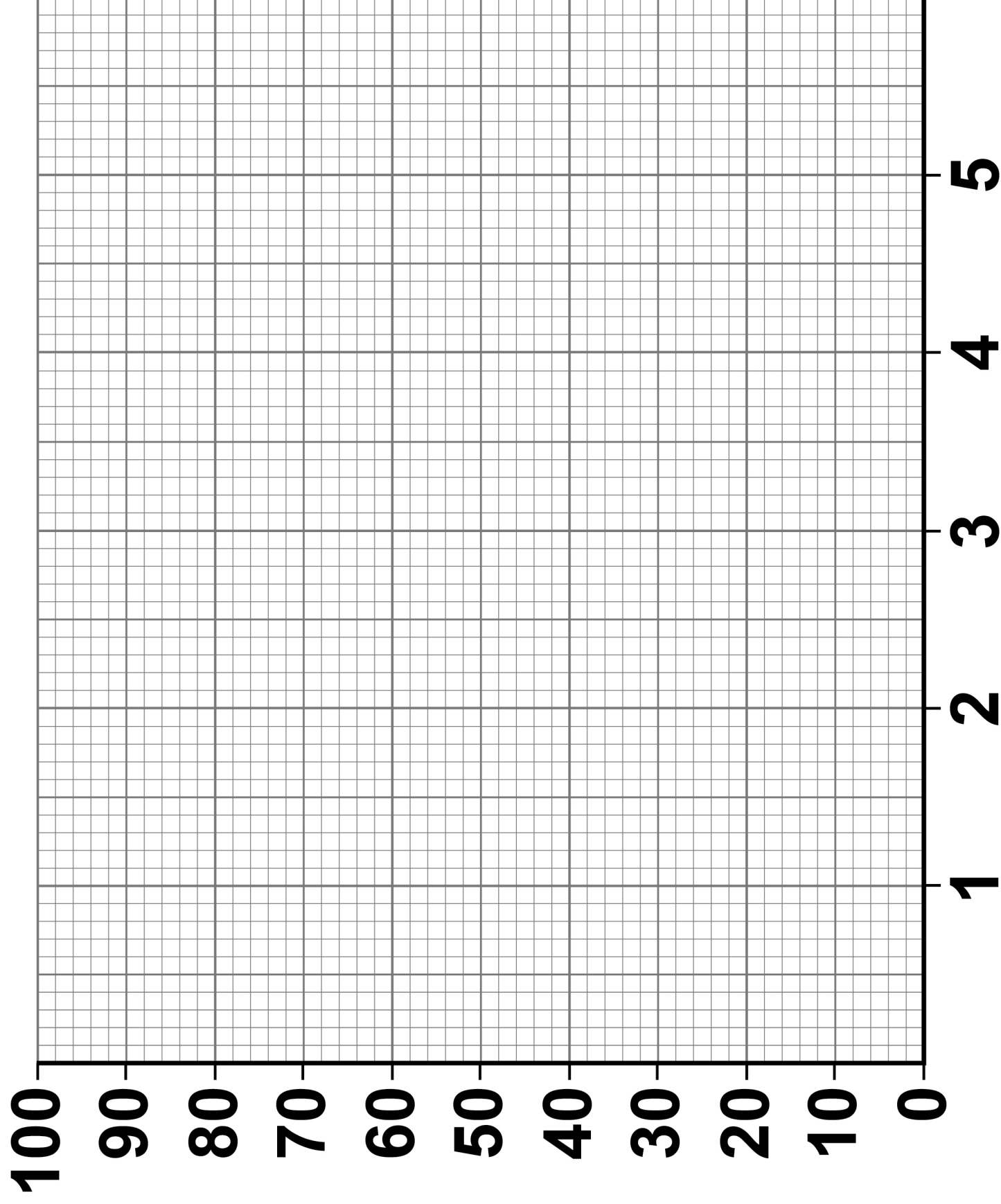
Label the axes and join up the points to make a line graph. [2 marks]

[Turn over]



BLANK PAGE





[Turn over]



BLANK PAGE



08.2

**Analyse the information in TABLE 1, on page 17.
Identify TWO ways Milo can make his target score
for week 5 'SMART'. [2 marks]**

1

2

[Turn over]



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]



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]

09.2 Explain how blood doping could improve the performance of a marathon runner. [3 marks]

6

[Turn over]

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]

7

[Turn over]



10

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
Gender	Male	Male	Female	Male	Female
Average calories/Day	2500	2300	1900	2200	2400



10.1 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]

[Turn over]



10.2 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 _____

2 _____

5

BLANK PAGE

[Turn over]



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

Define dehydration. [1 mark]

1 0 . 4 Explain TWO negative effects dehydration may have on the performance of a sports performer. [4 marks]

1

2

5

[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

[Turn over]



BLANK PAGE



1 | 1 | . | 2 Discuss the suitability of athletics as a sport for an individual with an endomorph somatotype. [4 marks]

8

[Turn over]



1 2

Hooliganism is often associated with the game of football.

Evaluate the effectiveness of strategies that are being used to combat hooliganism at football matches. [6 marks]

6

[Turn over]



1 3

Sport has become commercialised due to its relationship with sponsorship and the media.

Evaluate the impact that the media and sponsorship have had on sports performers. [9 marks]



There are no questions printed on this page

For Examiner's Use	
Page	Mark
6	
7-9	
10-12	
13-15	
19-23	
24-25	
26-27	
28-30	
32-33	
34-37	
38-41	
42-45	
TOTAL	

Copyright information

For confidentiality purposes, from the November 2015 examination series, acknowledgements of third party copyright material will be published in a separate booklet rather than including them on the examination paper or support materials. This booklet is published after each examination series and is available for free download from www.aqa.org.uk after the live examination series.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team, AQA, Stag Hill House, Guildford, GU2 7XJ.

Copyright © 2018 AQA and its licensors. All rights reserved.

IB/M/Jun18/IK/8582/2/E4

