

Physical Education
COMPONENT 2: Health and Performance

Total Marks

Thursday 8 June 2023 – Morning

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 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)

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)

(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)**

1 _____

2 _____

(Total for Question 2 = 3 marks)

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

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

1 _____

2 _____

(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.

Turn over

3(b) continued.

(Total for Question 3 = 5 marks)

- 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.

4(a) continued.

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

(Total for Question 4 = 5 marks)

- 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.

5 continued.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(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)

- 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.

7 continued.

(Total for Question 7 = 4 marks)

- 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)**

(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)**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(continued on the next page)

Turn over

8(b) continued.

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

(Total for Question 8 = 5 marks)

- 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)

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)**

1 _____

2 _____

(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.

1 _____

10(b) continued.

2 _____

(Total for Question 10 = 6 marks)

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)

(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)

(continued on the next page)

11 continued.

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

(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)**

(Total for Question 11 = 6 marks)

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

(continued on the next page)

12 continued.

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

1 _____

2 _____

(Total for Question 12 = 3 marks)

TOTAL FOR SECTION B = 32 MARKS

Turn over

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.

13 continued.

13 continued.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

13 continued.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Turn over

13 continued.

[illegible]

13 continued.

(Total for Question 13 = 9 marks)

TOTAL FOR SECTION C = 9 MARKS
TOTAL FOR PAPER = 60 MARKS
END OF PAPER