

Physical Education
COMPONENT 2: Health and Performance

Total Marks

Monday 3 June 2024 – Afternoon

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 essential for maintaining bone health?
(1 mark)

- ☐ A Carbohydrates
- ☐ B Macronutrients
- ☐ C Minerals
- ☐ D Protein

- (b) Which ONE of the following is the result of dehydration?
(1 mark)

- ☐ A Lower resting heart rate
- ☐ B Muscle tone
- ☐ C Nausea
- ☐ D Osteoporosis

(Total for Question 1 = 2 marks)

- 2 Taking part in sport and physical activity can have physical, social and emotional health benefits.**

Kamran has been training at his local club for his first marathon.

- (a) Give ONE EXAMPLE of each type of health benefit for Kamran when training at his local club.**

- (i) Physical health
(1 mark)**

(continued on the next page)

2(a) continued.

**(ii) Social health
(1 mark)**

**(iii) Emotional health
(1 mark)**

(continued on the next page)

Turn over

2 continued.

Kamran smokes cigarettes regularly.

(b) Explain ONE reason why smoking is a DISADVANTAGE to Kamran's marathon performance.

(2 marks)

(Total for Question 2 = 5 marks)

Turn over

- 3 Look at FIGURE 1 and FIGURE 2 for Question 3 in the Diagram Booklet. They show an elite male and an elite female rugby player including their height and weight.**

Explain ONE reason why the weight of the two players is different.

(2 marks)

(Total for Question 3 = 2 marks)

- 4 A balanced diet is made up of macronutrients, micronutrients, fibre and water.**

One macronutrient is protein.

- (a) State ONE OTHER macronutrient.
(1 mark)**

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

**Explain why it is important for discus throwers to consider the TIMING of their protein intake.
(3 marks)**

Answer space continues on the next page.

4(b) continued.

(Total for Question 4 = 4 marks)

5 Activity level is a lifestyle choice.

**(a) State TWO OTHER lifestyle choices
(2 marks)**

1 _____

2 _____

(continued on the next page)

5 continued.

**(b) Give TWO negative impacts on PHYSICAL health
of LOW activity levels.
(2 marks)**

1 _____

2 _____

(continued on the next page)

5 continued.

Elite sports performers take part in high levels of physical activity.

- (c) Explain why TOO MUCH physical activity can have a negative effect on an elite sports performer's EMOTIONAL wellbeing.
(3 marks)**

Answer space continues on the next page.

Turn over

5(c) continued.

(Total for Question 5 = 7 marks)

TOTAL FOR SECTION A = 20 MARKS

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 Look at FIGURE 3 for Question 6(a) in the Diagram Booklet. It shows a gymnast receiving guidance from her coach.

**(a) Which ONE of the following is the correct type of guidance being given by her coach?
(1 mark)**

☐ **A Concurrent**

☐ **B Intrinsic**

☐ **C Manual**

☐ **D Mechanical**

(continued on the next page)

Turn over

6 continued.

(b) Which ONE of the following is an example of a HIGH ORGANISATION skill?

(1 mark)

- ☐ **A Golf swing**
- ☐ **B Front crawl swimming stroke**
- ☐ **C Tennis serve**
- ☐ **D Triple jump**

(continued on the next page)

6 continued.

For Questions 6(c) and 6(d) use Figure 4 to decide whether A, B, C or D is correct.

Look at FIGURE 4 for Questions 6(c) and 6(d) in the Diagram Booklet. It shows the revenue for four European football leagues between the years 2000 and 2020.

(c) Which European League received the LARGEST increase in revenue between 2000 and 2020 according to the data in FIGURE 4?
(1 mark)

☐ **A England**

☐ **B France**

☐ **C Italy**

☐ **D Spain**

(continued on the next page)

6 continued.

**(d) Which European League received the LOWEST revenue in 2010 according to the data in FIGURE 4?
(1 mark)**

☐ **A England**

☐ **B France**

☐ **C Italy**

☐ **D Spain**

(Total for Question 6 = 4 marks)

7 Sporting skills are often classified using the open–closed continuum.

**(a) Define the term CLOSED SKILL.
(1 mark)**

(continued on the next page)

7 continued.

Look at FIGURE 5 and FIGURE 6 for Question 7(b) in the Diagram Booklet. FIGURE 5 shows the sporting skill of a rugby tackle and FIGURE 6 shows the open–closed continuum.

(b) Identify as **A, **B** or **C** where the skill of rugby tackling would MOST likely be placed on the continuum shown in FIGURE 6.**

(1 mark)

(c) Identify ONE practice structure that would be MOST relevant in developing CLOSED skills.

(1 mark)

(Total for Question 7 = 3 marks)

- 8 Misha is a **100 m** sprinter. She uses goal setting to improve her performance.

Explain **TWO** reasons why goal setting is important for Misha.
(4 marks)

Answer space continues on the next page.

1 _____

2 _____

8 continued.

(Total for Question 8 = 4 marks)

- 9 Look at TABLE 1 for Question 9 in the Diagram Booklet. It shows some quantitative data for three basketball players in a game.**

Analyse the data stating TWO STRENGTHS and TWO WEAKNESSES of YASMIN compared to the other two players.

- (i) Strengths
(2 marks)**

1 _____

2 _____

(continued on the next page)

9 continued.

(ii) Weaknesses
(2 marks)

1 _____

2 _____

(Total for Question 9 = 4 marks)

10 Personal factors such as disability and ethnicity can affect participation in sport.

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

1 _____

2 _____

(continued on the next page)

10 continued.

- (b) Explain TWO ways participation in disability sport could be increased.
(4 marks)**

Answer space continues on the next page.

1 _____

2 _____

Turn over

10(b) continued.

(Total for Question 10 = 6 marks)

11 Commercialisation of sport has an impact on spectators.

Explain ONE ADVANTAGE and ONE DISADVANTAGE of commercialisation of sport for the SPECTATOR.

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

(continued on the next page)

11 continued.

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

(Total for Question 11 = 4 marks)

**12 Describe the difference between DEVIANCE
and GAMESMANSHIP.
(2 marks)**

(Total for Question 12 = 2 marks)

- 13 In 2021 some companies withdrew their sponsorship of Yorkshire County cricket club following concerns of racism at the club.**

Explain why these companies felt it necessary to end their sponsorship deals with Yorkshire County cricket club.

(4 marks)

Answer space continues on the next page.

13 continued.

(Total for Question 13 = 4 marks)

TOTAL FOR SECTION B = 31 MARKS

SECTION C

Extended writing question

- 14** Look at FIGURE 7 for Question 14 in the Diagram Booklet. It shows Tyrone who is an ELITE trampolinist. He is working with his coach to improve a difficult move.

Evaluate the effectiveness of **THREE** types of **FEEDBACK** that Tyrone could use with his coach to improve his performance.

(9 marks)

Answer space continues on the next 6 pages.

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14 continued.

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(Total for Question 14 = 9 marks)

TOTAL FOR SECTION C = 9 MARKS

TOTAL FOR PAPER = 60 MARKS

END OF PAPER