



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

For this paper you may use:

- a calculator.

At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.

[Turn over]



BLANK PAGE



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

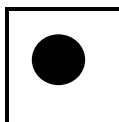


Answer ALL questions.

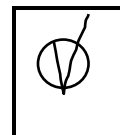
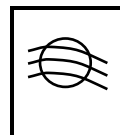
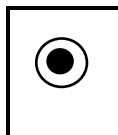
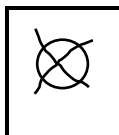
Only ONE answer per question is allowed.

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

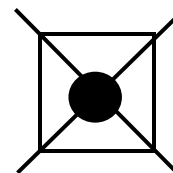
CORRECT METHOD



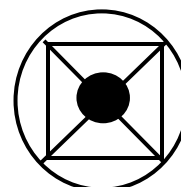
WRONG METHODS



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

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

[Turn over]



0 3 How much fat should a balanced diet contain?
[1 mark]

A 15–20%

B 25–30%

C 35–40%

D 55–60%

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



05

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]



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

1

2

8



07 Skills can be classified in different ways.

07.1 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]

[Turn over]



07.3 Give an example of a complex skill.

Justify your choice. [4 marks]

Example

9

[Turn over]



08

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
Successful putts	22	30	36	38	64

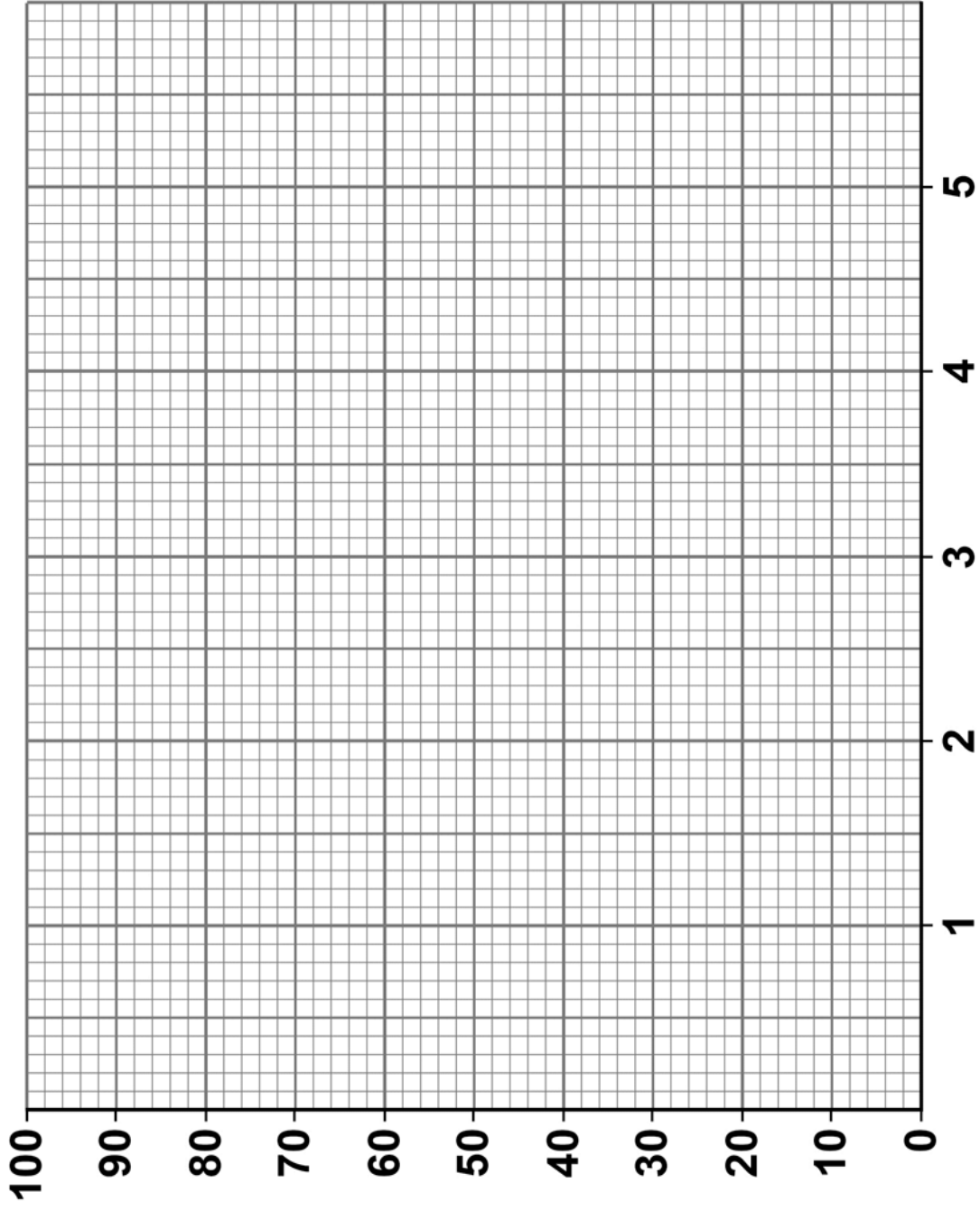
08.1

Plot the information shown in TABLE 1 on the graph paper, on the opposite page, 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





[Turn over]



BLANK PAGE



08.2

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

1

2

[Turn over]



08.3 Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5. [2 marks]

08.4 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]



09

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.

09.1

**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]

09.3 State **THREE** negative side effects that an athlete may suffer as a result of blood doping. [3 marks]

1 _____

2 _____

3 _____

09.4 Suggest the negative impacts that Russia's ban at the Olympics may have had on the sport of athletics. [4 marks]



7

[Turn over]



2 3

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
Gender	Male	Male	Female	Male	Female
Average calories/Day	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]



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

[Turn over]



1 0 . 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 _____



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

8



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]

[Turn over]



[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]



[Turn over]





9

END OF QUESTIONS



There are no questions printed on this page

For Examiner's Use	
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TOTAL	

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