



Oxford Cambridge and RSA

**Friday 19 November 2021 – Afternoon**

**GCSE (9–1) Physical Education**

**J587/02** Socio-cultural issues and sports psychology

**Time allowed: 1 hour**

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number  Candidate number

First name(s) \_\_\_\_\_

Last name \_\_\_\_\_

**INSTRUCTIONS**

- Use black ink. You can use an HB pencil, but only for graphs and diagrams.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

**INFORMATION**

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [ ].
- Quality of extended response will be assessed in questions marked with an asterisk (\*).
- This document has **16** pages.

**ADVICE**

- Read each question carefully before you start your answer.

Section A

Answer all the questions.

1 Other than social media, identify **one** other type of media that influences the commercialisation of sport.

..... [1]

2 Give **two** types of drugs that are used illegally by sports performers to improve sports performance.

1 .....

2 .....

[2]

3 Name **two** continua that are used in the classification of sports skills.

1 .....

2 .....

[2]

4 Describe **two** practical examples that show how a skilful performance in sport may be pre-determined.

1 .....

.....

2 .....

.....

[2]

5 An example of gamesmanship in sport is a tennis player shouting 'out' when the opponent's serve was clearly 'in'.

Is this statement true or false? Draw a circle around your answer.

**True**

**False**

[1]

6 Which **one** of the following is the best example of a cultural reason affecting participation in sport?

Put a tick (✓) in the box next to the correct answer.

A Not enough sporting extracurricular activities followed in school.

B A lack of suitable facilities locally.

C Not having enough money to afford a tennis racket.

D Unable to participate in a marathon because of religious fasting.

[1]

7 Define what is meant by physical fitness.

.....  
..... [1]

8 Complete the following statement using words from the box below. Each word chosen can only be used once.

Loneliness	Fitness	Obesity	Posture	Social	Confidence	Economic
------------	---------	---------	---------	--------	------------	----------

A physical benefit of following a healthy lifestyle is an increase in ..... and an emotional consequence of following a sedentary lifestyle is a lack of .....  
A ..... benefit of following a healthy lifestyle is an increased sense of belonging.

[3]

9 Which **one** of the following is the best example of a meal that is high in carbohydrates?

Put a tick (✓) in the box next to the correct answer.

- A Grilled beef steak with salad
- B Fillet of salmon with green beans
- C Pasta with tomatoes and spinach
- D Broccoli and cheese bake with cabbage

[1]

10 Describe **one** practical example of a sports coach using visual guidance in a specific sport.

.....  
.....  
..... [1]

11 Describe **one** advantage and **one** disadvantage of a sports coach using visual guidance.

Advantage: .....  
.....  
.....  
Disadvantage: .....  
.....  
..... [2]

12 Give **one** practical example of negative feedback.

.....  
 ..... [1]

13 Age can be seen as a limiting factor affecting sports participation, for example a 50 year old male has given up attempting to learn gymnastic skills.

Draw a line from each of the other factors affecting participation in sport to the appropriate practical example.

Age		A male in the UK is less likely to take up skiing due to the lack of natural snow slopes
Discrimination		A young woman is not allowed to join a golf club as only men can be members
Environment		A female has taken up dancing because her father shows a keen interest in dance
Family		A 50 year old male has given up attempting to learn gymnastic skills

[3]

14 Describe **two** different reasons for player violence occurring in sport.

1 .....

.....

.....

.....

2 .....

.....

.....

[2]

15 Identify **one** reason why goal setting is used for sports performers.

.....  
..... [1]

16 What type of guidance is used when a coach physically supports a trampolinist during a somersault?

..... [1]

17 Compare knowledge of performance and knowledge of results as types of feedback.

.....  
.....  
.....  
..... [2]

18 Give **one** practical example of an activity which requires a high intake of protein by the sports performer.

.....  
..... [1]

19 Give **one** component of a balanced diet that is particularly important for a marathon runner the day before competition.

..... [1]

20 Which **one** of the following is the best example of a physical consequence of following a sedentary lifestyle?

Put a tick (✓) in the box next to the correct answer.

- A Less likely to have Type 2 diabetes
- B Better body posture
- C More likely to be highly stressed
- D A decrease in bone density

[1]

7  
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Section B

Answer all the questions.

21 Fig. 21 shows some statistics about participation in women's football in the UK. (source FA 2018)

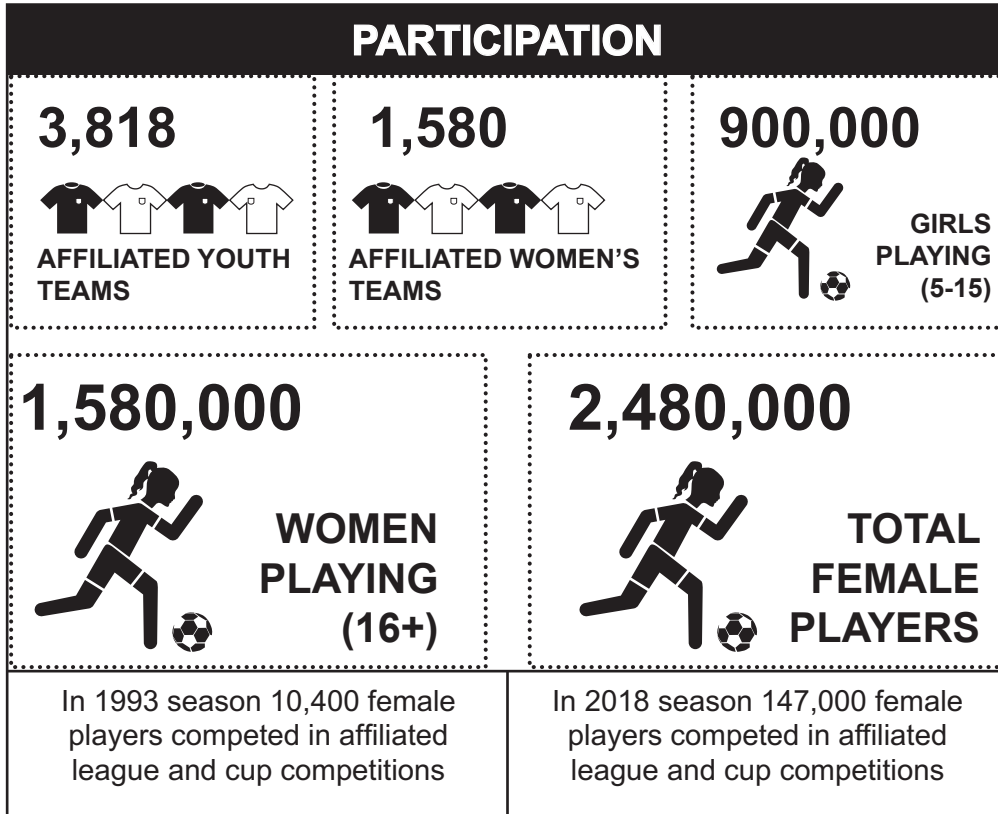


Fig. 21 Participation of female football players in 2018

(a) Using the data in Fig. 21 and your own knowledge, analyse participation rates in women's football in 2018.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





22 Mental preparation techniques are often used before and during sports performance.

(a) Describe how imagery can be used as a technique by a performer during a sports competition.

.....  
.....  
.....  
..... [2]

(b) Use practical examples to explain how mental rehearsal might be used in a sport or activity of your choice.

Sport: .....

Explanation: .....

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

(c) 'I will score a goal at some stage during this football match', is an example of positive thinking.

(i) Give a different example of positive thinking for a named sport of your choice.

Sport: .....

Example: .....

..... [1]

(ii) Explain how positive thinking can help a performer during a sports competition.

.....  
.....  
.....  
.....  
..... [3]

23 (a) Describe **four** emotional benefits of an active lifestyle.

- 1 .....
  - 2 .....
  - 3 .....
  - 4 .....
- ..... [4]



**ADDITIONAL ANSWER SPACE**

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large area of lined paper for writing. It consists of a vertical solid line on the left side, creating a margin. To the right of this line, there are numerous horizontal dotted lines spaced evenly down the page, providing a guide for writing.





A large rectangular area for writing, bounded by a solid vertical line on the left and horizontal dotted lines on the top, bottom, and right.



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