

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.**

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.

(Turn over)

Answer ALL questions. Write your answers in the space 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)

(Turn over)

(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**

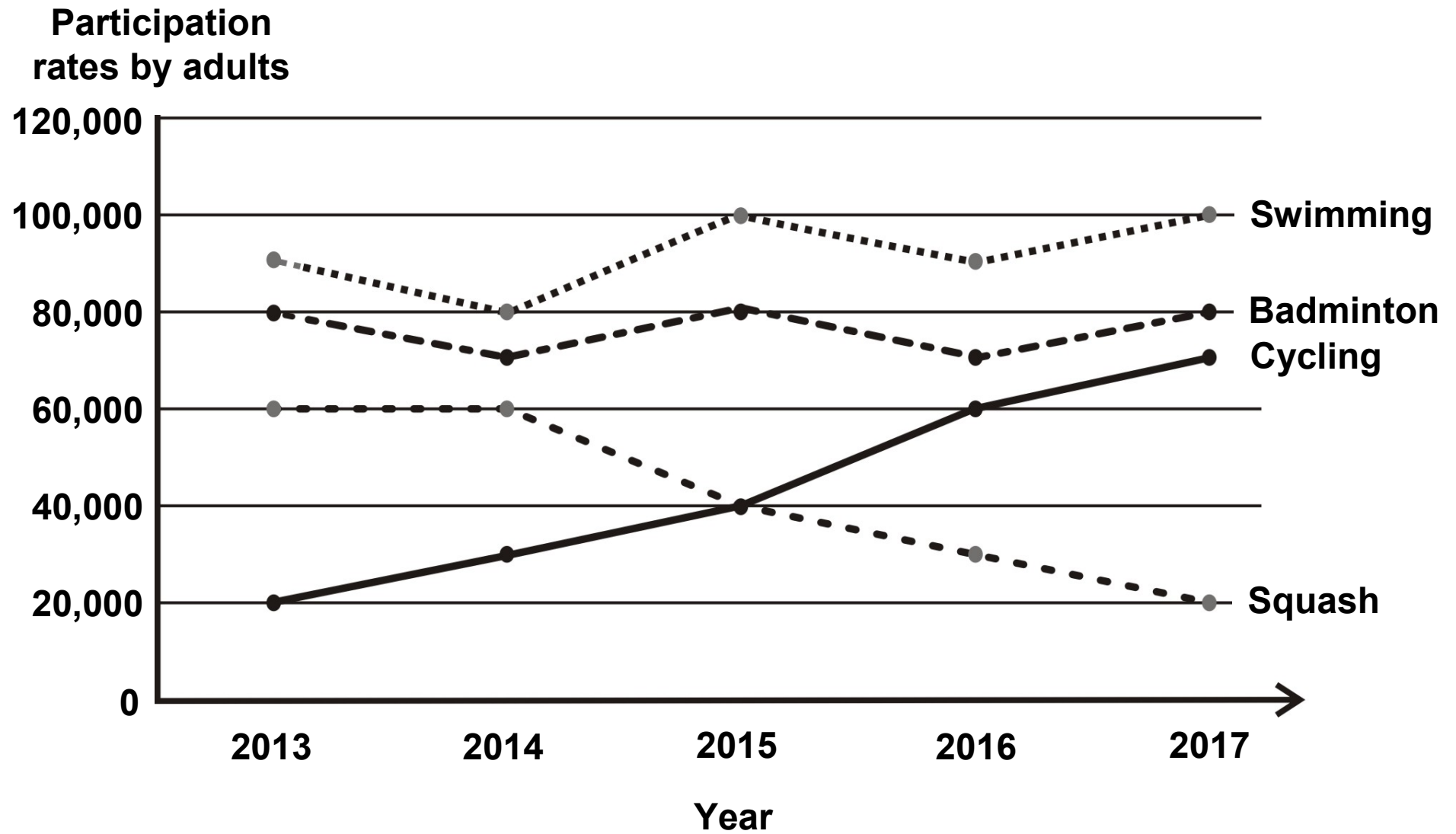
(Question continues on next page)

(Turn over)

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

FIGURE 1 (on the next page) shows participation rates in four different sports by adults in Greater London between 2013 and 2017.

FIGURE 1



(Turn over)

- (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**

- (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)

(Turn over)

(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**

(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)

(Turn over)

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)

(Turn over)

- (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)

(Turn over)

(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)

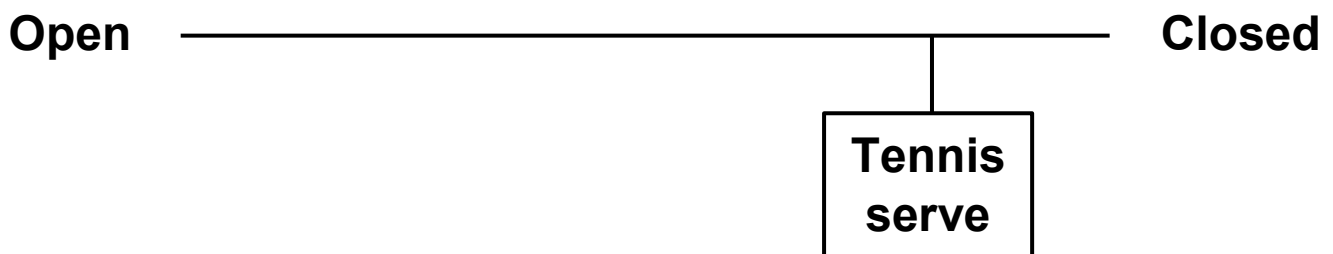
- 5 **FIGURE 2 and FIGURE 3 show a tennis serve in an outdoor doubles match and its classification on the open-closed skill continuum.**

FIGURE 2

Tennis player serving



FIGURE 3



(Continues on next page)

(Turn over)

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

[illegible]

(Continue answer on next page)

(Turn over)

(Total for Question 5 = 4 marks)

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

(Question continues on next page)

(Turn over)

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

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(Total for Question 6 = 3 marks)

(Turn over)

- 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)

(Turn over)

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

(Continue answer on next page)

(Turn over)

2

(Total for Question 8 = 6 marks)

9 Sleep is essential to recover from the day.

State TWO negative effects of lack of sleep on physical health and well-being.

1

2

(Total for Question 9 = 2 marks)

(Turn over)

- 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)

(Turn over)

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

(a) Strengths (2 marks)

1

2

(Continue answer on next page)

(Turn over)

(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)

(Turn over)

- (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)

(Turn over)

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

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(Total for Question 12 = 3 marks)

(Turn over)

- 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)

(Continue answer on next page)

(Turn over)

(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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(Turn over)

(Turn over)

(Turn over)

(Turn over)

(Total for Question 14 = 9 marks)

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

[illegible]

(Continue answer on next page)

(Turn over)

(Turn over)

(Turn over)

(Turn over)

(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)