

**Physical Education**  
**COMPONENT 2: Health and Performance**

Total Marks
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**Thursday 8 June 2023 – Morning**

**Time: 1 hour 15 minutes**

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

<b>Surname</b>					
<b>Other names</b>					
<b>Centre Number</b>					
<b>Candidate Number</b>					

**YOU MUST HAVE**

**Nil**

**YOU WILL BE GIVEN**

**Diagram Booklet**

**INSTRUCTIONS**

**Answer ALL questions in Sections A, B and C.**

**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 60.**

**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.**

**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 ☒.**

## **SECTION A – Health, fitness, and wellbeing**

- 1 (a) Which ONE of the following is MOST likely to be a consequence of a sedentary lifestyle?**  
**(1 mark)**

- ☐ **A    Bronchitis**
- ☐ **B    Lung cancer**
- ☐ **C    Muscle tone**
- ☐ **D    Osteoporosis**

**(continued on the next page)**

**1 continued.**

**(b) Which ONE of the following performers is MOST likely to use a protein supplement to enhance performance?**  
**(1 mark)**

- ☐ **A A discus thrower**
- ☐ **B A golfer**
- ☐ **C A jockey**
- ☐ **D A netball player**

**(Total for Question 1 = 2 marks)**

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**2 Cassandra has recently moved to a new school.**

**To help her make friends she has joined the netball club at school.**

**(a) Identify the TYPE of health benefit for Cassandra when making new friends.**

**(1 mark)**

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**(continued on the next page)**

**2 continued.**

- (b) State TWO emotional health benefits that joining the school netball club could have for Cassandra. (2 marks)**

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**(Total for Question 2 = 3 marks)**

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**3 Bone structure is one factor that can affect optimum weight.**

**(a) State TWO OTHER factors that can affect optimum weight.  
(2 marks)**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**(continued on the next page)**

**3 continued.**

**Taylor is an international rugby player. He is 180 cm tall and weighs 100 kg. Look at FIGURE 1 for Question 3(b) in the Diagram Booklet. It shows a BMI scale that places him in the obese category indicated by the black dot.**

- (b) Explain why a rugby player such as Taylor is considered at his OPTIMUM weight even though he is rated as obese on the BMI scale as shown in FIGURE 1.**  
**(3 marks)**

**Answer space continues on the next page.**

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**3(b) continued.**

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**(Total for Question 3 = 5 marks)**

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- 4 Sarah has been training in preparation for a boxing match.

She can only fight other boxers of a similar weight, therefore she needs to maintain her weight.

- (a) Explain, using the energy balance equation, how Sarah can maintain the correct weight.  
(4 marks)

Answer space continues on the next page.

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**4(a) continued.**

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**(b) State why it is important for Sarah to drink water during her training.  
(1 mark)**

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**(Total for Question 4 = 5 marks)**

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- 5 Look at FIGURE 2 for Question 5 in the Diagram Booklet. It shows athletes competing in a triathlon.**

**A triathlon consists of a long-distance run, a cycle ride and a swim.**

**Explain how CARBOHYDRATE LOADING could be used to improve the triathletes' performance in the race.**

**(4 marks)**

**Answer space continues on the next page.**

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**5 continued.**

[illegible]

**(Total for Question 5 = 4 marks)**

**TOTAL FOR SECTION A = 19 MARKS**

**Turn over**

**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 ☒.**

**SECTION B – Sport psychology and socio-cultural influences**

- 6 (a) Which ONE of the following is an example of DEVIANCE in sport?**  
**(1 mark)**

- ☐ **A Accepting a referee's decision in hockey**
- ☐ **B Blood doping in athletics**
- ☐ **C Shaking hands at the end of a netball match**
- ☐ **D Verbally insulting a batsman in cricket**

**(continued on the next page)**

**6 continued.**

**(b) Which ONE of the following activities would MOST likely have the HIGHEST participation rates due to low socio-economic grouping?  
(1 mark)**

- ☐ **A    Golf**
- ☐ **B    Horse riding**
- ☐ **C    Running**
- ☐ **D    Skiing**

**(continued on the next page)**

**6 continued.**

**Look at FIGURE 3 for Questions 6(c) and 6(d) in the Diagram Booklet. Use FIGURE 3 to decide whether A, B, C or D is correct.**

**FIGURE 3 shows a comparison of the percentage of prize money earned by men and women in four different sports.**

- (c) Identify the sport in which women earn as much as men according to the data in FIGURE 3.**  
**(1 mark)**

- ☐ **A    Athletics**
- ☐ **B    Cricket**
- ☐ **C    Football**
- ☐ **D    Golf**

**(continued on the next page)**



**6 continued.**

- (d) Identify the sport where there is the GREATEST difference in prize money between men and women according to the data in FIGURE 3.**  
**(1 mark)**

- ☐ **A    Athletics**
- ☐ **B    Cricket**
- ☐ **C    Football**
- ☐ **D    Golf**

**(Total for Question 6 = 4 marks)**

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- 7 Look at FIGURE 4 for Question 7 in the Diagram Booklet. It shows a game of cricket. A bowler will bowl repeatedly in a game.**

**Look at FIGURE 5 for Question 7 in the Diagram Booklet. The bowling action in cricket would be placed on the open–closed skills continuum somewhere in the middle as shown in FIGURE 5.**

**Justify why the bowling action in cricket is NEITHER a fully open NOR a fully closed skill.  
(4 marks)**

**Answer space continues on the next page.**

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**7 continued.**

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**(Total for Question 7 = 4 marks)**

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- 8 Look at FIGURE 6 for Question 8 in the Diagram Booklet. It shows a coach demonstrating how to play the overhead clear in badminton.**

**A demonstration is an example of visual guidance.**

- (a) Give ONE OTHER example of visual guidance.  
(1 mark)**

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**(continued on the next page)**

**8 continued.**

**(b) Explain ONE advantage and ONE disadvantage of using a demonstration as visual guidance for beginners.**

**(i) ADVANTAGE**  
**(2 marks)**

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**Turn over**

**8(b) continued.**

**(ii) DISADVANTAGE**  
**(2 marks)**

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**(Total for Question 8 = 5 marks)**

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- 9 Sports skills can be classified on the basic–complex skills continuum.**

**Look at TABLE 1 for Question 9 in the Diagram Booklet. Complete Table 1 by:**

- (a) Stating the meaning of basic and complex skills.**
- (b) Giving an example of a basic and complex skill in physical activity.**

**(Total for Question 9 = 4 marks)**

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**10 Personal factors such as disability and socio-economic group can affect participation in sport and physical activity.**

**(a) State TWO OTHER personal factors that can affect participation rates.  
(2 marks)**

**Answer space continues on the next page.**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**(continued on the next page)**



**10 continued.**

- (b) Explain TWO reasons why a person's disability may affect their participation in sport and physical activity.  
(4 marks)**

**Answer space continues on the next page.**

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**10(b) continued.**

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**(Total for Question 10 = 6 marks)**

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**11 Look at FIGURE 7 for Question 11 in the Diagram Booklet. It shows the football shirt revenues for three different European leagues between seasons 2013/14 and 2019/20.**

**(a) Identify the season in which the English Premier League received a fall in revenue according to the data in FIGURE 7.**

**(1 mark)**

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**(b) Predict the MOST LIKELY trend in the amount of revenue for the German Bundesliga for season 2023/24 according to the data in FIGURE 7.**

**(1 mark)**

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**11 continued.**

- (c) Explain why some sports do NOT receive as much sponsorship money as other sports.  
(2 marks)**

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**(continued on the next page)**

**11 continued.**

**Many sports have made changes to their rules to increase the benefits from commercialisation and the media.**

- (d) Explain ONE reason why rule changes make sport more attractive to sponsors.  
(2 marks)**

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**(Total for Question 11 = 6 marks)**

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**12 (a) Define sportsmanship.  
(1 mark)**

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**(continued on the next page)**

**12 continued.**

- (b) State TWO ways that television replays may have a negative effect on sport.  
(2 marks)**

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**(Total for Question 12 = 3 marks)**

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**TOTAL FOR SECTION B = 32 MARKS**

## SECTION C

### Extended writing question

- 13** Look at FIGURE 8 for Question 13 in the Diagram Booklet. It shows Petra, who is a beginner at tennis, being taught the forehand volley by her coach.

Evaluate the appropriateness of BOTH massed and distributed practice for a beginner such as Petra.  
(9 marks)

Answer space continues on the next 5 pages.

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**13 continued.**

[illegible]

**Turn over**

**13 continued.**

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**13 continued.**

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**(Total for Question 13 = 9 marks)**

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**TOTAL FOR SECTION C = 9 MARKS**

**TOTAL FOR PAPER = 60 MARKS**

**END OF PAPER**