
Answer **all** questions.

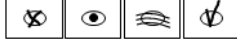
For questions with four responses only **one** answer per question is allowed.


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 intrinsic motivation when learning to swim?

- A Enjoying the swimming lessons
- B Moving on to the next swimming level
- C Receiving badges for distances swam
- D Receiving praise from the swimming teacher

[1 mark]

0 | **2**

Which **one** of these types of feedback should coaches **avoid** using with a beginner?

- A Extrinsic
- B Knowledge of results
- C Negative
- D Positive

[1 mark]

0 3Which **one** of these is an effect of blood doping?**A** A decreased red blood cell count**B** A decreased white blood cell count**C** An increased red blood cell count**D** An increased white blood cell count**[1 mark]****0 4**Which **one** of these somatotypes is most suited to high jumping?**A** Ectomorph**B** Endomorph**C** Mesomorph**[1 mark]****0 5**

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

A 1500**B** 2000**C** 2500**D** 3000**[1 mark]****0 6**Which **one** of these is the 'S' in SMART targets of goal setting?**A** Simple**B** Sound**C** Special**D** Specific**[1 mark]**

0 7 . **1** Define gamesmanship.

[1 mark]

0 7 . **2** Describe **two** examples of gamesmanship in sporting activities of your choice.

[2 marks]

1.

2.

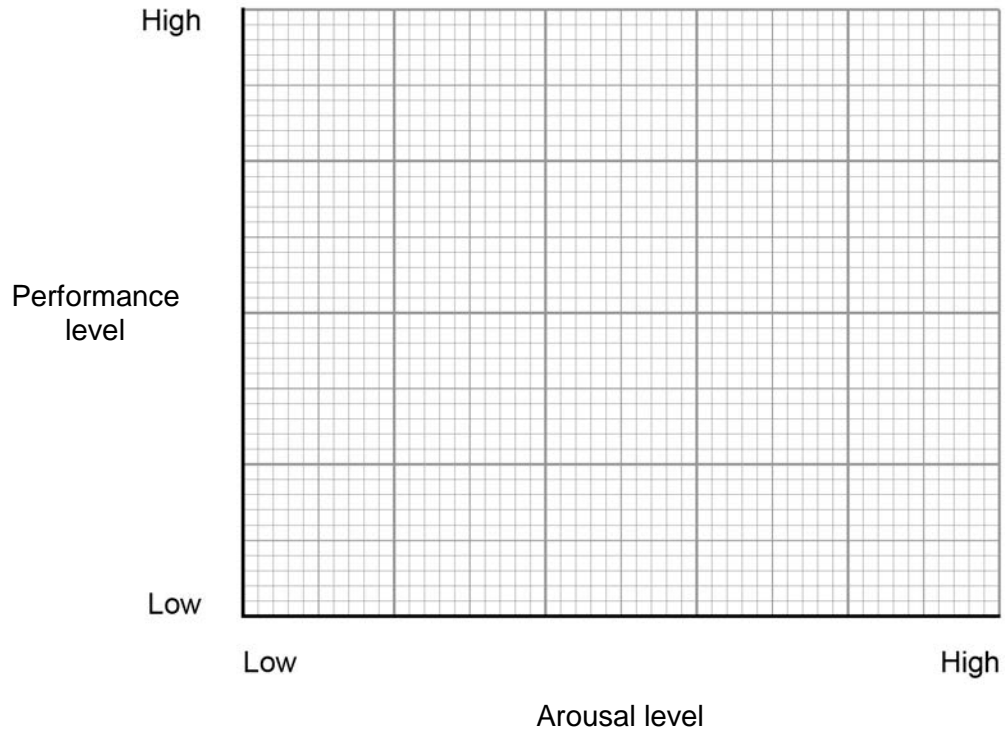
0 8 . **1** Define arousal.

[1 mark]

- 0 8** . **2** Complete **Figure 1** by sketching a graph to show the shape of the inverted-U theory in relation to arousal (low to high) and performance (low to high).

[1 mark]

Figure 1 – Inverted-U theory graph



- 0 8** . **3** Describe the relationship between arousal and performance as shown in the inverted-U theory.

[2 marks]

Question 08 continues on the next page

0 8 . **4** Name **two** stress management techniques **and** explain how they could be used to control arousal in named sporting activities of your choice. **[4 marks]**

0 9 In 2015, Manchester City footballer, Jill Scott, was sent off for an aggressive act in a game against Arsenal ladies.

0 9 . **1** Explain the difference between direct aggression and indirect aggression in physical activity and sport. **[2 marks]**

0 9 . **2** Describe how direct aggression may be used to improve performance. Use an example in your answer. **[2 marks]**

0 9 . **3** Describe how indirect aggression may be used to improve performance.

Use an example in your answer.

[2 marks]

0 9 . **4** The winners of the FA Women's Super League win a trophy at the end of the season.

Evaluate the use of a trophy as a form of extrinsic motivation.

[3 marks]

Turn over for the next question

1 0

A group of five friends have recently calculated their body mass indexes (BMI) and have researched how to follow a balanced diet. Their current BMI scores are shown in **Table 1**.

Table 1 – The BMI scores of a group of five friends

Friend	Friend1	Friend 2	Friend 3	Friend 4	Friend 5
BMI score	38	21	29	31	30

1 0 . **1**

Analyse the information shown in **Table 1** and identify which of the friends are classified as obese. Justify your answer.

[2 marks]

1 0 . **2**

What is a balanced diet?

[3 marks]

1 0 . **3**

One possible consequence of a sedentary lifestyle is obesity.

Identify **two** other consequences of a sedentary lifestyle.

[2 marks]

1.

2.

1 1

Katie is a newly qualified PE teacher at a primary school. She is using verbal guidance in her teaching.

Discuss the suitability of verbal guidance when teaching at a primary school.

[4 marks]

1 2

Explain what sports would suit the following personality types:

- introvert
- extrovert.

[2 marks]

- 1 3** . **1** Many performance enhancing drugs (PEDs) are not allowed in sport. However, some performers still take them because of the positive effect that they have on their bodies. Taking PEDs can also cause negative side effects.

Complete **Table 2** to identify **one** positive effect of anabolic agents on the performer's body **and one** possible negative side effect of diuretics on the performer's body.

[2 marks]

Table 2 – Performance enhancing drugs and their effects

Performance enhancing drug	One positive effect on the performer's body	One possible negative side effect on the performer's body
Anabolic agents		High blood pressure
Diuretics	Increased amount of water excreted in urine	

- 1 3** . **2** Performers face lengthy bans from competing if they are caught taking a performance enhancing drug.

Identify **two** possible non-physiological reasons why a performer may risk taking a performance enhancing drug.

[2 marks]

1.

2.

1 3 . **3** Using a sporting activity of your choice, suggest why performers may use beta blockers.

[2 marks]

1 4 Correct etiquette is expected in sporting activities.

1 4 . **1** Define etiquette.

[1 mark]

1 4 . **2** Describe **two** examples of correct sporting etiquette.

[2 marks]

1.

2.

1 5 . **1** State **three** types of sponsorship an individual may receive.

[3 marks]

1.

2.

3.

1 5 . **2** Explain how **two** types of sponsorship may improve an individual's performance. **[2 marks]**

1. _____

2. _____

1 6 Outline **three** benefits of taking part in physical activity and sport to an individual's physical health and well-being. **[3 marks]**

1. _____

2. _____

3. _____

1 7

A group of amateur runners are attempting their first marathon. Some of the runners take advantage of the drinks offered to them during the race whilst others do not.

1 7 . 1

Evaluate the actions of the runners who do not take advantage of the drinks available.

[3 marks]

1 7 . 2

Classify the skill of marathon running using each of the following classifications:

- basic/complex
- open/closed
- self-paced/externally-paced
- gross/fine.

Explain your choices.

[4 marks]

END OF QUESTIONS

There are no questions printed on this page

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**