

Physical Education
COMPONENT 2: Health
and Performance

Total Marks

Time: 1 hour 15 minutes

In the boxes below, write your name, centre number and candidate number.

Surname					
Other names					
Centre Number					
Candidate Number					

YOU MUST HAVE

Nil

YOU WILL BE GIVEN

Diagram Booklet

INSTRUCTIONS

Answer ALL questions.

Answer the questions in the spaces provided in this Question Paper or in the separate Diagram Booklet – 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.

There may be spare copies of some diagrams.

Turn over

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 skills would be placed towards the OPEN end of the open-closed skill continuum?
(1 mark)**

- ☐ **A A footballer dribbling around a defender**
- ☐ **B A gymnast performing a handstand**
- ☐ **C A high board diver performing a double somersault**
- ☐ **D An athlete throwing a javelin**

(continued on the next page)

1 continued.

**(b) Which ONE of the following is a description of a HIGH ORGANISATION skill?
(1 mark)**

- ☐ **A A skill that can be broken down easily into different phases**
- ☐ **B A skill that cannot be broken down and practised separately**
- ☐ **C A skill that is affected by the environment**
- ☐ **D A skill that requires little concentration to execute**

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1 continued.

**(c) Which ONE of the following affects optimum weight?
(1 mark)**

☐ **A Age**

☐ **B Bone structure**

☐ **C Ethnicity**

☐ **D Fitness**

(continued on the next page)

Turn over

1 continued.

(d) Which ONE of the following is associated with a sedentary lifestyle? (1 mark)

☐ **A Cycling 5 km to work every day**

☐ **B Eating five portions of fruit and vegetables every day**

☐ **C Sitting still at work every day**

☐ **D Walking up the stairs instead of taking the lift every day**

(continued on the next page)

Turn over

1 continued.

Look at FIGURE 1 for Questions 1(e) and 1(f) in the Diagram Booklet.

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

FIGURE 1 shows the reasons for red cards in the Premier Football League between the 2014/15 and 2017/18 seasons.

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1 continued.

**(e) Which ONE of the following reasons causes the LOWEST percentage of red cards each season?
(1 mark)**

☐ **A Handled ball**

☐ **B Professional foul**

☐ **C Second yellow card**

☐ **D Violent conduct**

(continued on the next page)

1 continued.

**(f) Identify the season when the largest percentage of players received a second yellow card.
(1 mark)**

☐ **A 2014/15**

☐ **B 2015/16**

☐ **C 2016/17**

☐ **D 2017/18**

(Total for Question 1 = 6 marks)

Turn over

2 Participation in sport and physical activity can bring many health benefits.

Look at TABLE 1 for Question 2(a) in the Diagram Booklet. Complete TABLE 1 by:

- (a) Stating the TYPE of each of the following health benefits.
(3 marks)**

(continued on the next page)

2 continued.

**(b) Describe how participation in sport and physical activity can improve co-operation.
(2 marks)**

(Total for Question 2 = 5 marks)

Turn over

- 3 Regular exercise can reduce the risk of coronary heart disease and osteoporosis.**

Explain TWO OTHER long-term health risks that can be reduced through regular participation in exercise.

**Long-term health risk 1
(3 marks)**

(continued on the next page)

Turn over

3 continued.

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3 continued.

**Long-term health risk 2
(3 marks)**

(continued on the next page)

Turn over

3 continued.

(Total for Question 3 = 6 marks)

4 Look at FIGURE 3 for Question 4(a) in the Diagram Booklet. It shows three locations on the basic–complex skill continuum.

**(a) Identify, using A, B or C in FIGURE 3, where on the basic–complex skill continuum a rugby scrum would MOST likely be placed.
(1 mark)**

(continued on the next page)

4 continued.

**(b) State TWO differences between a basic skill and a complex skill.
(2 marks)**

1 _____

(continued on the next page)

4 continued.

2 _____

(Total for Question 4 = 3 marks)

- 5 Pavel is a 100 m breaststroke swimmer. He uses SMART targets to improve his performance.**

Explain why Pavel's SMART targets should be REALISTIC and TIME-BOUND.

**(i) REALISTIC
(2 marks)**

(continued on the next page)

Turn over

5 continued.

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5 continued.

**(ii) TIME-BOUND
(2 marks)**

(Total for Question 5 = 4 marks)

Turn over

6 A football coach provides feedback to an under 11 football team AFTER a game has finished.

**(a) State the TYPE of feedback being used by the football coach after the game has finished.
(1 mark)**

(continued on the next page)

6 continued.

**(b) Explain why CONCURRENT
feedback from the football coach
could improve the performance of
the football team.
(3 marks)**

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Turn over

6 continued.

(Total for Question 6 = 4 marks)

7 Mental rehearsal is a technique used by many athletes to improve performance.

**State TWO benefits of mental rehearsal.
(2 marks)**

1 _____

(continued on the next page)

7 continued.

2 _____

(Total for Question 7 = 2 marks)

8 The NHS recommends that teenagers have 8 to 10 hours of sleep a day to maintain the correct work/sleep balance for good health.

**Explain why a lack of sleep can have a NEGATIVE impact on PHYSICAL health.
(2 marks)**

(Total for Question 8 = 2 marks)

Turn over

- 9 Bella is being taught to swim using a float for mechanical guidance.

State ONE advantage and ONE disadvantage of using mechanical guidance when teaching Bella to swim.

(i) Advantage
(1 mark)

(continued on the next page)

9 continued.

**(ii) Disadvantage
(1 mark)**

(Total for Question 9 = 2 marks)

10 Coaches use different types of practice structure to teach different skills.

**Explain why VARIABLE practice is used to develop open skills.
(2 marks)**

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Turn over

10 continued.

(Total for Question 10 = 2 marks)

11 Look at TABLE 2 for Question 11 in the Diagram Booklet.

Serena's tennis coach has carried out an analysis of her last match. The data collected is shown in TABLE 2.

Analyse the data in TABLE 2 to determine TWO strengths and TWO weaknesses of Serena's performance.

**(a) Strengths
(2 marks)**

1 _____

2 _____

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Turn over

11 continued.

**(b) Weaknesses
(2 marks)**

1 _____

2 _____

(Total for Question 11 = 4 marks)

12 During a football match, a player may display SPORTSMANSHIP or GAMESMANSHIP.

**(a) Describe the difference between SPORTSMANSHIP and GAMESMANSHIP.
(2 marks)**

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12 continued.

**(b) Explain the importance of elite performers demonstrating SPORTSMANSHIP.
(3 marks)**

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Turn over

12 continued.

(Total for Question 12 = 5 marks)

13 Deviant behaviour in elite level sport, such as taking performance-enhancing drugs, has consequences for sport.

**Give THREE consequences of deviancy for SPORT.
(3 marks)**

1 _____

2 _____

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13 continued.

3 _____

(Total for Question 13 = 3 marks)

14 Explain ONE advantage and ONE disadvantage of sponsorship for SPORT.

**(i) Advantage
(2 marks)**

(continued on the next page)

Turn over

14 continued.

**(ii) Disadvantage
(2 marks)**

(Total for Question 14 = 4 marks)

Turn over

15 Ethnicity and gender are two of the personal factors that can have a negative impact on adults' participation in sport.

**Evaluate THREE OTHER personal factors which can negatively impact on an adult's participation in sport.
(9 marks)**

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15 continued.

(Total for Question 15 = 9 marks)

16 Look at FIGURE 6 for Question 16 in the Diagram Booklet. It shows Demitri, who is an elite power athlete, throwing the hammer.

**Evaluate the importance of PROTEIN, CARBOHYDRATES and VITAMINS for elite power athletes such as Demitri.
(9 marks)**

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16 continued.

(Total for Question 16 = 9 marks)

TOTAL FOR PAPER = 70 MARKS
END OF PAPER