

Physical Education
Component 2: Health and Performance

Friday 17 May 2019 – Afternoon

Time: 1 hour 15 minutes,
plus your additional time allowance

You do not need any other materials.

See the Instructions, Information and Advice
on the next page.

Candidate surname					
Other names					
Centre Number					
Candidate Number					

Instructions

- Use **BLACK** ink or ball-point pen.
- **FILL IN THE BOXES** on the front page with your name, centre number and candidate number.
- Answer **ALL** questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is **70**.
- The marks for **EACH** question are shown in brackets – use this as a guide as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☐. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☐.

1 (a) Which ONE of the following is a social health benefit of participation in physical activity? (1 mark)

☐ **A Aesthetic appreciation**

☐ **B Cooperation**

☐ **C Improved fitness**

☐ **D Stress relief**

(Question continues on next page)

(b) Which ONE of the following would be classified as a low organisation skill? (1 mark)

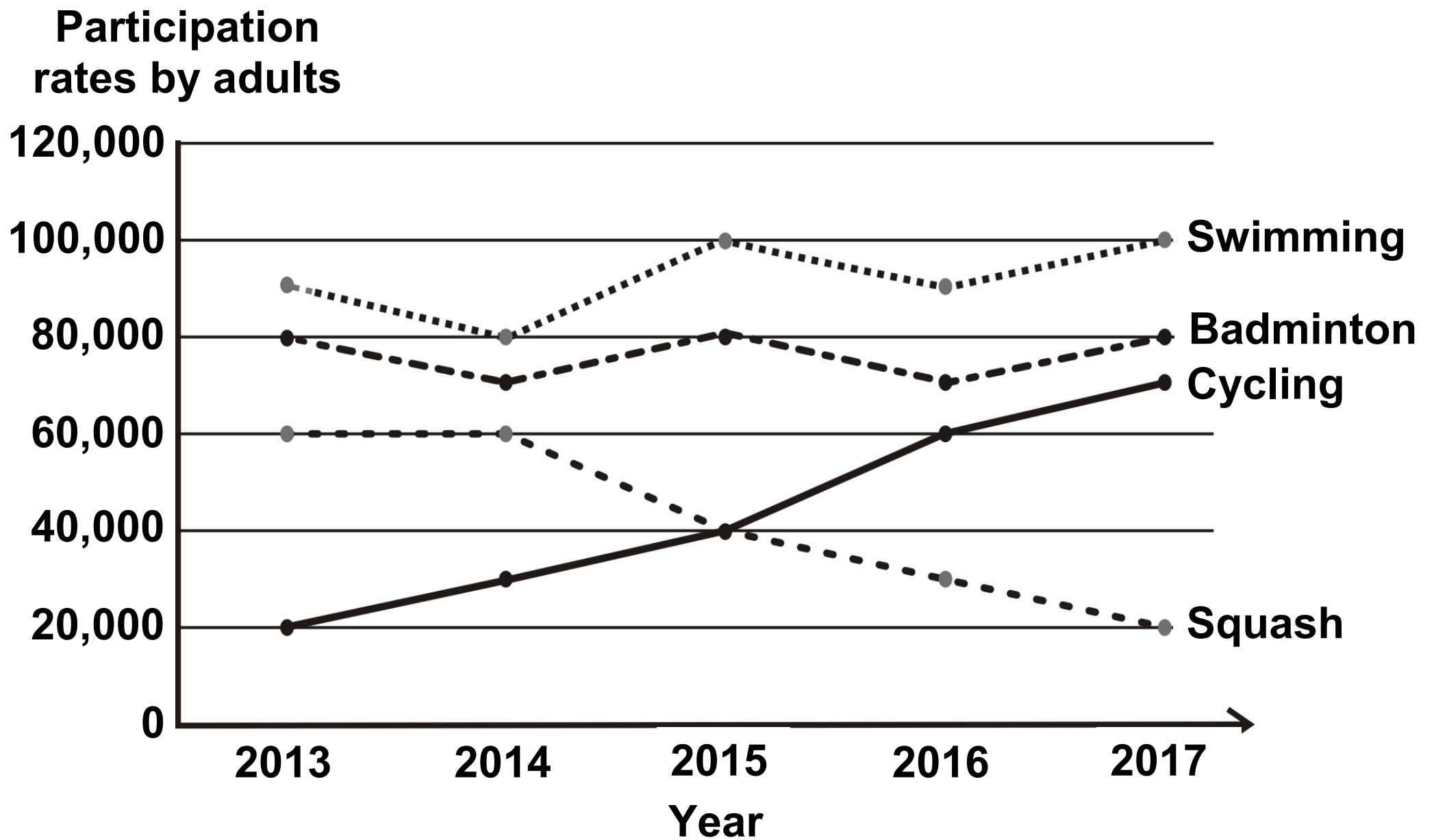
- ☐ **A A skill always performed in a predictable environment**
- ☐ **B A skill requiring lots of thought to carry out**
- ☐ **C A skill that can be broken down easily into phases**
- ☐ **D A skill that does not have a clear beginning and end**

(Question continues on next page)

For Questions 1(c) and 1(d) use FIGURE 1 to decide whether A, B, C or D is correct.

FIGURE 1 shows participation rates in four different sports by adults in Greater London between 2013 and 2017.

FIGURE 1



(Continues on next page)

(c) Identify the sport with the greatest increase in participation rates between 2013 and 2017. (1 mark)

☐ **A Badminton**

☐ **B Cycling**

☐ **C Squash**

☐ **D Swimming**

(Question continues on next page)

(d) Identify the sport that has the same participation rate in 2013 and 2017. (1 mark)

☐ **A Badminton**

☐ **B Cycling**

☐ **C Squash**

☐ **D Swimming**

(Question continues on next page)

(e) Identify the term being described.

Feedback given at the same time as the skill is performed. (1 mark)

☐ **A Concurrent**

☐ **B Manual**

☐ **C Visual**

☐ **D Terminal**

(Question continues on next page)

(f) Which ONE of the following is the MOST likely risk of drinking too much alcohol over a long period of time? (1 mark)

- ☐ **A Arthritis**
- ☐ **B Liver damage**
- ☐ **C Lung cancer**
- ☐ **D Osteoporosis**

(Total for Question 1 = 6 marks)

2 Matilda has been training with friends to run in a marathon. This is a social health benefit for Matilda.

(a) State TWO other types of health benefit. (2 marks)

1

2

(Question continues on next page)

- (b) Matilda does not smoke cigarettes, however some of her friends smoke regularly.

**Explain ONE reason why NOT smoking would be an advantage for Matilda when running a marathon.
(2 marks)**

(Total for Question 2 = 4 marks)

3 Explain ONE strength and ONE weakness for the SMART target below.

‘I keep dropping the ball in netball so I want to improve my coordination in the next month’.

(a) Strength (2 marks)

(Continue answer on next page)

(b) Weakness (2 marks)

(Total for Question 3 = 4 marks)

- 4 Lucas is a 100 m backstroke swimmer. He uses goal setting at the start of the season to improve his performance.

Give THREE reasons why goal setting is important for Lucas.
(3 marks)

1

2

(Continue answer on next page)

(Turn over)

3

(Total for Question 4 = 3 marks)

5 **FIGURE 2 and FIGURE 3 show a tennis serve in an outdoor doubles match and its classification on the open-closed skill continuum.**

FIGURE 2

Tennis player serving



FIGURE 3



(Continues on next page)

Justify, using examples, why the tennis serve has not been placed at the extreme end of the closed part of the continuum. (4 marks)

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(Total for Question 5 = 4 marks)

(Turn over)

6 (a) Define the term sportsmanship. (1 mark)

(Question continues on next page)

(b) Explain the difference between gamesmanship and deviancy in sport. (2 marks)

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(Total for Question 6 = 3 marks)

7 Explain TWO reasons why massed practice would be suitable for use with an experienced basketball player. (4 marks)

1

(Continue answer on next page)

2

(Total for Question 7 = 4 marks)

- 8 (a) Identify the types of guidance being used in FIGURE 4 and FIGURE 5.

FIGURE 4



FIGURE 5



- (i) Type of guidance in FIGURE 4: (1 mark)

- (i) Type of guidance in FIGURE 5: (1 mark)

(Question continues on next page)

(Turn over)

- (b) Fatima is coaching netball to young children in her local primary school. She is using verbal guidance in her coaching.

Explain TWO disadvantages of using verbal guidance when coaching young children. (4 marks)

1

2

(Total for Question 8 = 6 marks)

(Turn over)

9 Sleep is essential to recover from the day.

State TWO negative effects of lack of sleep on physical health and well-being. (2 marks)

1

2

(Total for Question 9 = 2 marks)

10 Many professional football clubs use quantitative data to measure the performance of their players.

TABLE 1 shows some of the data collected on three players during a football match.

TABLE 1

	PLAYER 1	PLAYER 2	PLAYER 3
Distance run	8•1 km	7•6 km	7•2 km
Successful passes	54	50	38
Unsuccessful passes	5	6	11
Tackles	16	12	25
Shots on target	2	3	0
Shots off target	5	1	5
Interceptions	2	4	7
Successful headers	5	3	12

(Continues on next page)

Analyse the data suggesting TWO strengths and TWO weaknesses of Player 3.

(a) Strengths (2 marks)

1

2

(b) Weaknesses (2 marks)

1

2

(Total for Question 10 = 4 marks)

(Turn over)

11 A balanced diet is made up of macronutrients, micronutrients, fibre and water.

(a) Identify TWO micronutrients. (2 marks)

1

2

(Question continues on next page)

- (b) Protein is a key factor in the diet of an elite power athlete such as a weightlifter.**

Explain why it is important for weightlifters to consider the timing of their protein intake. (3 marks)

[illegible]

(Total for Question 11 = 5 marks)

12 Explain the energy balance equation for maintaining a healthy weight. (3 marks)

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(Total for Question 12 = 3 marks)

- 13 The cyclist Lance Armstrong lost his sponsorship from Nike for taking performance enhancing drugs.**

Explain why Nike ended Lance Armstrong's sponsorship deal. (4 marks)

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(Total for Question 13 = 4 marks)

14 Evaluate the importance of intrinsic and extrinsic feedback for a player in an under 12 hockey team. (9 marks)

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(Total for Question 14 = 9 marks)

15 Discuss the impact a sedentary lifestyle can have on physical health. (9 marks)

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(Total for Question 15 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

Sources

Q5, Figure 2: (Source: © Sebastian Luis Acosta/Getty Images)

Q8, Figure 4: (Source: ©GONZALO/Bauer-Griffin/Getty Images)

Q8, Figure 5: (Source: ©Undrey/Shutterstock)