

2016 specification
first exams in 2018

Stimulating Scenario Activities

For GCSE AQA Paper 2:

Socio-cultural influences and well-being in physical activity and sport

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Teacher's Introduction

This resource contains 15 individual scenarios that detail individual characters' experiences within physical activity and sport. Each scenario contains a set of questions and activities relevant to the individuals of each scenario and provides great preparation for the AQA GCSE PE Paper 2 exam: Socio-cultural influences and well-being in physical activity and sport.

Questions and activities have been designed to engage students and allow them to relate and apply their knowledge to real-life scenarios. Activities engage all types of learners, stimulating their learning and making revision more enjoyable.

The activities and questions are completely self-contained, enabling the students to work independently. They also target the AO2 and AO3 marks of the specification, allowing the students to gain experience of applying knowledge to a sporting scenario as well as evaluating strategies and methods. This will help fully prepare the students for upcoming exams.

You will find relevant help boxes throughout the resource that support students' approaches to different answers. Students should be made aware of the assessment objectives and how marks can be earned in the real exam:

- AO1 marks – Gained from demonstrating knowledge
- AO2 marks – Gained from applying knowledge to relevant sporting examples
- AO3 marks – Gained from analysing and evaluating key concepts

Remember!
Always check the exam board website for new information, including changes to the specification and sample assessment material.

Tip boxes help focus students to think about the answers they provide to particular questions.

Free Updates!

Register your email address to receive any future free updates* made to this resource or other PE resources your school has purchased, and details of any promotions for your subject.

* resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers

Go to zzed.uk/freeupdates

Specification Reference

The following tables indicate the specification content covered under each scenario. This can be used to help you choose scenarios that match the theory content you are covering.

Specification points	Rochelle the Rugby Player	Amelia the Rower	Robert the Walker	Aiyana the Office Worker	Shannon the Tennis player	Sophie the Sports Journalist	Oscar the Hockey Player	Sebastian the Squash Player	Lucas the Horse Rider	Harrison the Cyclist	Mohammad the Polybat Player	Lewis the Personal Trainer	Gemma the Gym Member	Isiah the Football Fan	Dylan the Cricket Player
3.2.1 Sports Psychology															
3.2.1.1 Classification of skills															
Skill and ability					✓		✓								
Classification of skills					✓		✓								
Definitions of types of goals							✓					✓			
3.2.1.2 The use of goal setting and SMART targets to improve and/or optimise performance															
The use and evaluation of setting performance and outcome goals in sporting examples		✓					✓								
The use of SMART targets to improve and/or optimise performance							✓					✓			
3.2.1.3 Basic information processing															
Basic information-processing model	✓						✓								
3.2.1.4 Guidance and feedback on performance															
Identify examples of, and evaluate the effectiveness of, the use of types of guidance, with reference to beginners and elite-level performers		✓							✓						
Identify examples of, and evaluate the effectiveness of, the use of types of feedback, with reference to beginners and elite-level performers		✓							✓						
3.2.1.5 Mental preparation for performance															
Arousal								✓			✓				
Inverted-U theory								✓			✓				
How optimal arousal levels vary according to the skill being performed in a physical activity or sport															✓
How arousal can be controlled using stress-management techniques before or during a sporting performance								✓			✓				

Understand the difference between direct and indirect aggression with application to specific sporting examples	✓								✓						✓	
Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types					✓					✓		✓	✓			
Definition of intrinsic and extrinsic motivation, as used in sporting examples		✓										✓				
Evaluation of the merits of intrinsic and extrinsic motivation in sport		✓														
3.2.2. Socio-cultural influences																
3.2.2.1 Engagement patterns of different social groups in physical activity and sport																
Engagement patterns of different social groups and the factors affecting participation	✓		✓		✓	✓				✓		✓		✓		
3.2.2.2 Commercialisation of physical activity and sport																
Commercialisation						✓			✓							✓
Types of sponsorship and the media												✓	✓			
Positive and negative impacts of sponsorship and the media						✓						✓				✓
Positive and negative impacts of technology						✓										✓
3.2.2.3 Ethical and socio-cultural issues in physical activity and sport																
Conduct of performers	✓											✓				✓
Prohibited substances								✓				✓				
Prohibited methods (blood doping)									✓			✓				
Drugs subject to certain restrictions (beta blockers)									✓							✓
Which types of performers may use different types of performance-enhancing drugs (PEDs) with sporting examples									✓			✓				✓
The advantages and disadvantages for the performer of taking PEDs									✓			✓				
The disadvantages to the sport/event of performers taking PEDs									✓			✓				
Spectator behaviour (the positive and the negative effects of spectators at events)																✓
Reasons why hooliganism occurs																✓
Strategies employed to combat hooliganism / spectator behaviour							✓									✓
3.2.3 Health, fitness and well-being																
3.2.3.1 Physical, emotional and social health, fitness and well-being																
Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people	✓	✓			✓					✓		✓				
3.2.3.2 The consequences of a sedentary lifestyle																
The consequences of a sedentary lifestyle			✓	✓									✓			
Obesity and how it may affect performance in physical activity and sport			✓	✓									✓			
Somatotypes			✓											✓		
3.2.3.3 Energy use, diet, nutrition and hydration																
Energy use			✓											✓		
Nutrition – reasons for having balanced diet			✓	✓										✓		
Nutrition – the role of carbohydrates, fats, proteins and vitamins/minerals			✓	✓										✓		
Reasons for maintaining water balance (hydration)					✓									✓		

Rochelle the Rugby Player

Rochelle is a 14-year-old girl who is a big fan of rugby. She loves playing in the park with her dad, and has decided to try out for the school rugby team.

However, Rochelle's mum is not keen on her trying out for the team, an opinion which is also held by Rochelle's close friends. They say that playing rugby will make Rochelle more 'manly' and 'butch', and do not understand why she would rather play rugby in the evenings than spend time with them. This has made Rochelle uncertain about playing rugby, as she does not want to lose her friends.

Complete the following activities and questions on Rochelle:

While thinking about participating in rugby, Rochelle found that there were some factors that she may face when trying to take part.

- i. Identify possible barriers to participation that Rochelle may face; (3.2.2.1)



AO1 marks are for identifying relevant barriers to participation earned by applying each to how they are required to rugby

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ii. For the barriers that you have provided in part i, pick three of the and justify how these apply to her participation in rugby.

Barrier 1:

Justification:

.....

.....

Barrier 2:

Justification:

.....

.....



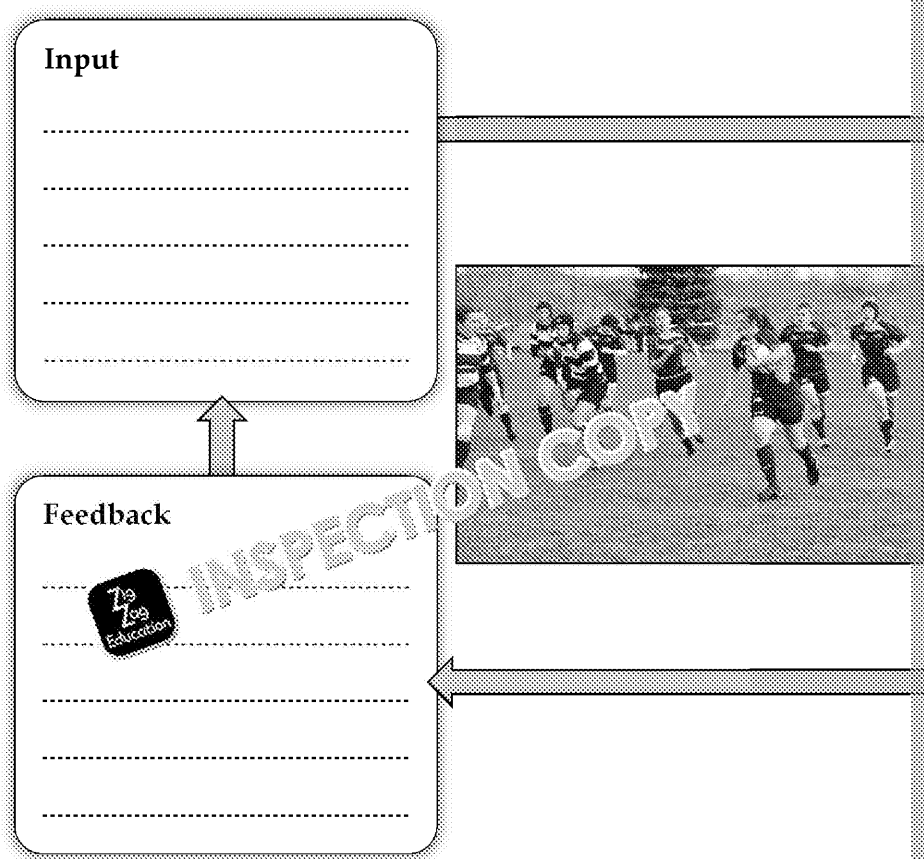
Barrier 3:

Justification:

.....

.....

2. Rochelle and her team have to make lots of different decisions through. Describe the stages of the information-processing model against the s



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3. While initially enjoying the rugby sessions, Rochelle has begun to be p
aggressive nature of some of the girls in her team. (3.2.1.5)

i. Provide a definition for direct aggression.

.....
.....
.....

ii. Explain how this is different than indirect aggression.

.....
.....
.....
.....

iii. In the table below, provide one example of indirect aggression and
aggression which are relevant to Rochelle in the sport of rugby.

Indirect Aggression	Direct

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4. Rochelle has learnt that rugby is a sport that prides itself on its integrity. The conduct of the performers is taken very seriously. Match up the terms below and then provide another example of each. (3.2.2.3)

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Every rugby player shakes the hand of their opposition at the end of every match, whatever the result.

Etiquette

Even though the rugby team was out against a much better opposition, every player was still determined to try their best to win.

Sportsmanship

The rugby players are always polite to the referee, even calling him 'sir' when they speak to him.

Gamesmanship

One rugby team delays returning to the pitch from the changing room after the half-time break, meaning that their opponents get cold waiting for them.

Contract



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5. Rochelle has become upset by her friends not supporting her, so she decides to write them an email to indicate the benefits of her taking part in rugby. Write the email, making sure to mention the physical, mental and social health benefits.

Send	From	Rochelle@scenariocloud.com
	To...	Best_friend1@hotmail.com, One_of_the_girls@gmail.com
	Subject	Rugby is good for me!

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Try to expand on each of the benefits you have mentioned, by linking your writing to the benefits of physical, mental and social health. This will help you get you marks.

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Amelia the Rower

Amelia is a 15-year-old rower, and has just moved house to a different part of the UK. To meet new people and make new friends, her dad suggested that she should join the local rowing club. Amelia agreed due to having had a positive experience in the last rowing club that she was a member of. However, she initially finds it hard to get along with her new teammates as they do not seem to have many common interests other than rowing.

This in turn has resulted in her not enjoying her rowing as much as she previously did. Furthermore, the coach of her new rowing club has a win-at-all-costs mentality, only giving rewards to the members that reach certain performance targets, which makes Amelia feel uncomfortable.

Complete the following activities and questions on Amelia:

1. i. Amelia often finds herself alone during breaks in training, where they tend to group together to chat about their lives outside of rowing. Identify four benefits to social health and well-being that participating in physical activity can bring. (3.2.3.1)



1.	2.
3.	4.

In the exam 'Identify' means to name!
You do not need to explain anything here.

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- ii. Following a particularly unenjoyable training session, Amelia decides to write about how her old friends made training and participating in rowing fun. Imagine that you are Amelia and write in the diary template below about the effect that friends can have on sport participation. (3.2.2.1)



Dear Diary

.....

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2. Amelia's friends have noticed that her motivation has been negatively affected by a lack of rewards.

- i. Looking at the scenario, what type of rewards are used? (3.2.1.5)
- a) Extrinsic rewards
 - b) Intrinsic rewards
 - c) Direct rewards
 - d) Indirect rewards

ii. Suggest two ways Amelia's coach could be motivating their mem

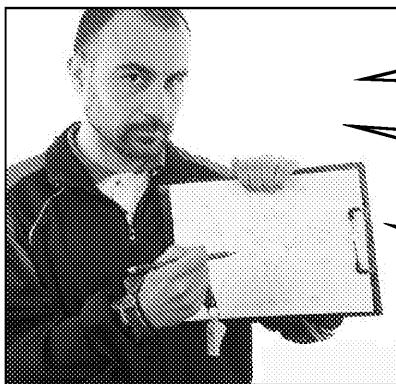
.....
.....

iii. Amelia's parents are concerned over her motivational levels. Eval different types of motivation and suggest which type of motivation and why.

.....
.....
.....



3. i. For this month's training sessions Amelia's coach has decided to use the following outcome goals. Provide another example of an outcome goal that the coach could use.



Try to row the furthest distance on the rowing machine in 10 minutes

Try to win the training session

.....

ii. What is a disadvantage of using outcome goals?

.....
.....

iii. Suggest three types of performance goals that Amelia could use.


1.
2.
3.




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4. Amelia's coach is using visual guidance to try to get the rowers to learn the action. However, Amelia finds this a poor guidance method as she struggles to perform the action physically. In the table below, write an advantage and disadvantage for each type of guidance and feedback. One has been done for you. (3.2.1.4)

Guidance Type	Advantage	Disadvantage
Visual		<i>It is difficult for her to perform the action being taught</i>
Verbal		
		
Mechanical		

Feedback Type	Advantage	Disadvantage
Positive		
Negative		
Knowledge of results		
Knowledge of performance		
 Extrinsic		
Intrinsic		

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Robert the Walker

Robert is a 30-year-old man who is classified as being obese. He recently visited his doctor who has informed him about the negative impact that being obese is having, and will have, on his body. The doctor suggested some physical activities that Robert could participate in, and how these may benefit him. To build up his fitness levels for these activities, Robert vowed to take part in physical activity more regularly, and has chosen to try to walk long distances to improve his fitness. However, he is finding it difficult to walk longer distances without having to take regular breaks to rest.

Robert's long-term plan is to be able to participate on a sports team, with his doctor suggesting that this can only occur if Robert has significantly improved his fitness levels.

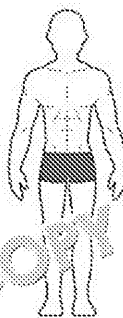
Complete the following activities and questions on Robert:

1. i. Robert has decided to research the types of sport that his body type is better suited to. Place each of the provided sports on the continuum below, showing which is better suited for an ectomorph, mesomorph or endomorph body type.

- Long-distance runner
- Football defender
- Sumo wrestler
- Prop forward
- Basketball player
- 200 m Sprinter
- Rugby back
- Gymnast



Ectomorph



Mesomorph

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2. While Robert was in the waiting room waiting for his doctor's appointment, he noticed a poster on the wall which highlighted the mental, physical and social impacts of obesity. Below, design a poster which includes what the one in the waiting room poster could include the previously mentioned impacts of obesity, as well as the physical and social impacts of obesity. (3.2.3.2)

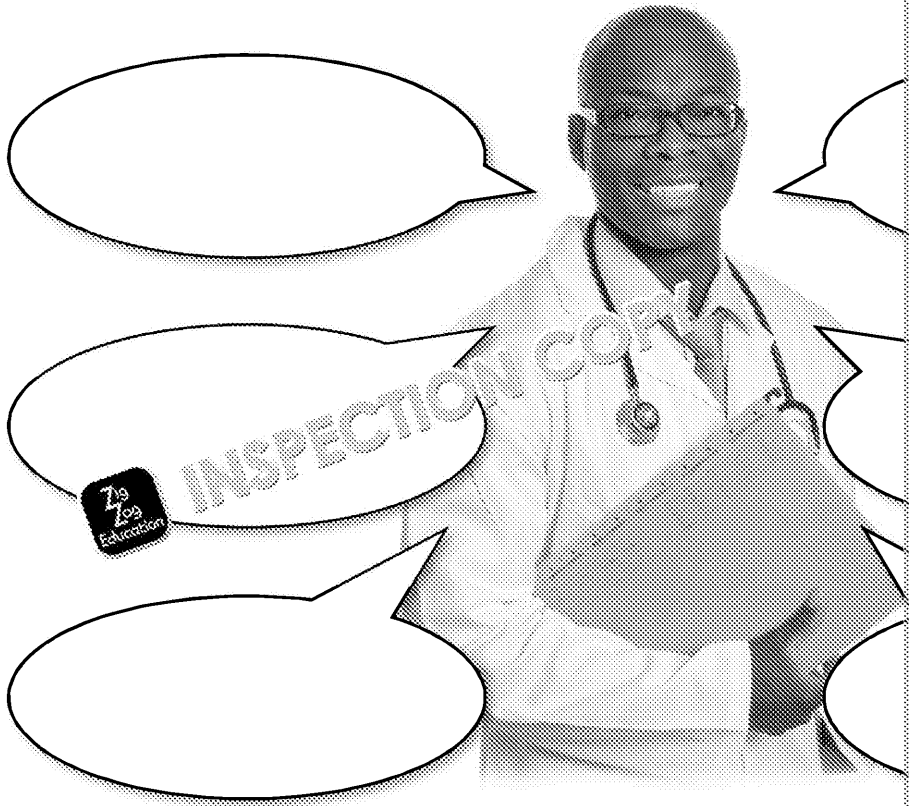


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3. When Robert met the doctor for his appointment, the doctor informed consequences of a sedentary lifestyle. Identify these consequences by bubbles below. (3.2.3.2)



4. After reading the poster in the waiting room, Robert has decided to re-evaluate the effect that this can have on his obesity levels. He has used a search engine to find the most common questions about these topics. Answer the questions.

i. What is energy measured in?

.....
.....
.....
.....

ii. Where do we get our energy from?

.....
.....
.....

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iii. How many calories should be consumed **per day**?

iv. What does the required calorie amount depend on?

5. Through research, Robert has noticed that a balanced diet plays a has more knowledge about this topic, he decides to let his overweight importance of a balanced diet. Write some notes for Robert on the not covers all of the important reasons for a balanced diet. (3.2.3.3)

Notes on balanced diet...

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Aiyana the Office Worker

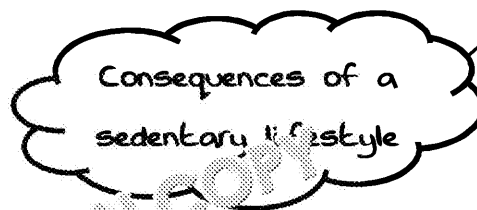
Aiyana is a 22-year-old who is trying to save as much money as possible so that she can go travelling abroad with her friends at the end of the year. To do this Aiyana holds two jobs, both of which involve sitting at a desk in an office for several hours. Aiyana also only has 30 minutes in between these two jobs, meaning that she often eats fast food in this time period as it is much more convenient. She also snacks regularly throughout the day at her desk, as she often finds that she needs to keep her energy levels up. She has recently weighed herself for the first time in a while, and is upset to notice that her weight has increased.

Complete the following activities and questions on Aiyana:

1. i. Aiyana spends most of her day sitting at a desk, meaning that she has a sedentary lifestyle. Provide a definition for the term 'sedentary lifestyle' below.
.....
.....
- ii. Complete the spider diagram below to highlight the possible consequences of a sedentary lifestyle and then expand on each point to explain further (one has been done for you).

A sedentary lifestyle leads to an accumulation of fat, which can lead to an increase in weight.

High blood pressure



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Always identify the key points, then apply and expand on them to get the best marks!

2. Below is a multiple-choice quiz relating to Aiyana's lifestyle and sub quiz by ticking the correct answer box. (3.2.3.2)

- i. The definition of obesity is...
 - a. Having a BMI above 20
 - b. An accumulation of excess body fat
 - c. Having more fat than muscle
 - d. Being under a desirable body weight
- ii. Which of these is not a potential negative effect of Aiyana being obese?
 - a. Reduced flexibility
 - b. Reduced ability
 - c. Reduced resting heart rate
 - d. Reduced blood pressure
- iii. Which of these is not a physical health issue that Aiyana could suffer from because of her obesity?
 - a. High cholesterol
 - b. Cancer
 - c. Diabetes
 - d. Osteoporosis
- iv. Which of the effects of obesity below may be a reason for Aiyana not to participate in sport?
 - a. She does not enjoy the sport.
 - b. She does not like the other members of the sports team.
 - c. Her lack of confidence means she is less willing to try new sports.
 - d. She does not have the support from those close to her to join in.

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3. Aiyana's engagement in physical activity and sport can be influenced female she is impacted by numerous factors. For the factors given below, discuss the impact on Aiyana's lack of engagement in sport. (3.2.2.1)

Role Models:

Sexism/Stereotyping:




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Commitments:

Available Leisure time:

Disposable Income:



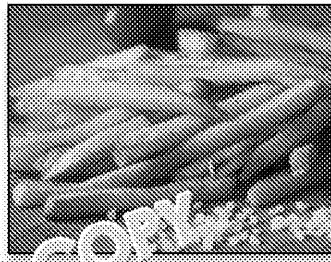
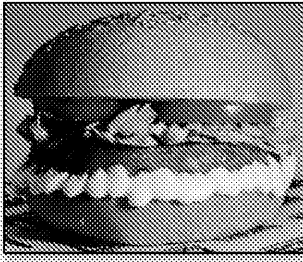
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


4. i. Due to Aiyana trying to save money, and also not having much time for meals, she often buys fast food and ready meals. Below are some drinks that Aiyana has consumed over the last week. What effect on her body? (3.2.3.3)



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Empty box for notes related to the hamburger image.



Empty box for notes related to the french fries image.

- ii. For each of the food sources above, suggest an alternative that Aiyana could consume that would be more beneficial for her in maintaining a balanced healthy diet.



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Empty rounded rectangular box for alternative suggestion for the hamburger.

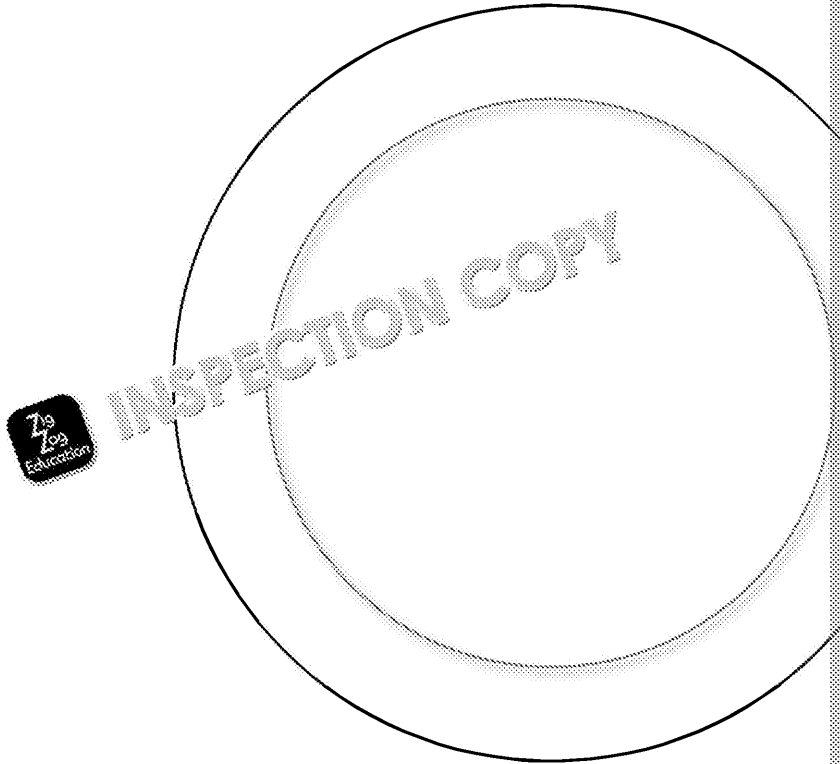
Empty rounded rectangular box for alternative suggestion for the french fries.

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- iii. Aiyana is looking to ensure she eats a balanced diet and wants to know the proportions of carbohydrates, fats and proteins she should have on a plate. Label the empty plate below to highlight the proportions of carbohydrates, fats and proteins she should have per meal.



- iv. Explain the role of each of the sources of energy (carbohydrates, fats and proteins) in helping Aiyana to become more physically active.

Carbohydrates:

.....

Fats:

.....

Proteins:

.....



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5. Answer the exam-style question below:

i. Explain what makes a healthy balanced diet?

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ii. Outline three reasons why a healthy balanced diet is important?

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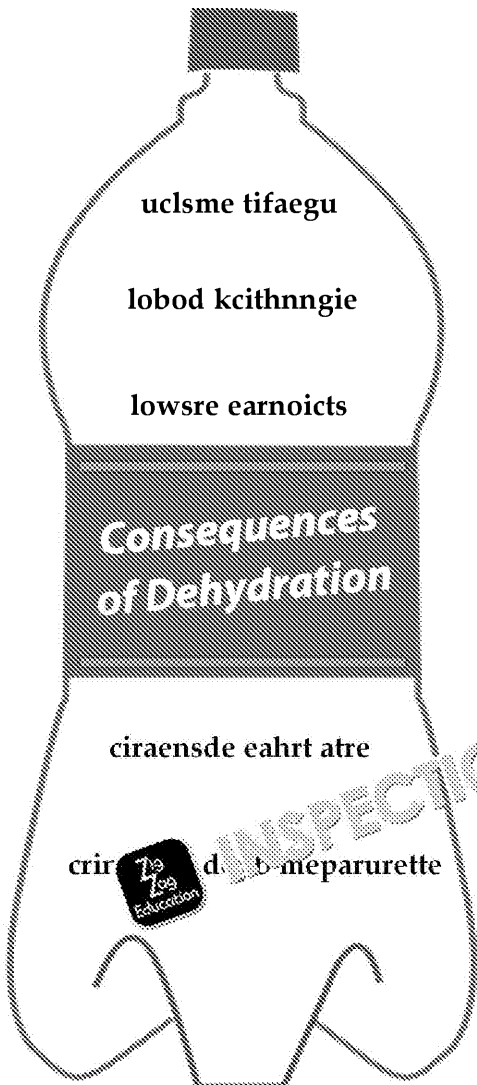
Shannon the Tennis Player

Shannon is a 17-year-old talented tennis player. She is currently playing at a tennis academy in Barcelona, due to her parents believing that the Spanish tennis set-up will help her develop her talents more than she could in England. However, Shannon suffers from the higher temperatures in Spain, often finding that she struggles to keep up fitness-wise with the other local players in the academy.

She also finds that she is struggling to make new friends due to the language barrier. This has contributed to Shannon enjoying tennis less than she did back in the UK.

Complete the following paragraphs and questions on Shannon:

- Shannon's coach suggests that the reason she struggles to perform in Spain is that she is often dehydrated. Unscramble the letters in the bottle below to identify dehydration and then provide an explanation of how these effects can impact Shannon's performance. (3.2.3.3)



Consequence:

.....

Consequence:

.....

Consequence:

.....

Consequence:

.....

Consequence:

.....

.....

Linking the effects of dehydration to how it impacts sports/physical activities will allow you to gain the

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2. Shannon had always been naturally good at tennis, but consistent practice improved her performance level greatly. (3.2.1.1)

i. Provide a definition for the term 'skill'.

.....

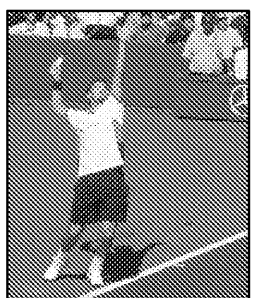
ii. Explain how this differs from the term 'ability'.

.....

.....

3. The game of tennis involves a variety of skills and performing a number of different skills shown in the following continua and provide a justification for each.

- Broad/precise
- Open/closed
- Self-paced/externally-paced
- Gross/fine

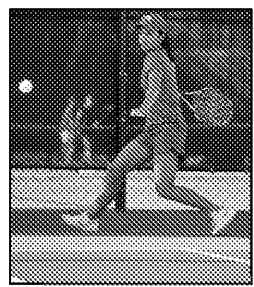


Serve:

.....

.....

.....

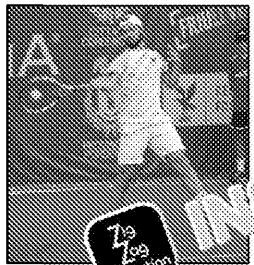


Forehand return:

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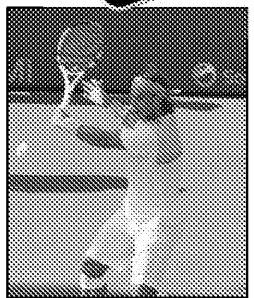


Volley:

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Drop shot:

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4. Shannon is aware of the need to increase her fitness so that she can keep up with the academy. Annotate the image of Shannon below to identify and explain the factors that are helping or hindering her fitness. (3.2.3.1)



5. In the UK Shannon has lots of good friends. Based solely on the sport she plays, what personality type would you suggest that Shannon is? Justify your answer.

Personality Type:.....

.....

.....

.....

.....

.....

Try to think of your own personality type. Think whether these make you a good fit.

6. Shannon's parents have always pushed her into playing tennis from a young age. Her father has played tennis at a high level when he was younger and wants Shannon to do the same. This has resulted in Shannon feeling under pressure when playing tennis.

What effect may this have on Shannon and her participation in tennis?

.....

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Sophie the Sports Journalist

Sophie is a 19-year-old university student, completing a degree in sports journalism. As part of her course she is completing a placement year, working for a local journalism company. This placement has allowed Sophie to cover a wide range of sports, creating a number of articles which have been published in the local paper. While researching these different sports, Sophie realises that the amount of media coverage and sponsorship differs greatly from sport to sport, and thinks this will be a good project to write about.

Complete the following activities and questions on Sophie:

1. Sophie leafed through a number of old newspaper cuttings from her desk, and found that the picture below clearly demonstrates how some sports. In the space provided below, identify the advantages and sponsorship for each of the following: (3.2.2.2)

Sport
Advantages:
Disadvantages

Advantages:
Disadvantage



Spectators
Advantages:
Disadvantages

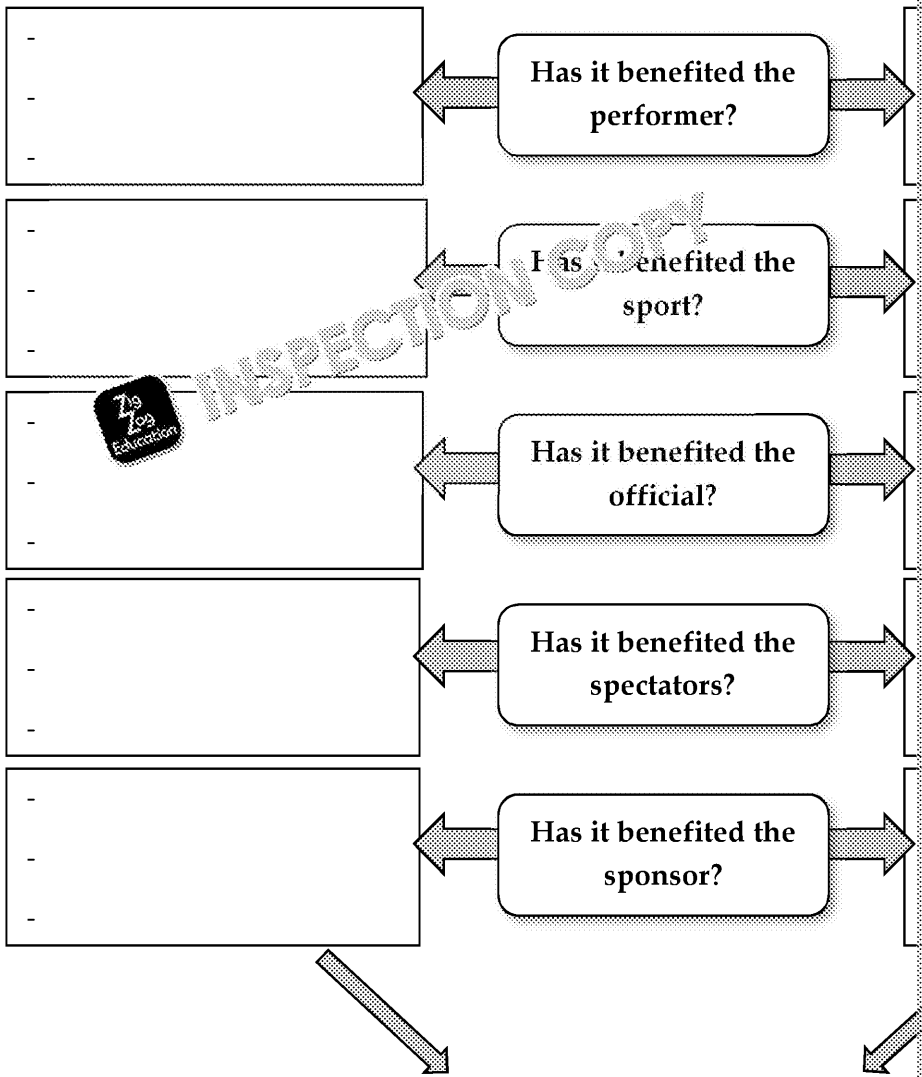
Advantages:
Disadvantage

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3. Sophie is trying to determine if technology has benefited sport or not. Below to show the advantages and benefits of the use of technology in given in the diagram into a short newspaper article under the heading 'sport?' (3.2.2.2)



Has technology improved sport?

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4. An Internet blogging company has noticed Sophie's recent work and short blog on spectator behaviour for their site. Sophie has decided to could prevent crowd trouble. Highlight the strategies she mentions in explain if they would be effective or not. (3,2,2,3)

A day in the life of a Meadow Rangers fan

League one has recently experienced a large increase in game today between big rivals Blue Meadow Rangers FC been rescheduled from a 5pm kick-off to a 1pm kick-off first match this season that will be played at Blue Meadow stadium, which boasts top quality facilities for fans with coverage.

While many fans will be able to get in problem free, a few been turned away by the security staff, preventing them from stadium to watch the match. Once inside the stadium, they to purchase any alcohol and will instead have to make do watching.

Let's hope we will be talking about what happens on the happens off it!



Try to think of any recent as the crowd trouble at the championships. Think of the examples and how they

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5. Sophie has been asked to report on engagement rates of different sports. She has asked you to summarise the engagement patterns are what they are for each sport. (3.2.2.1)

i.

Number of teenage girl rugby players in England	Number of teenage boy rugby players in England
129,121	

.....

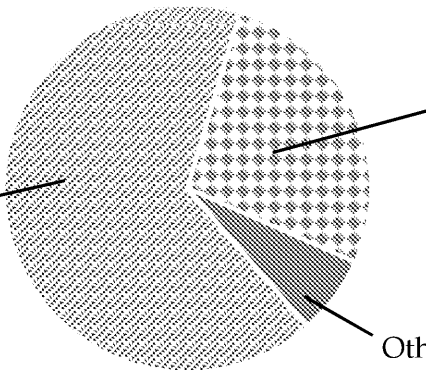
.....

.....

ii.



White premier league footballers: 66%



.....

.....

.....

iii.

Percentage of those engaging in physical activity aged 20–30	Percentage of those engaging in physical activity aged 30–40
62%	

.....

.....

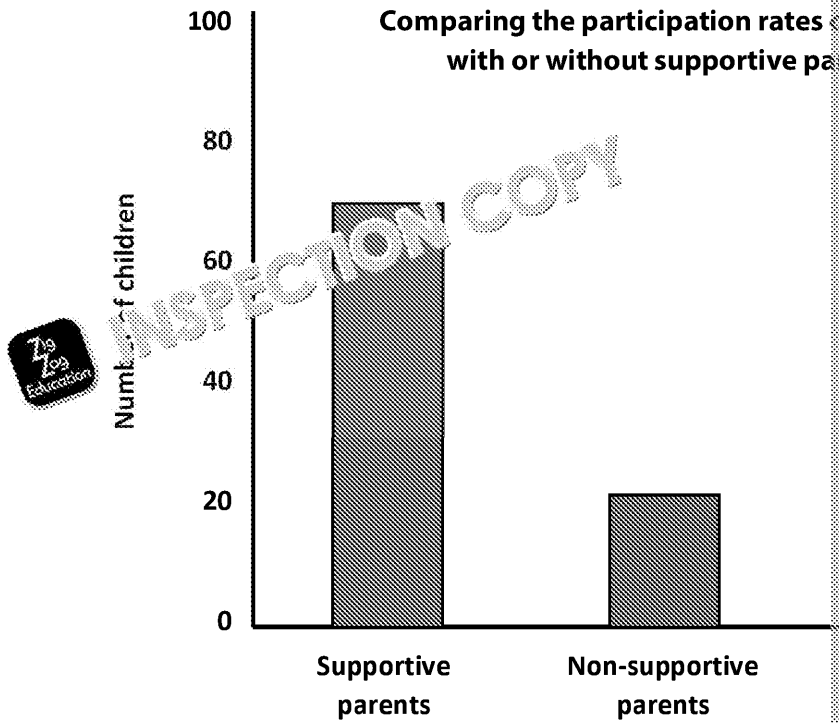
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iv. The graph below shows the responses of 100 schoolchildren when participate in sport, and whether they feel as though they have pa sporting activity. The responses were split into three groups: those supportive parents, those that play sport and have non-supportive play sport.



.....

.....

.....

.....

v.

Percentage of disabled people participating in at least one physical activity in four weeks	Percentage participating in
40%	

.....

.....

.....

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Oscar the Hockey Player

Oscar is an inexperienced hockey player who only started playing two months ago because he wanted to spend more time with his friends who are all keen hockey players. However, while Oscar has found that he is naturally quite good at playing hockey, he has been placed in the second team, whereas his friends are in the first team. To make the step up to the first team, Oscar knows that he needs to improve on the particular skills of long passing and taking penalty corners, so he has decided to set some goals.

Complete the following activities and questions on Oscar:

1. Identify two types of goals from their descriptions below. (3.2.1.1)

i. This type of goal is based on the result of the performance:

.....

ii. This type of goal is based on how well an individual executes a skill:

.....

2. i. Oscar has approached his coach to ask him to think of two goals for him to set below. Explain the advantages and disadvantages of each goal type below. (3.2.1.2)

Goal	Advantages	
<p><i>Try to score the most goals in the second-team training session</i></p>		
<p><i>Try to improve my long passing technique</i></p>		

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- ii. Oscar's coach uses the SMART acronym to help generate targets what each of the letters means and then provide a SMART target weaknesses. (3.2.1.2)

S	
M	
A	
R	
T	



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AO2 – try to remember to knowledge to the particula



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3. i. Provide a definition for the term 'skill'. (3.2.1.1)
-
- ii. Explain how this differs from the term 'ability'.
-
-
- iii. The game of hockey involves many different skills, a number of which are classified as 'complex' skills. Give the relevant classifications to each skill and justify each of your choices. This has been started for you.

A long pass

Complex

Basic

Open

Closed

Externally-paced

Self-paced

Gross

Fine

This is a complex skill as it takes time to master and get accuracy when passing the ball to your teammate.

The direction and pace needed for the shot depend on the position of the teammate.

A short push pass

Complex

Basic

Open

Closed

Externally-paced

Self-paced

Gross

Fine

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Closing down an opposition attack

Complex

Basic

Open

Closed

Externally-paced

Self-paced

Gross

 Fine

Taking a penalty corner

Complex

Basic

Open

Closed

Externally-paced

Self-paced

Gross

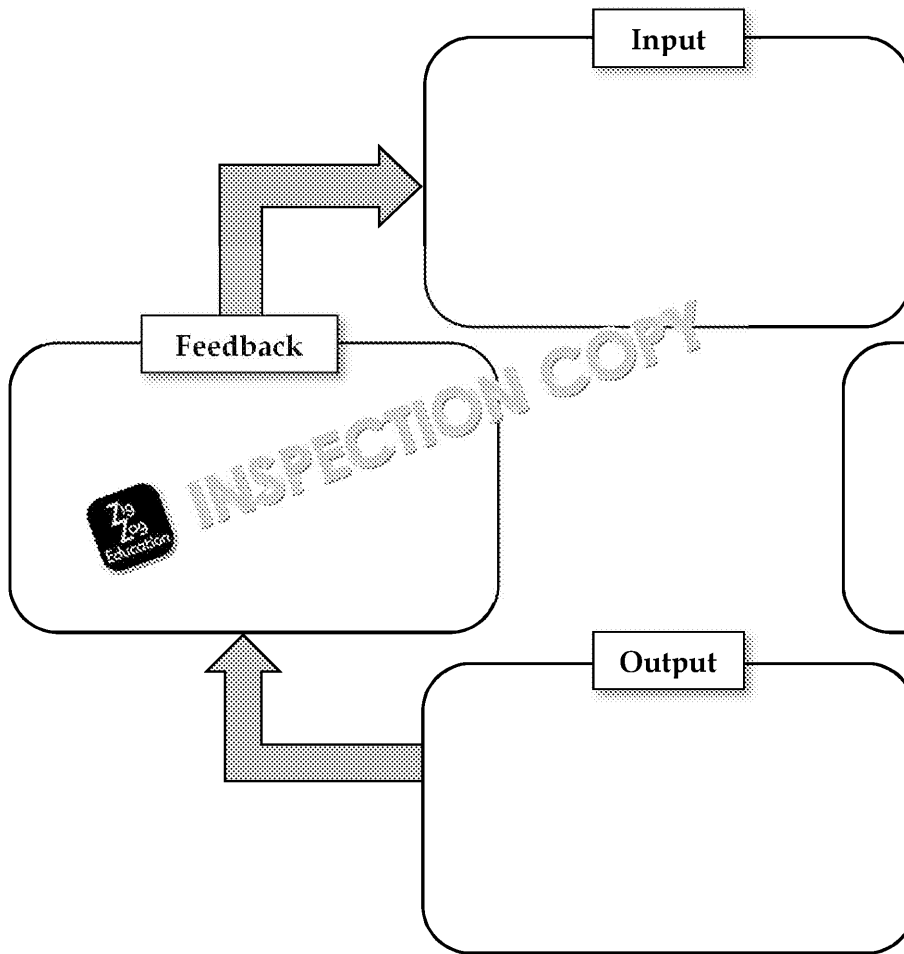
Fine

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4. Below is a diagram of the basic information-processing model. For each box, provide an example for Oscar playing the game of hockey. (3.2.1.3)



5. i. Oscar had a recent practice session with a teammate taking penalty shots in a pressurised environment. Oscar was amazed to see how alert and focused he was when performing. After the session Oscar found out, from one of his teammates, that they regularly take stimulants. Provide three side effects of taking stimulants that would discourage Oscar from taking them. (3.2.2.3)

1.
2.
3.

- ii. Other than increased alertness and focus, what positive effects can stimulants have on performance? Provide three examples.

1.
2.
3.

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Sebastian the Squash Player

Sebastian is a 28-year-old elite squash player, and has been chosen to represent his country at the next Olympics. While he is at the top level of his sport, Sebastian is not a well-known sports performer within his home nation.




Regarding his performances, Sebastian has recently found that while he is physically performing well, he is making too many judgement errors which have contributed to him losing games that he feels he should be winning. This has left him agitated and he often gets aggressive.

His coach, therefore, has recommended that he sees a sport psychologist to try to help control his aggression and mental preparation to be ready to compete at the Olympics.

Complete the following activities and questions on Sebastian:

1. Suggest one reason why Sebastian may not be a well-known athlete of the Great British Olympic team. (3.2.2.2)

2. In the first session with the sport psychologist, Sebastian is made aware of techniques he can use to control his arousal. He is handed a card with the different techniques. Complete the card to explain the different techniques. (3.2.1.5)

<p>Deep breathing</p> 	<p>Description:</p>
<p>Mental rehearsal</p> 	<p>Description:</p>
<p>Positive self-talk</p> 	<p>Description:</p>

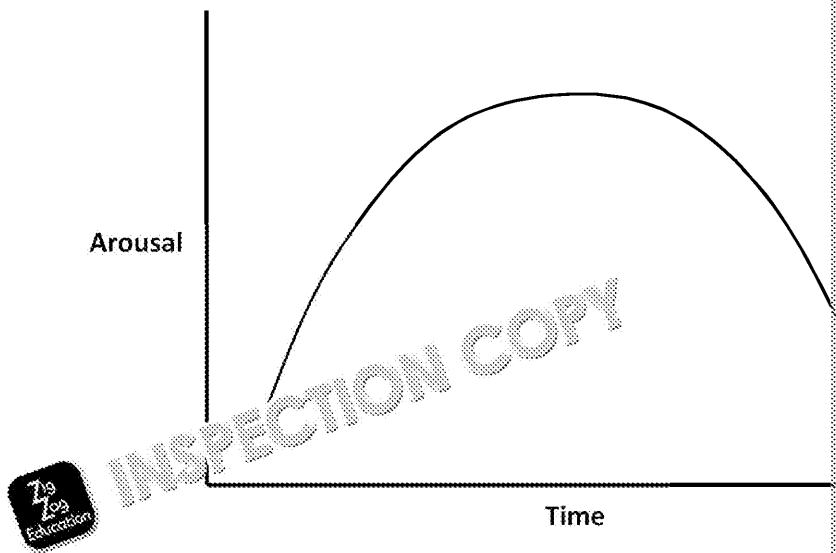
Try practising these techniques the next time you play. Note how they can help you manage your arousal.

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3. Sebastian's psychologist shows him the graph below to help explain how such as arousal can affect his performances. (3.2.1.5)



- i. What is 'arousal'?

.....

.....

- ii. Explain, using the sport of squash, what the graph shows.

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4. Sebastian still finds that he gets frustrated and aggressive when he makes errors. Below are descriptions of his aggressive actions during a recent game. Identify the type of direct or indirect aggression. (3.2.2.3)

i. *Sebastian loses a key point in the match, and throws his racquet to the ground in frustration, breaking it.*

ii. *During a rally, Sebastian is playing aggressively, smashing the ball as hard as he can.*

5. i. Sebastian is considering taking performance-enhancing drugs (PEDs) to improve his performance. Fill in the pros and cons list below to identify the advantages and disadvantages of taking PEDs for himself as a performer. (3.2.2.3)

Pros of taking PEDs	Cons

AO3 – to get full marks in questions like this you need to evaluate both sides of the argument. A pros and cons list in your revision notes is a great way to do this.

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- ii. Sebastian’s practice partner has given him a list of PEDs and how Sebastian’s performance. However, the list is ripped, leaving only Complete the list to explain how each of the drugs could improve squash. (3.2.2.3)

Stimulants:

Narcotic analgesics:

Diuretic:

Blood doping:

Beta blockers:

Anabolic agents:

- iii. Sebastian has just received a postcard from England Squash, the national squash. It highlights the implications for the sport of athletes taking drugs and encourages all athletes not to take them. The postcard is for the Olympic Games. Complete the postcard to explain what you would

Sebastian,
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Birmingham
B1 1JF

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Lucas the Horse Rider (Equestrianism)

Lucas is a 16-year-old boy who has suffered from cerebral palsy since he was born. Lucas is an introverted individual and has always felt as though he cannot join in with any physical activities that his close friends like to participate in.

He has always had a great interest in horses, with these being his favourite animal, and as such his parents have suggested that he learns to ride them in the sport of equestrianism. However, Lucas has doubts that he will be able to participate successfully because of his disability.

Complete the following activities and questions on Lucas:

1. Lucas joined an equestrianism social network site, to get involved with the community. Below is his profile below. (3.2.1.5)

The screenshot shows a social media profile for 'Lucas_HorseRider' on a platform named 'Friendface'. The profile includes a profile picture of a young boy, a search bar, and a navigation menu with options like 'Wall', 'Info', 'Photos', and 'Discussions'. The 'Basic information' section is partially visible, showing 'Personality type:' and 'About me:'. There is also a section for 'Number of Friends:' and 'Activities'.

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2. Lucas writes in his diary about the barriers he could face when trying to participate in equine activities. Identify the barriers Lucas could face against the given factors. (One has been given for you)

Attitudes

What if my coaches have a negative attitude towards my disability? They may have no faith in me. All my friends are taking up horse riding as they are all rugby players and have said that horse riding is for girls.



Available leisure time

Accessibility



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3. Lucas has decided to try equestrianism for the first time despite the fact that he finds that he is lacking in confidence when riding, and his trainer is going to help him improve his riding technique in order to improve his confidence.

i. Fill in the table below to show the advantages and disadvantages of each type of guidance in terms of Lucas' riding. (3.2.1.4)

Guidance type	Advantages	Disadvantages
Visual		
Verbal		
Mechanical		
Manual		

ii. Now you have assessed the guidance types, which type of guidance is most suitable for Lucas? Justify your answer.

.....

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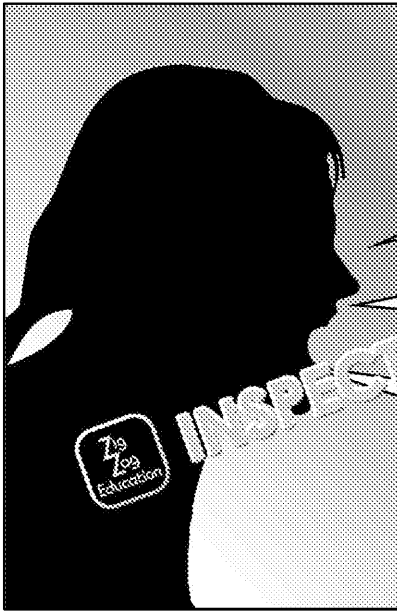
.....

By discussing the suitability of methods and making a choice of the most suitable method for Lucas, you should link your answers to the criteria given, and evaluate the importance in a reasoned way.

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4. Lucas' parents are watching his second training session, and shout out to them. Below are some examples of the feedback that they called out. Identify each of the statements below as is. (3.2.1.4)



i. 'Well done, that's

.....

ii. 'Sit up in the saddle

.....

iii. 'You don't have control

.....

- iv. What type of feedback should Lucas' parents be using? Justify your answer.

.....

.....

.....

.....

This question has three assessment objectives: feedback. Then apply to the scenario. Then justify your answer.

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5. Lucas has gained a lot from participating in equestrianism, and has developed a local youth club which has many other disabled young people. Support him, identifying the social and mental benefits he may have gained as a disabled individual. (3.2.3.1)

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Harrison the Cyclist

Harrison is a 25-year-old cyclist who finds that he is struggling to break through into the elite level of cycling. He believes that he has the technical ability, but thinks that the main reason for him not being able to make the step up to the higher level is that a number of his competitors are taking performance-enhancing drugs. He discusses the notion of taking PEDs with his close friends and family, as he is currently undecided whether to use them or not before the next big cycling competition.

Complete the following activities and questions on Harrison:

- Be Harrison as a section of a website displaying prohibited substances to include advantages and disadvantages of taking each of the substances for performance. (3.2.2.3)

Advantages:	Diuretics	Disadvantages:
Advantages:	Anabolic Steroids	Disadvantages:
Advantages:	Stimulants	Disadvantages:
Advantages:	EPO	Disadvantages:
Advantages:	Narcotic Analgesics	Disadvantages:

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- ii. Consider which drugs Harrison could be tempted to take to improve his performance. Pick two drugs and justify your choices below.

Drug 1:

Justification:

.....
.....
.....

Drug 2:

Justification:

.....
.....
.....

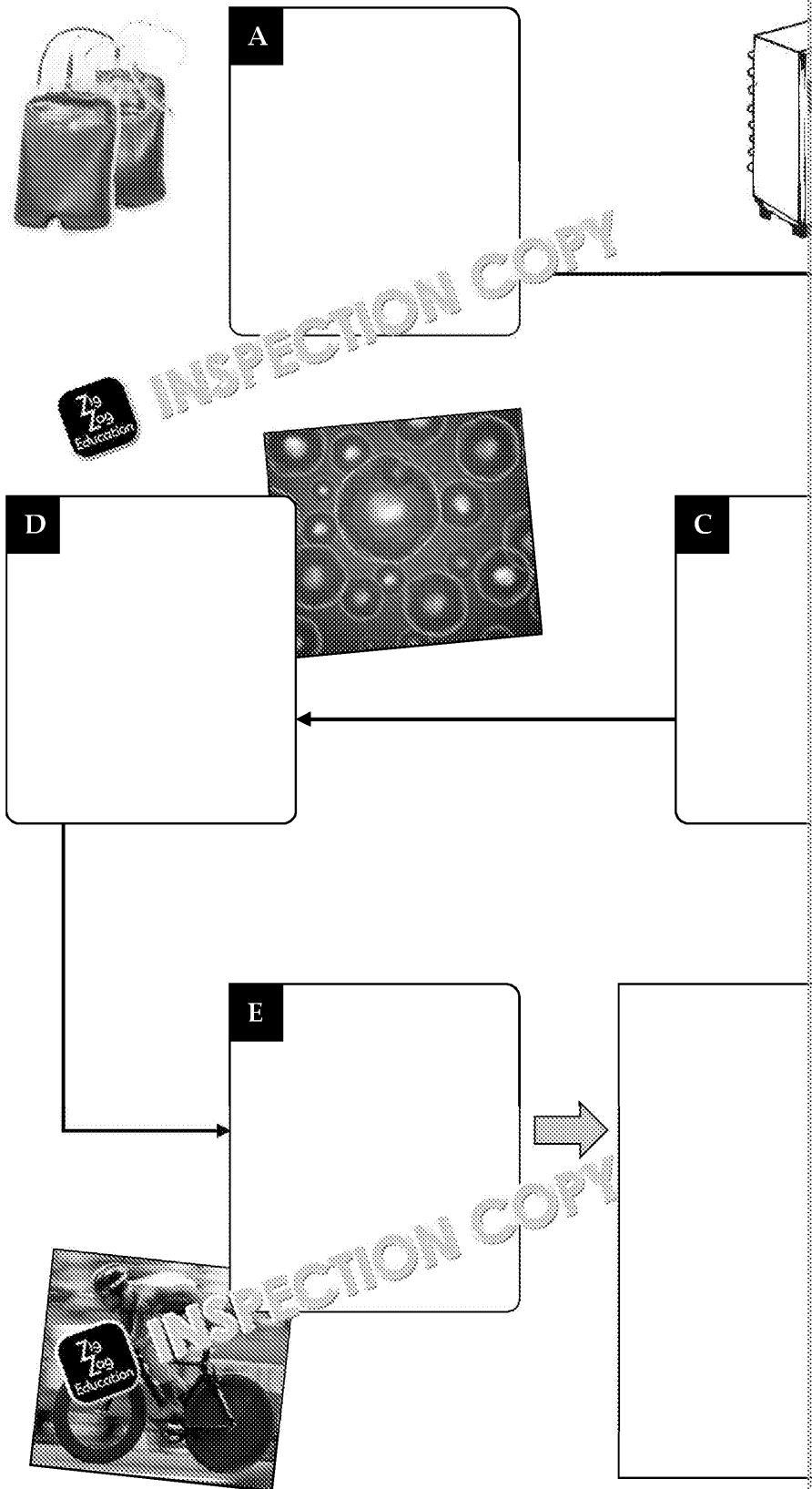
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2. Harrison was told about WADA (World Anti-Doping Agency) by his friend who visited their site as they work to fight doping in sport. He comes across the fact that some athletes use blood doping. Complete the diagram by filling in the boxes.



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Remember that
are a major re
enhancing drug

- 3. After reading the WADA website and talking more to his friends and if he is to take performance-enhancing drugs he will be breaking the number of incorrect statements regarding the conduct of performers.

(3.2.2.3)

Etiquette: Following the written rules of the sport

.....

Sportsmanship: Following the rules, while trying to gain an advantage

.....

Gamesmanship: Playing within the spirit of the sport

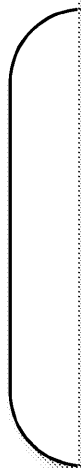
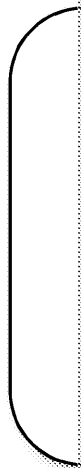
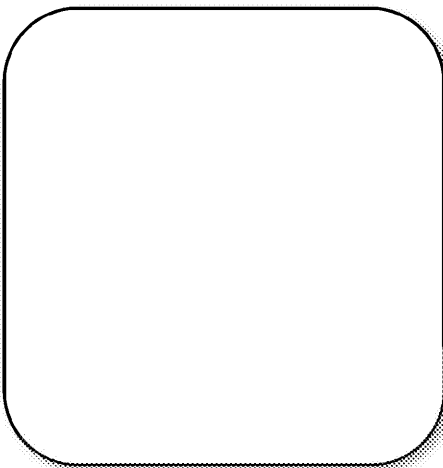
.....

Contract to compete: A contract that each player must sign to be able

.....

- 4. Harrison decides not to take performance-enhancing drugs, as he does the top. He thinks it is important that others are educated about performance-enhancing drugs (PEDs), so decides to give a presentation to a group of young talented cyclists. Use the prompt cards below with key information on why young cyclists could

(3.2.2.3)



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5. Answer the exam-style question below. (3.2.2.3)

Explain two disadvantages to the sport of cycling if athletes continue enhancing drugs.

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?

When explaining, you should set out the purposes or reasons. However, it is also important that you directly relate the disadvantages here to **cycling** as it states in the question.

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Mohammad the Polybat Player

Mohammad is a 12-year-old male who is described as shy by his friends. Twelve months ago he was in a serious accident that left him in a wheelchair and with limited movement. Before his accident he was a keen table tennis player and enjoyed playing at his local leisure centre.

Recently his parents have noticed that he seems down when he comes home from school, and is distancing himself more than normal from them. Worried about Mohammad's wellbeing, his parents suggest that he engages in sport and discover the sport of Polybat, an adapted form of table tennis. However, Mohammad seems unsure and suggests it won't be the same.

Complete the following activities and questions on Mohammad:

1. Polybat is a relatively unknown sport around the world, meaning that many people know very little about it. What five types of media could be used to increase the awareness of Polybat?

1.
2.
3.
4.
5.

2. Mohammad is trying to explain to his friends the barriers that disabled people face when they want to participate in sport. Fill in the speech bubble by identifying these possible barriers.

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3. Create a social media profile for Mohammad using the template below type and characteristics. (3.2.1.5)

Friendface
Search



Mohammad

Basic information

Personality type:

About me:

Wall

Info

Photos

Discussions

Number of Friends:

Activities

Sports I enjoy: *Polybat,*

4. Mohammad's parents have noticed that he seems reluctant to participate in two types of motivation and suggest how Mohammad's parents could justify your answer. (3.2.1.5)

.....

.....

.....

.....

.....

.....

.....

Consider the advantages of both types of motivation and suggest the best for the scenario.

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5. Below is a leaflet that Mohammad's parents requested from the nation Polybat. Complete the leaflet by explaining how Polybat can help pro below. (3.2.3.1)

The Benefits of Poly

Mental benefits:

Lowered stress –

Improved emotional con

Releases serotonin –

Social benefits:

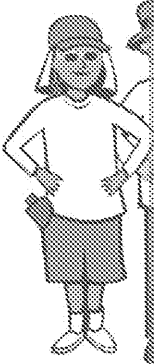


Cooperation –

Teamwork –

Make new friends –

Provides essential human needs –

Come and Give it a Go



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6. Mohammad begins to take part in Polybat and has found that the result of his accident, Mohammad suffers from frequent bouts of over-performance in Polybat to be affected. (3.2.1.5)

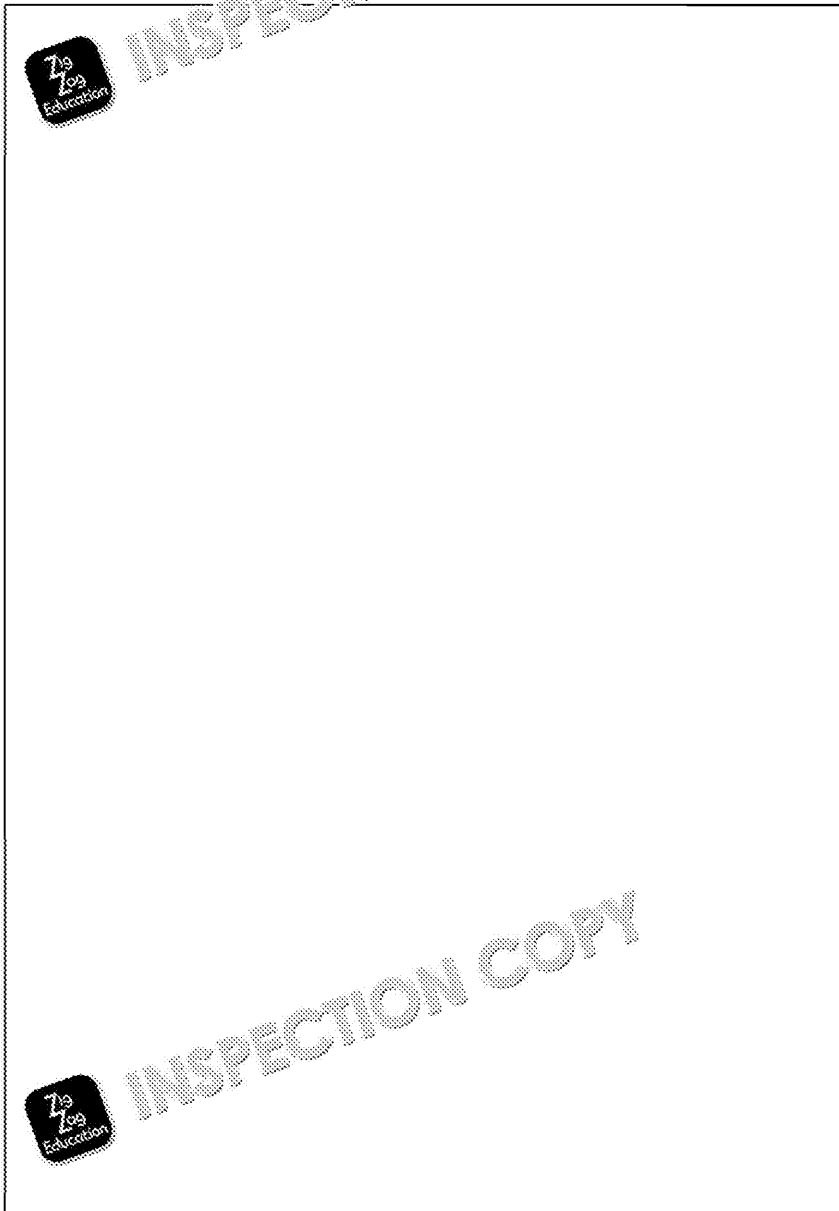
i. Provide a definition for the term 'arousal'.

.....

.....

.....

ii. Draw and annotate a graph in the space below to help Mohammad understand how Mohammad's arousal affects his performance.



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iii. Draw a line to match up each of the stress-management techniques

Mental rehearsal

Deep breathing


Positive self-talk

The skill/scenario is im
within a realistic enviro

Statements could inclu

Stopping any negative

Sitting straight with sh

Take deeper breaths th
e...ing more than usu

Changing this to positi
specific goal.

Slow the breathing rat
breathing in and out.

Breathe with the abdo

Visualise the specific d
such as the emotions o
feel.

Mentally rehearsing a s
usually make you nerv
completing the scenari
improving confidence

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Lewis the Personal Trainer

Lewis is a 26-year-old personal trainer, a job which he loves. This week he has five new clients that he needs to help lose different amounts of weight. His previous clients have given Lewis very positive reviews, mainly due to his enthusiastic and sociable behaviour. Lewis is also very organised, and enjoys designing detailed individualised profiles and targets for each of his clients. When he meets his clients he discovers that they greatly differ in terms of their personalities, current weight and preferred sports and physical activities.

Complete the following activities and questions on Lewis:

The gym that Lewis works at has an 'about me' section in their handbook for each instructor. This is a profile of each of the instructors, allowing the customers to choose the characteristics they think they will work best with. Below is Lewis' 'about me' profile.

On Lewis' profile below, underline the parts which suggest Lewis' personality type Lewis is. (3.2.1.5)

Name: Lewis Granger

About me:

Hi everyone, my name's Lewis and I love to meet new clients as I'm a very sociable person. I'm also very enthusiastic and my friends have often described me as talkative! In my spare time I love to play rugby and go to the cinema. Hopefully we can start a great partnership together to help you to become a better you!

Lewis' personality type is:

Think about the characteristics needed for different sports. For example, how do Lewis' characteristics make him suited to be a personal trainer?

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2. i. As part of the gym instruction, clients are asked to complete their personal goals. Lewis' newest client, Teresa, has completed her p



- **Name:** Teresa Radley
- **Age:** 45
- **Long-term aim:** To
- **Furthest distance run**
- **Favourite sport:** Ten
- **Less experience:**

Create a short-term SMART target goal and then explain how it meets the SMART target below.

Goal:

S

M

A

R

T

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ii. Lewis has found that most of his clients prefer to use performance goals to improve their body image, but prefer to use outcome goals when participating in a sporting event. Provide a definition for each type of goal below.

Performance goal:

.....

Outcome goal:

.....

3. A local successful businessman is one of Lewis's regular clients. He has a busy job, and as Lewis meets a lot of new people every day, the businessman has decided to sponsor Lewis and his team. (1. 3. 12)



i. Write down the different types of sponsorship that Lewis could receive from the businessman.

.....

.....

.....

ii. Explain what benefits the sponsor would get from this deal.

.....

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- iii. The diaries below show two days in which Gemma attends the gym. Use the diaries to explain what food Gemma should consume at various times to meet her nutritional requirements.

Monday:

Breakfast	Snack	A.M Exercise	Lunch
		Light cardiovascular cycle for 20 minutes	

Wednesday:

Breakfast	Snack	A.M Exercise	Lunch
		Weight training to improve strength	

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iv. How do you think going to the gym will affect Gemma's energy requirements?
answer.



.....

.....

.....

.....

2. Create a fact file to show the roles of carbohydrates, fats and proteins. Explain how they are important for Gemma.

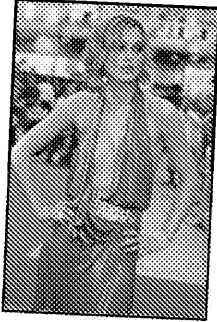
<p>Carbohydrates</p> 	<p>Fats</p>
<p>Importance to Gemma</p> 	<p>Importance to Gemma</p>

For top marks apply the role of sports, not

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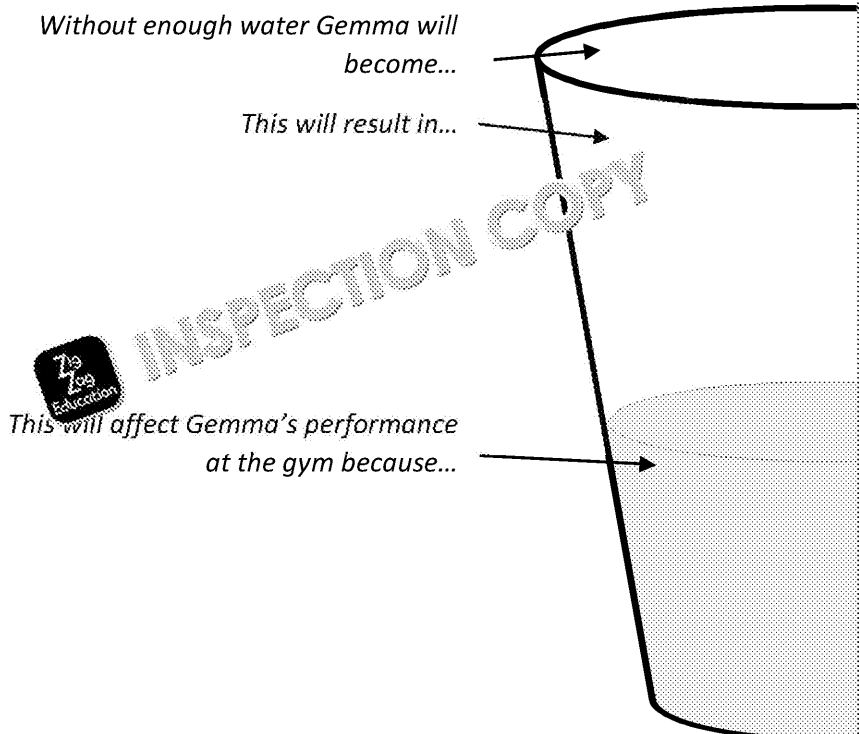
3. Below are images of a number of Gemma's favourite celebrities that she likes. Underneath each celebrity, identify what body type they have. Then describe this body type. Then imagine if each of the celebrities were to play a sport they would be suited to. (3.2.3.2)



Keira Knightley
Body type:
Characteristics:
Suitable sport

Dwayne Johnson
Body type:
Characteristics:
Suitable sport

4. Gemma only drinks two glasses of water a day. Fill in the glass below to show her hydration to Gemma. (3.2.3.3)



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Isiah the Football Fan

Isiah is a massive lower-league-football fan and attends games regularly for his beloved Appleby Rangers FC. He wasn't originally interested in football, but was taken to his first match by his stepfather when he was only seven years of age.

Unfortunately, his team are renowned for having the most violent spectators in the country and hooliganism is often seen at every home game, especially those against his team's local rivals, Ferncombe FC.

Isiah is keen to do something about the violence of his team and starts by learning about violence in sport.

Complete the following activities and questions on Isiah:

Isiah's stepfather believes that spectator violence is a result of the players

1. i. Identify what type of aggression is being shown in the image below



.....

- ii. What is the other type of aggression that can take place in a football match

.....

- iii. How does the type of aggression shown in the image differ from the other type of aggression

.....

.....

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2. Below are terms relating to the conduct of the football players. For each term, and then draw an image to demonstrate this term in football. (32)

Sportsmanship:

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Etiquette:

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Contract to compete:

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Gamesmanship:

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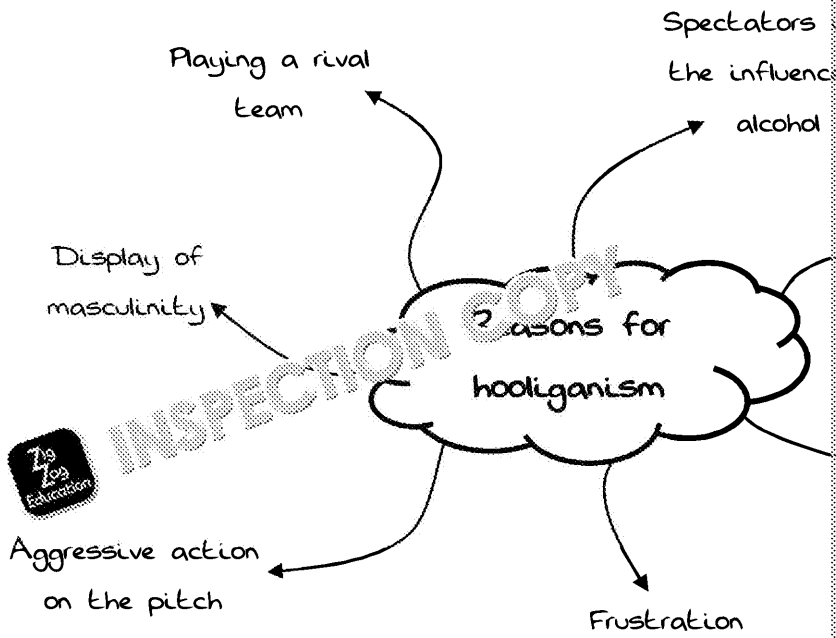


Applying definitions to more than one sport is the best way to understand them. You should then be able to give a comprehensive definition in your exam.

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3. Isiah begins to research a bit more about violence at Appleby Rangers why hooliganism could occur. For each of his points, explain how the
- (3.2.2.3)



4. Appleby Rangers FC have started to issue banning orders for their spectators who are guilty of hooliganism. (3.2.2.3)

i. Why might the club want to stop hooliganism?

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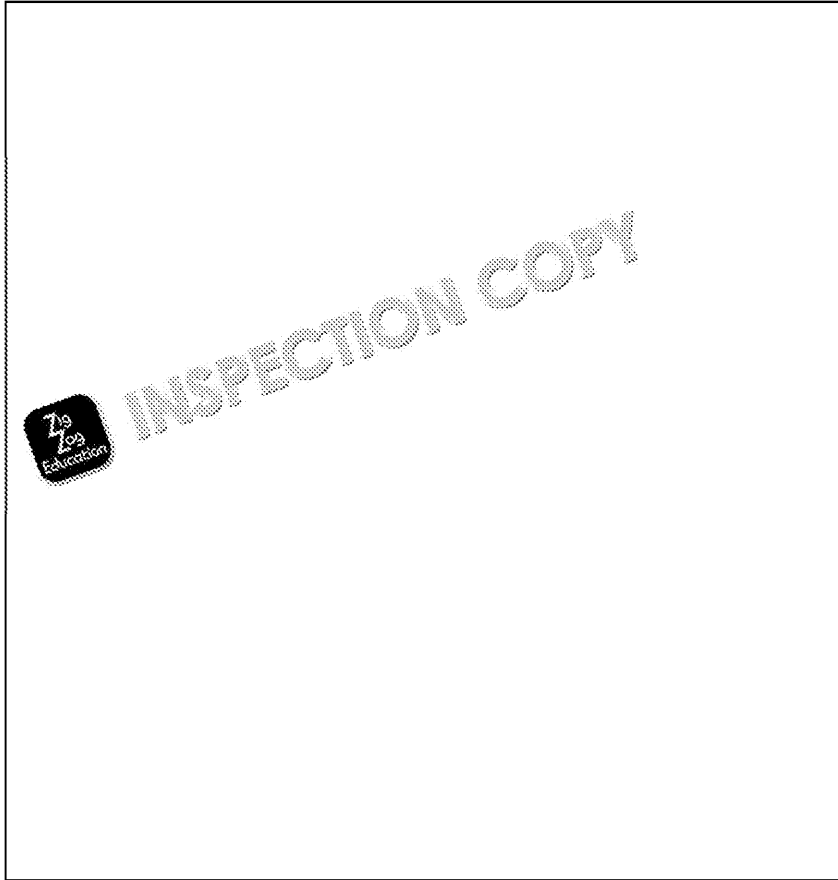


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5. i. The FA has become concerned about the amount of hooliganism at this level, and has decided to provide a series of strategies to reduce fan violence. Design a leaflet to send to all lower league clubs. Design a leaflet in the space provided. The space outlines the strategies to combat hooliganism. (3.2.2.3)



- ii. Choose two of the strategies that you have listed in the leaflet above and assess if they would be effective at Appleby Rangers FC.

.....

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This question is very focused on AO3 marks. Make sure you answer the question fully. Suggest your strategy and then consider the limitations of that strategy, before moving on to another strategy.

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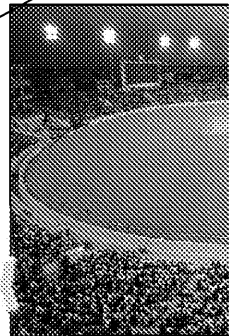
Dylan the Cricket Player

Dylan is a 20-year-old cricket player who is said to be the next best thing, with a number of high-profile people in the sport sitting up and taking notice of him. Recently, Dylan has been spotted by talent coaches and has been approached to represent his country.

He is also, suddenly, receiving a sharp increase in media coverage, which has led to him being approached by a major sports brand, and he has just been offered his first sponsorship deal. Dylan is also now playing in a higher standard of leagues and competitions, and has noticed improvements in the facilities on offer at these matches.

Complete the following activities and questions on Dylan:

1. For a pre-season game, Dylan's team is playing a team of a much lower level. Below is an image of their pitch compared to Dylan's home ground. Analyse the differences, and suggest how sponsorship and financial backing can improve the sport. (3.2.2.2)



No


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2. Fill out the table below to show the positive and negative impacts that following people: (3.2.2.2)

	Positive impacts of sponsorship	Negati
Dylan (performer)		
Cricket (sport) 		
Umpire (officials)		
Spectators		
Sponsor		

3. How do you think the commercialisation of cricket differs to that of fo

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4. i. Cricket involves a number of different skills. Referring to the skill performer would benefit from having high, or low, arousal levels

A. Catching a high ball	
B. Sprinting between the wickets	
C. Running in and bowling a fast ball	
D. Hitting a big six	
E. Throwing the ball at the stumps from a close range	

- ii. If a cricket player told you that he was consistently over-aroused and tired, what drug do you think could be medically prescribed for him? What dose of drug have? (3.2.2.3)

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- iii. How relevant do you think taking this type of drug is for the sport?

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Answers

Rochelle the Rugby Player

1.
 - i. Any one of the following relevant barriers:
 - Attitudes
 - Role models
 - Media coverage
 - Sexism
 - Familiarity
 - Racism
 - ii. Any three of the following impact factors:
 - Attitudes: Attitudes from her friends and mum may dissuade Rochelle from playing a suitable example
 - Role models: Lack of female role models due to the relatively small number of female players compared to the men's game / lack of role models from a wide variety of sources example
 - Media coverage: Lack of media coverage results in less exposure to the sport example
 - Sexism: Belief that girls should not play sports which are very physically demanding example
 - Familiarity: Social group are not familiar with rugby, which could affect their perception of the sport, ultimately dissuading Rochelle / other suitable example
 - Racism: Racist views from coaches may result in a negative view of the sport / other suitable example

2. **Input** – The player with the ball would receive sensory input from her sight of the positioning of her opposition; she will see where the space is and she will hear the ball.

Decision making – The player would need to make a decision whether to pass the ball into the space herself or to take the contact.

Output – This will involve the player performing the movements, based on the available space, try to take on the opponent or make a pass to her teammate.

Feedback – Depending on the success of her actions, her feedback will inform her next game. If she tried taking on the opponent but didn't succeed, she will know she hasn't passed to her teammate who then scored, she will also remember to pass to her teammate next time. (Accept any other appropriate answer.)

3. i. **Direct aggression:** demonstrating aggressive behaviour towards another player. **Definition:** Direct aggression is when a player deliberately uses force or violence against another player.

ii. This is different from indirect aggression as this type of aggression involves demonstrating aggressive behaviour towards a player without using force or violence.

iii.

Indirect Aggression	Direct Aggression
Kicking the ball away in anger when penalised by the referee for holding on in the ruck / other suitable example	Tackling an opponent example Rucking an opponent other suitable example

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4. i. **Etiquette:**

Example: The rugby players are always polite to the referee, even calling

Definition: Adhering to the (unwritten) codes of behaviour of the sport

Sportsmanship:

Example: Every rugby player shakes the hand of their opposition at the result.

Definition: Following the rules, while playing within the spirit of the sport

Gamesmanship:

Example: One rugby team delays returning to the pitch from the changing room, meaning that their opponents get cold waiting for them.

Definition: Trying to secure an advantage through the bending of the rules

Contract to compete:

Example: Although the rugby team was up against a much better opposition, they try their best to win.

Definition: An unwritten agreement to adhere to the etiquette and rules of the sport

5. Student answers should include the following linked points:

Physical health benefits to include:

- Improved cardiovascular ability – e.g. as rugby involves high-intensity exercise, leading to cardiac hypertrophy and bradycardia when competing over a long time
- Increased ability to complete daily tasks – e.g. increased muscular strength and endurance to complete daily tasks
- Improved bodily functioning – e.g. improved ability to use oxygen, as a result of training through aerobic training which is a large component of rugby
- Reduced risk of illnesses – e.g. playing rugby uses a lot of energy, using and consuming glucose which reduces the risk of diseases such as diabetes
- Reduced likelihood of obesity – e.g. as rugby is a demanding sport with high energy expenditure, components along with weight training, body composition can be improved and gain muscle

Mental health benefits to include:

- Lowered stress – e.g. regular training can help to release endorphins which reduce stress
- Improved emotional control – e.g. the players can learn how to regulate their emotions through the experience of a wide range of emotional experiences, and learning how to cope with them
- Release of serotonin – e.g. after playing a rugby match, serotonin is released which helps to improve mood

Social health benefits to include:

- Cooperation – e.g. rugby involves complex set plays where teammates must work together to execute them successfully
- Teamwork – e.g. rugby involves playing in a team of 15, which helps players to develop teamwork skills
- Can make new friends – e.g. rugby often has a large social side which helps players to make new friends
- Have the essential human needs – when an individual takes part in sport, their essential human needs (such as food, clothing and shelter) are likely to be met

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1.
 - i. Social health benefits to include:
 - Cooperation
 - Teamwork
 - Can make new friends
 - Achieving the key human needs
 - ii. Friends can have the following positive effects:
 - Increase familiarity with the sport
 - Speak positively about the sport
 - Offer encouragement
 - Provide an opportunity to play with others
 - Increase enjoyment of sport
 - Make the individual feel more comfortable performing
 - Any other suitable example
2.
 - i. Extrinsic rewards
 - ii. **Extrinsic** – tangible rewards, such as certificates, trophies or appropriate prizes
Extrinsic – intangible rewards, such as praise, feedback or applause
 - iii. Intrinsic motivation leads to higher levels of satisfaction/enjoyment/performance
Extrinsic motivation can be used too often, which weakens intrinsic motivation
try to use intrinsic motivation.
3.
 - i. To win at the next major championship race / any other suitable example
 - ii. Disadvantages to include:
 - They rely on uncontrollable factors
 - If not achieved, beginners can become demotivated
 - They can put too much pressure on the performer / make the sport less enjoyable
 - iii. Performance goals could include:
 - Try to improve your personal best time for rowing 10 km / any other suitable example
 - Try to improve your rowing technique / any other suitable example
 - Try to improve your muscular endurance / any other suitable example

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4. Any one of the following advantages and disadvantages of each feedback and guidance type.


Guidance Type	Advantage	Disadvantage
Visual	<ul style="list-style-type: none"> The performer can see the correct technique being performed All stages of learning can benefit The performer can attend to the important points Can be used when mentally rehearsing Any other suitable advantage 	<ul style="list-style-type: none"> It is difficult to replicate The incorrect technique can be reinforced It may not be accurate Any other suitable disadvantage
Verbal	<ul style="list-style-type: none"> Can be given straight away Can be used at the time of practice, promoting an immediate change in technique Can be used effectively with visual guidance Any other suitable advantage 	<ul style="list-style-type: none"> Can overwhelm the performer with information If the guidance is not clear, the performer may become confused The performer may become dependent on the guidance Any other suitable disadvantage
Manual	<ul style="list-style-type: none"> Can improve confidence Can improve the safety of an activity Helps to improve the feel of the activity Any other suitable advantage 	<ul style="list-style-type: none"> The performer may become dependent on the guidance It can hinder the performer if used too long Using poor technique could lead to injury Any other suitable disadvantage
Mechanical	<ul style="list-style-type: none"> Can improve confidence Can improve the safety of an activity Useful for beginners to learn specific areas of the technique more easily Any other suitable advantage 	<ul style="list-style-type: none"> The performer may become dependent on the guidance It is hard to perform independently Can find it difficult to feel the technique without the aid of the device Any other suitable disadvantage

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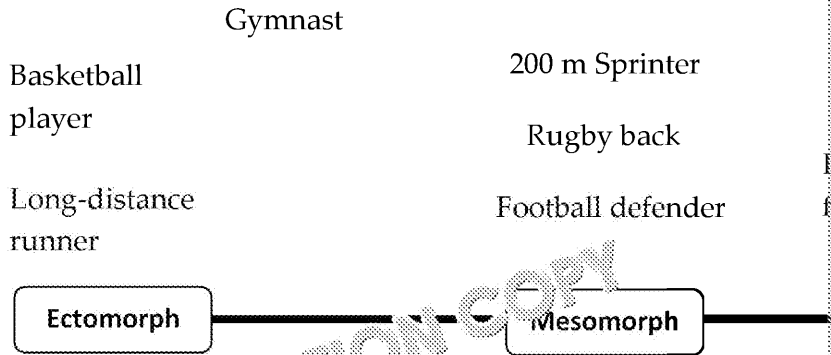
Feedback Type	Advantage	
Positive	<ul style="list-style-type: none"> It is beneficial for beginners as it can increase confidence It can encourage persistence in an activity Can be highly motivational Can help to promote the correct technique Any other suitable advantage 	<ul style="list-style-type: none"> If used too often can lead to overconfidence Can be less effective if used too often Any other suitable disadvantage
Negative	<ul style="list-style-type: none"> Motivational for experienced athletes Can help to prevent poor technique Useful to small alterations to technique Any other suitable advantage 	<ul style="list-style-type: none"> Can lead to frustration Not a recommended feedback type for beginners Can reduce enjoyment Any other suitable disadvantage
 Knowledge of results	<ul style="list-style-type: none"> Helps to give a quick comparison of the performance to others / external feedback Can be used to measure improvements/decreases in performance Any other suitable advantage 	<ul style="list-style-type: none"> If the result is demotivating The performer's performance becomes good results Any other suitable disadvantage
Knowledge of performance	<ul style="list-style-type: none"> Can offer a quick form of intrinsic feedback Helps the performer improve their feel of the movement Any other suitable advantage 	<ul style="list-style-type: none"> Not useful for beginners Does not provide a comparison Any other suitable disadvantage
Extrinsic	<ul style="list-style-type: none"> Useful for beginners who do not yet know how the correct movement should feel Can provide expert advice on technique Can pinpoint changes in technique the performer does not notice Any other suitable advantage 	<ul style="list-style-type: none"> The performer may become dependent on external feedback It is not a recommended feedback type for experienced performers Any other suitable disadvantage
Intrinsic	<ul style="list-style-type: none"> Can help to develop a feel for the movement Can help to improve self-satisfaction if used positively Useful for experienced performers Any other suitable disadvantage 	<ul style="list-style-type: none"> Not useful for beginners Can encourage the performer to focus on intrinsic feedback Any other suitable disadvantage




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1. i. Accept similar placement on the continuum:



2. Poster  include the following sections and impacts:

Definition of obesity: An excess accumulation of body fat

Physical performance impacts:

- Reduced flexibility
- Reduced agility
- Reduced stamina
- Reduced power/speed

Physical ill-health impacts:


- Cardiovascular disease
- Diabetes
- Raised cholesterol
- Cancer

Mental impacts:

- Reduced confidence
- Depression

3. Consequences to include:

- Obesity / higher body fat percentage
- Cardiovascular disease
- Diabetes
- Reduced confidence
- Lowered sleep quality
- Tiredness
- High blood pressure

4. i. 
ii. We get our energy from the food that is eaten. The main sources of energy are as potatoes, rice and pasta and from fats, such as nuts, butter and olive oil.
iii. Men should consume 2500 Kcal/day, whereas women should consume 2000 Kcal/day.

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- iv. • Age – is linked into the amount of physical activity. As you get older your calorie intake increases. However, as you get older the body cell levels, which use up fewer calories compared to muscle, meaning the calorie intake.
- Height – taller individuals tend to have less body fat, meaning that calorie intake can generally be higher when compared to short individuals.
 - Energy expended – the more energy that is expended results in more energy needed to restore the energy balance; therefore, calorie intake has to increase.
 - Gender – females generally have more body fat than males, meaning they need more energy.
5. Notes to include:
- Unused energy that is gained from consuming carbohydrates and fats can be stored in the body. Overconsumption of these food sources can result in an excess of stored energy. The body continues to use the carbohydrates as its first source of energy.
 - To be able to maintain fitness the body requires particular nutrients. For example, potassium needs to be consumed to maintain blood pressure.
 - Energy is required for physical activities. This is because the energy expended must be replaced via calorie intake to maintain the energy balance.
 - Any other suitable examples.

Aiyana the Office Worker

1. i. Sedentary lifestyle: a lifestyle which does not include regular physical activity.
- ii. Spider diagram to include:
- Obesity / higher body fat percentage – energy which has not been burnt is stored as fat, leading to an accumulation of body fat, i.e. obesity.
 - Cardiovascular disease – a sedentary lifestyle can lead to an accumulation of plaque in the arteries, increasing blood pressure, which in turn can lead to cardiovascular disease.
 - Diabetes – exercise can increase the sensitivity of insulin released in the body, so glucose (sugar) levels can be reduced.
 - Reduced confidence – a negative perception of body image can result in individuals not being confident in their own body.
 - Lowered sleep quality – as the energy consumed via calorie intake is not used, an individual can often find sleep hard to come by.
 - Tiredness – when the body does not undergo regular movement, the body becomes tired.
 - *High blood pressure – a sedentary lifestyle can lead to an accumulation of plaque in the arteries, increasing blood pressure, which in turn can lead to cardiovascular disease.*
2. i. b
- ii. c
- iii. d
- iv. c
3. Explanations to include:
- Role models: while the popularity of female sports is increasing, there is still a lack of female sporting role models in comparison to males.
 - Sexism/stereotyping: while the attitude to women participating in sports has improved, some involved within sport still hold a sexist view that women should not participate in sports which require physical strength.
 - Commitments (working): Aiyana has a busy work schedule with holding a full-time job, leading to a lack of time to try and participate in new sports.
 - Available leisure time: Aiyana has a busy work schedule with holding a full-time job, leading to a lack of time to try and participate in new sports.
 - Disposable income: as Aiyana is trying hard to save for travelling, she has a limited budget and cannot afford to spend on sporting activities.

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4. i. **Burger:**

- It has a high amount of carbohydrates, which if not used as energy will increase the fat composition of her body.
- It has a large amount of saturated fat, which can lead to blocked blood vessels and cardiovascular disease.
- Protein in the burger will provide a benefit in supporting muscle repair, but the disadvantages here outweigh the benefits.
- Any other suitable disadvantage

Chips:

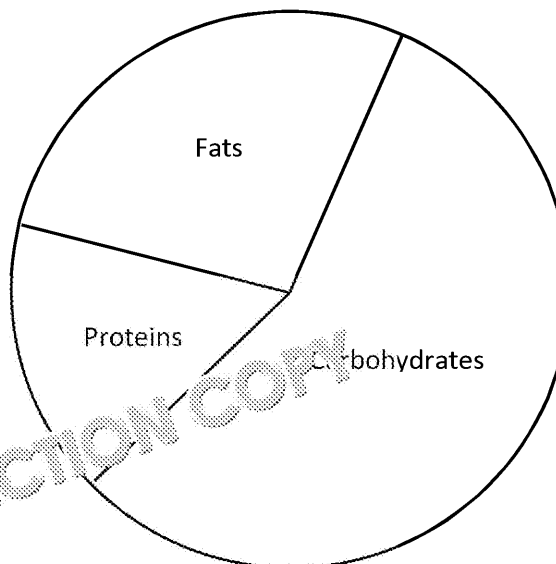
- They have a large salt content, which can increase blood pressure, leading to cardiovascular disease.
- They have a high amount of carbohydrates, which if not used as energy will increase the fat composition of her body.
- They have a large amount of saturated fat, which can lead to blocked blood vessels and cardiovascular disease.
- Any other suitable example.

Cola:

- It has a large sugar content, which can be eventually stored as fat, causing weight gain.
- The high sugar content can contribute to diseases such as diabetes.
- It can slow down metabolism, causing Aiyana to burn her calories more slowly, resulting in weight gain.
- Any other suitable example.

- ii. Any suitable alternative that gives similar benefits based on main nutrients:
- Burger → any food with a protein/carb benefit, e.g. chicken salad sandwich
 Chips → any food with a carb benefit, e.g. banana, rice cake, pasta
 Cola → any drink with a hydration benefit, e.g. water, sugar-free squash

iii.



iv. Explanations could include:

- Carbohydrates: provide a major source of energy to provide Aiyana with the energy to complete moderate to high-intensity exercise / other suitable example
- Fats: provide a source of energy to provide Aiyana with the energy to complete moderate to high-intensity exercise / other suitable example
- Protein: aids the growth and repair of Aiyana's muscles allowing her to complete moderate to high-intensity exercise which in turn can enable her to work at a higher intensity and enjoy her exercise / other suitable example

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5. i. Any three of the following:
- Balanced diet: a diet consisting of the correct proportion of the nutrients required
 - Having the correct balance of energy consumed and energy expended
 - 55–60% carbohydrate
 - 25–30% fat
 - 15–20% protein
- ii. Any three of the following reasons:
- No single food contains all the nutrients the body requires.
 - Any non-expended energy is stored as fat, resulting in obesity.
 - To be able to maintain functioning, the body requires particular nutrients.
 - Suitable energy (carbohydrates and fats) is required for physical activity.
 - Water is required to keep the body hydrated.
 - Protein is required to repair and support growth and development.



Shannon the Tennis Player

1. • **Blood thickening:** As the blood is made up of a high percentage of water, blood becoming thicker (more viscous), which reduces blood flow and less oxygen is delivered to the working muscles.
- **Increased heart rate:** This causes the heart to have to work harder and circulate more blood, meaning that the flow of blood to the working muscles is reduced and less oxygen is delivered.
 - **Slower reactions:** Results in the timing of the tennis shots, meaning that Shannon is slower to hit her shots.
 - **Muscle fatigue:** Results in reduced speed and muscular endurance, meaning Shannon is unable to run to the ball as quickly as the match goes on.
 - **Increased body temperature:** Results in Shannon overheating, which in turn can even force her to retire from the match.
2. i. **Skill:** a learned and controlled action to efficiently achieve the desired end, for example a tennis shot
- ii. **Ability:** An ability is the enduring characteristics which enable a skill to be carried out, for example a tennis player's speed
3. **Serve:**
- Complex – it is made up of many subroutines
 - Closed – the serve is completed by following particular skill patterns
 - Self-paced – the performer determines the timing of the serve
 - Gross – the serve uses large muscle groups

Forehand return

- Basic – the skill is relatively simple to complete
- Open – the skill is dependent on the opponent's shot
- Externally-paced – the timing of the skill is dependent on the opponent's shot
- Gross – the forehand uses large muscle groups

Volley:

- Basic – the volley does not consist of many subroutines
- Open – the shot is dependent on the position of the ball
- Externally-paced – the timing is dependent on the opponent's shot
- Fine (also accept gross) – the skill is often precise, and requires good hand-eye coordination

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Drop shot:

- Complex – the drop shot is a hard skill to master
- Open – the shot is dictated by the opponent's shot
- Externally-paced – the shot is dictated by the opponent's shot
- Fine – the skill is very precise, using the small muscle groups of the wrist

4. Benefits to include:

- Improved cardiovascular endurance / any other component of fitness – increased endurance will result in Shannon being able to maintain high energy levels longer to outlast her opponent.

Accept other suitable explanation for other component of fitness, e.g. improved forehand backhand to win the points.

- Reduces likelihood of injury – remaining fit Shannon will be able to perform throughout the season / continue to improve her skill and performance
- Can improve the ability to work / complete daily tasks – meaning that Shannon can complete more tasks, allowing her to have more energy when playing tennis
- Any other suitable example and explanation.

5. Accept either introvert or extrovert along with suitable justification:

Introvert:

- Tennis is an individual sport
- Involves a lot of concentration
- Can be played with low arousal levels
- Any other suitable example

Extrovert:

- Gross skills are utilised
- Quick pace of the game
- She could play doubles and be part of a bigger team
- Any other suitable example

6. Effects to include:

- Increased stress levels
- Lack of enjoyment of the game
- Win-at-all-costs mentality
- Poor relationship with parents
- Any other suitable example

Sophie the Sport Journalist

1. Sport advantages could include:

- The financial benefits could help improve facilities / grass-roots level / standard
- It could help to make the sport more recognisable.
- It could potentially help to improve popularity.
- Any other suitable positive impact

Sport disadvantages could include:

- The sport could be seen as being too commercialised/business-like and not for the fan.
- The sponsor could begin to dictate timings/organisation of sporting events
- Any other suitable disadvantage.

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Performer advantages could include:

- He can be provided with better equipment which could improve his performance.
- There are financial benefits from being sponsored.
- He could be elevated to role-model status and become more well-known.
- Travel costs / entry fees can be covered.
- Any other suitable advantage.

Performer disadvantages could include:

- Signing contracts can leave the performer at the mercy of the sponsors.
- Competing in too many competitions as a result of sponsorship appears to cause fatigue/injury.
- Any other suitable disadvantage.

Spectator advantages could include:

- Increased financial strength of clubs can allow the best performers to play at a higher quality of the game, a benefit for the spectators.
- The sponsored events can be made a spectacle of, improving the viewing experience.
- Clubs can use money gained from sponsorship to reduce costs for fans / spectators.
- Any other suitable advantage.

Spectator disadvantages could include:

- They could feel out of touch with the sport due to the business-like/commercial nature.
- Timings can be changed by the sponsor making it harder for the spectators to attend.
- Any other suitable disadvantage.

Sponsor advantages could include:

- Their brand is promoted to large numbers of spectators, increasing the visibility and popularity of the brand.
- The sales of their products can rise.
- Any other suitable advantage.

Sponsor disadvantages could include:

- If the sponsored club/player does anything untoward in public, the sponsor's reputation may be damaged.
- Any other suitable advantage.

2. Suggestions could include:

- Football is more commercialised than the other sports; snooker is the least commercialised.
- This results in football having the highest exposure in the media.
- More people may be interested in / participate in football/rugby/tennis than in snooker.
- The FIFA World Cup and the Rugby World Cup finals may have been successful platforms; platforms for snooker are more limited.
- Football and rugby are team sports, so are more likely to include teams than tennis, marathons and snooker are for individuals, so may have less following.
- Any other suitable suggestion.

3. Advantages for performer:

- Technology can improve the equipment which can in turn improve performance.
- Use of technology such as hyperbaric chambers can help to improve recovery.
- Improved facilities can aid performance, e.g. better training facilities can improve fitness components.
- Knowledge that the correct call can be made improves the fairness for the performer.
- Analysis of performance can help to target particular improvements in technique.
- Any other suitable advantage.

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Disadvantages for performer:

- Some technology, while improving performance, can lead to injury, e.g. protection.
- Momentum can be lost when waiting for the outcome from video technology.
- Performers at grass-roots level do not benefit due to the high cost of technology.
- Any other suitable disadvantage.

Advantages for sport:

- It can improve the fairness of key decisions as it can make sure that they are correct.
- Improved performance levels of performers increase the attraction of the sport.
- Some technology, such as all-weather pitches, prevents fixture pile-up due to bad weather.
- Allowing the spectators to have a greater insight into the sport can help them to enjoy it more.
- Any other suitable advantage.

Disadvantages for sport:

- Delayed decisions, while consulting video technology can disrupt the flow of the game.
- The media may dislike the non-traditional feel of the sport, meaning a loss of popularity.
- Any other suitable disadvantage.

Advantages for official:

- It can help the official make the correct decision.
- It takes the pressure off the official when making a difficult call.
- Any other suitable advantage.

Disadvantages for official:

- They can be made to look bad on a global stage when they find out they have made a wrong decision.
- The importance of the official is reduced.
- Any other suitable disadvantage.

Advantages for spectators:

- It can improve involvement for spectators, i.e. more analysis, improved understanding of the game.
- Technology can improve the viewability of sports.
- Reduction in fixture pile-ups as a result of bad weather, meaning that the fixture list to follow, can result in an increased likelihood of being able to watch a game.
- Any other suitable advantage.

Disadvantages for spectators:

- They lose the traditional feel of the sport.
- Pauses in play to review decisions can be frustrating for spectators.
- The constant replays, etc. can become boring, reducing the spectators' enjoyment.
- Any other suitable disadvantage.

Advantages for sponsor:

- If the brand is attached to a popular technological impact in a sport, this can increase its popularity.

Disadvantages for sponsor:

- If the brand is attached to an unpopular technological impact in a sport, this can reduce its popularity.

Newspaper article:

- Students should summarise their findings to the previous activity and present them in a newspaper article.

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4. Phrases to be highlighted with evaluation of their effectiveness to include:
- Has been rescheduled from a 5pm kick-off to a 1pm kick-off time
 - This is effective as it will give the fans less time to build tension or could contribute to hooliganism.
 - Earlier kick-offs may reduce trouble before the match, but may increase which trouble could occur.
 - New all-seater stadium
 - This is effective as it allows for less goading of opposition fans / and prevent overcrowding / other suitable explanation.
 - All-seater stadiums cost a lot, and will not necessarily stop violence sitting.
 - 24-hour security
 - This is effective as it will dissuade spectators from causing trouble or arrested / given banning orders etc.
 - Heightened security will not always stop the violence of some fans
 - The fans will not be allowed to purchase any alcohol
 - This is effective as alcohol is a cause of hooliganism as it clouds reactions and helps to prevent poor decision making.
 - This is not effective as fans may decide to drink more alcohol before the match and become angry.
5. i. • There may be fewer girls playing rugby due to the sexist/stereotypical view that girls should not participate in such a physical sport.
- The peers of girls may dissuade them from taking part due to holding them back from playing sport, which in result can dissuade the girl from participating.
 - Negative experiences of PE may make the girls less willing to participate.
 - There are fewer female rugby role models compared to male role models as boys are more likely to be willing to participate in rugby.
 - Any other suitable example.
- ii. • Some coaches may hold racist/stereotypical views, such as not playing black players which require a high level of thinking and decision making, which can affect their performance and become professional footballers.
- Some cultures may dissuade their family members from participating in football.
 - There are fewer football role models from other races compared to white players.
 - Black culture may hold other sports in higher regard and push participation in those sports.
 - Any other suitable example.
- iii. • It is potentially harder for older people to participate in physical activity and movement which can increase with age.
- Walking clubs may not be as accessible to older people, meaning that they are less likely to participate.
 - Older people may have other family commitments, such as looking after grandchildren, limiting the time available to go walking.
 - Any other suitable example.
- iv. • Children without the support of their parents can be dissuaded from participating.
- Non-supportive parents may not take their children to clubs/activities, limiting their accessibility to sport / limiting the child's familiarity with the sport.
 - Family commitments will have priority over sport, limiting the child's available leisure time.
 - If the family is from a poor socio-economic background, they may need extra support to be able to participate in sport.
 - Any other suitable example.

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- v. • Local clubs may not have the facilities required for disabled people
- Negative/uneducated/stereotypical attitudes regarding disability stop people's participation in sport.
- Facilities and clubs may not be inclusive to disabled people, limiting
- Disabled people have fewer sporting role models compared to non
- Some disabilities may physically limit involvement in physical activity
- Any other suitable example.

Oscar the Hockey Player

- 1. i. Outcome goal
- ii. Performance goal

- 2. i.

Goal	Advantages
Try to score the most goals in the second-team training session	<ul style="list-style-type: none"> • Progress can be easily measured • Can result in high motivation for long-term targets • Any other suitable example
Try to improve your penalty taking technique	<ul style="list-style-type: none"> • Does not rely on uncontrollable external factors • Can increase feelings of satisfaction • Any other suitable example

- ii. Smart targets could include:

Specific: Oscar should aim to improve the specific weakness, e.g. long passes to his attackers.

Measurable: Oscar could measure the length of his long passes, e.g. increase the distance of his passes by 2 m each week / other suitable example

Accepted: The target should be accepted, e.g. by Oscar

Realistic: The target should be achievable, e.g. Oscar should try to increase the distance of his accurate long passes by 10 m each week / other suitable example

Time bound: The target should have a time limit to be achieved, e.g. Oscar should increase the distance of his accurate long passes by 10 m in 6 weeks

Overall target: Any appropriate example of a target that involves all areas of the SMART model

- 3. i. Skill can be defined as a learned and controlled action to efficiently achieve a goal / other suitable example
- ii. Ability is the enduring characteristics which enable a skill to be carried out

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iii. A long pass:

- Complex – this is a complex skill as it takes time to master and get your teammate
- Open – the direction and pace needed for the shot depend on the pass
- Self-paced – the timing of the skill is decided by the player themselves
- Gross – the long pass requires the use of the major muscles of the arms
- (accept other suitable justifications)

A short push pass:

- Basic – not much concentration or practice is needed to make a short pass
- Closed – the same technique is used for every short pass, and is not affected by the environment
- Self-paced – the speed/timing of the skill is dictated by the player themselves
- Fine – accuracy and precision are favoured over power
- (accept other suitable justifications)

Closing down a possession attacker:

- Basic – not much concentration or practice is needed as this is a simple skill
- Open – the environment dictates the need for this skill
- Externally-paced – the movement of the opposition player dictates the timing of the skill
- Gross – major muscle groups are required to sprint into the correct position
- (accept other suitable justifications)

Taking a penalty corner:

- Complex – this skill takes lots of practice and is made up of multiple skills
- Closed – the environment is predictable
- Self-paced – the timing of the skill is dictated by the performer
- Gross – the major muscle groups of the arms are required to get distance
- (accept other suitable justifications)

4. Any suitable example:

Input: Receiving sensory inputs – e.g. Oscar may see his teammate taking up a long pass

Decision making: Choosing the relevant skill to use – e.g. Oscar needs to decide whether to use a long pass to use / other suitable example

Output: Executing the skill – Oscar decides to hit a long pass to his open teammate

Feedback: Evaluation of the skill – Oscar realises the way that he made the pass was not accurate

5. i. Side effects could include:

- Appetite loss
- Nausea
- Increased heart rate
- Increased body temperature
- Increased blood pressure
- Any other suitable side effect

ii. Positive effects could include:

- Improved reactions
- Reduced pain
- Lessen the feelings of tiredness
- Any other suitable example

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Sebastian the Squash Player

- Any one of the following:
 - Squash is a less commercialised sport, so has less media coverage in comparison to other sports.
 - Sebastian may have only just become professional so may not have had much experience.
 - Squash has a lower participation rate and thus there is less chance he is well known.

- Deep breathing:** Sitting straight with shoulders back.
Breathe with the abdomen/diaphragm.
Slow the breathing rate by counting to four when breathing in and out.
Take deeper breaths than normal by inhaling and exhaling more than usual.

Mental rehearsal: Visualise the specific details of the skill/scenario such as the movement may feel.

The skill/scenario is imagined from start to finish and within a realistic environment. Mentally rehearsing a scenario which would usually make you nervous, allows the scenario to be practised successfully in your mind, improving confidence and reducing anxiety.

Positive self-talk: Stopping any negative self-talk.
Changing this to positive statements concerning a specific goal.
Statements could include, 'I can kick this conversion!'

- Arousal is the psychological and physiological readiness for an action / response.
 - If a squash player's arousal levels increase, their performance will improve.
 - This improvement in performance will continue up until a certain point.
 - Beyond this point, if the player's arousal continues to increase, their performance will decrease.

- Indirect
 - Indirect
 - Direct

- The advantages of taking PEDs should include:
 - Better performances could lead to more success
 - The ability to keep up with others on PEDs
 - Increased extrinsic rewards such as fame/wealth
 - Any other suitable example

The disadvantages of taking PEDs for Sebastian could include:

- Health complications
- Being fined / banned from competing
- It is against the rules of the sport
- If caught, reputation would decrease
- Any other suitable example

- Stimulants:** this increases alertness, e.g. meaning that Sebastian would be able to react to opponent's shots

Narcotic analgesics: help to mask pain from over training, e.g. meaning that Sebastian could ignore the pain of his time training and improving his squash shots

Diuretics: help to lower body weight, e.g. meaning that Sebastian's body weight might be lower, potentially his movement around the court, might improve

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Blood doping: helps to raise red blood cell count in the body, e.g. which endurance, enabling him to perform better in longer matches

Beta blockers: reduce the heart rate, e.g. allowing Sebastian to feel calm delicate squash shots which require a steady hand

Anabolic agents: increase muscle mass, e.g. allowing Sebastian to put muscle and overpower his opponent

- iii. Postcard to include the disadvantages of taking PEDs for the sport:
- The reputation would be damaged, which could result in fewer athletes
 - The credibility would be damaged, which could result in a decrease in funding
 - The popularity of the sport could decrease, which could result in a decrease in playing squash, which in turn could lower the quality and performance of the game
 - Any other suitable disadvantage.

Lucas the Rider (Equestrianism)

1. About me to include:

- Enjoy being alone
- Thoughtful
- Quiet
- Shy
- Prefer individual sports
- Prefer sports with high levels of concentration
- Prefer sports with low arousal

Sports I am interested in:

- Any sport which includes the use of gross skills / quick-paced and high e.g. rugby, football, hockey.

2. Diary extracts to include:

- Accessibility to facilities – any suitable example such as local horse-riding facilities / qualified staff in place to be able to enable those with a disability
- Available leisure time – any suitable example such as Lucas may not have spending most of his day in school or due to having to participate in other activities
- Socio-economic factors – any suitable example such as Lucas or his family may not have the necessary resources for lessons/equipment, etc.
- Inclusiveness – any suitable example such as the club may not be inclusive

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3. i.

Guidance type	Advantages	
Visual	<ul style="list-style-type: none"> The performer can see the correct technique being performed All stages of learning can benefit The performer can attend to the important points Can be used when mentally rehearsing Any other suitable advantage 	<ul style="list-style-type: none"> The copies It ma perfo dem Any
Verbal	<ul style="list-style-type: none"> Can be given straight away Can be used at the time of practice, promoting an immediate change in technique Can be used effectively with visual guidance Any other suitable advantage 	<ul style="list-style-type: none"> Can infor If the confi The Any
Mechanical	<ul style="list-style-type: none"> Can improve confidence Can improve the safety of an activity Useful for beginners to learn specific areas of the technique more easily Any other suitable advantage 	<ul style="list-style-type: none"> The reliab It is b the p inde Can diffic Any
Manual	<ul style="list-style-type: none"> Can improve confidence Can improve the safety of an activity Helps to improve the feel of the activity Any other suitable advantage 	<ul style="list-style-type: none"> The guid It can used Using guid perfo Any

ii. Guidance type: Manual guidance

Justification:

- The activity is potentially dangerous, and manual guidance can improve safety.
- This is a useful type of guidance to use with beginners, such as Lucas, to help them develop the correct feel for the movements needed.
- Manual guidance can improve confidence, which Lucas lacks.

Accept any other guidance type with suitable justification.

4. i. Positive

ii. Negative

iii. Knowledge of performance

iv. Any two of the following linked points:

- Positive feedback should be used as Lucas is a beginner and he needs encouragement. Negative feedback may discourage Lucas.
- Extrinsic feedback should be used, as Lucas has not competed in events before. This will help Lucas to develop the correct feel for the movement, as he will be able to see the correct technique being performed.
- Knowledge of performance should be used over knowledge of results (which Lucas is at) it is more important that Lucas develops an understanding of the correct technique.

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5. Social health and well-being benefits to cover in speech:
- Make new friends – Lucas will have the chance to meet people who also interest with him
 - Teamwork – completing daily tasks such as feeding the horses as a team
other suitable example
 - Cooperation – Lucas will learn how to cooperate with other riders and
suitable example
 - Have essential human needs

Mental health and well-being benefits to cover in speech:

- Lowered stress: Riding can improve Lucas' independence and confidence levels.
- Serotonin release: Riding can result in release of serotonin. Intense physical movement can release serotonin.
- Improved emotional control: Lucas can learn to react with a more positive attitude to challenging circumstances due to the experiences gained when riding.



Harrison the Cyclist

1. i. **Diuretics**

Advantages:

- Can help to lose body weight, meaning that the cyclist does not have to cycle as long
- Can help to make other illegal substances in the body
- Any other suitable advantage

Disadvantages:

- Can cause dehydration
- Can lower blood pressure
- Can result in fatigue
- Muscular cramps
- Any other suitable disadvantage

Anabolic steroids

Advantages:

- Can increase muscular mass, strength and power, enabling Harrison to cycle faster
- Can recover from training more quickly, meaning Harrison can train more often and achieve long-term gains
- Any other suitable advantage

Disadvantages:

- Increased blood pressure
- Mood swings
- Acne
- Liver damage
- Any other suitable disadvantage



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Stimulants

Advantages:

- Help to suppress signs of fatigue, meaning that Harrison can feel tired for longer.
- Increase alertness, meaning that Harrison can potentially make decisions faster.
- Any other suitable advantage

Disadvantages:

- Irregular heart rate
- Increased blood pressure
- Nausea
- Loss of appetite
- Any other suitable disadvantage

EPO

Advantages:

- Produces a higher number of RBC, meaning that Harrison will have a higher oxygen-carrying capacity. This means that the RBCs can provide more oxygen for his working muscles.
- Strengthens the time before blood lactate is significantly increased, meaning that Harrison can postpone feelings of fatigue.
- Any other suitable advantage

Disadvantages:

- Blood thickening
- Nausea
- Headache
- Any other suitable disadvantage

Narcotic Analgesics

Advantages:

- Help to suppress pain, meaning that Harrison could train harder and longer.
- Any other suitable advantage

Disadvantages:

- Can lead to more serious injury due to overtraining/performing while injured.
- Addictive
- Loss of concentration
- Nausea
- Dizziness
- Any other suitable disadvantage

ii. Drug choices and justifications could include:

- EPO: as this enables Harrison to perform for longer. Cycling is an endurance sport so the benefit of an improved oxygen-carrying capacity could lead to improved performance.
- Steroids: this could enable Harrison to perform more powerful cycling for a greater distance in a shorter time which is crucial for cycling performance.
- Stimulants: also accept stimulants due to their effect on masking fatigue and improving endurance performances.

2. Process to include:

- A: Blood is removed from the body a couple of weeks before the competition.
- B: This blood is stored in a freezer.
- C: The frozen blood is defrosted then injected into the body just prior to the competition.
- D: It leads to an increased amount of red blood cells in the body.
- E: This improves the athlete's transport of oxygen / oxygen-carrying ability. Any other suitable examples.

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Side effects to include:

- Increased blood thickness
- Increased risk of heart attack
- Increased risk of blocked blood vessels
- Risk of infection
- Increased risk of stroke
- Any other suitable example

3. The corrected statement should be similar to ones below.

Etiquette: Adhering to the (unwritten) codes of behaviour of the sport / any

Sportsmanship: Following the rules, while playing within the spirit of the sport

Gamesmanship: Trying to secure an advantage through the bending of the rules definition

Contract to compete: An unwritten agreement to adhere to the etiquette and suitable definition

4. Temptations to take drugs to include:

- Chance to become famous / gain role-model status
- Chance to win medals / titles / prize money
- Increased chance of beating other competitors
- Can improve recovery to allow you to train harder and more frequently
- If other competitors are taking drugs, it becomes a level playing field
- Any other suitable temptations/advantages

5. Give one mark for each of the following disadvantages, with a maximum of 3 marks

- The reputation of the sport would be damaged and the number of spectators would decrease (1).
- The credibility of cycling would be hindered as cyclists (performers) and spectators would lose respect and morals (1).
- Sponsors could withdraw funding, which could result in a decrease in the number of events, rates and performance at elite level (1).

Mohammad the Polybat Player

1. Types of media to include:

- Television
- The press
- Radio
- Social media
- The Internet

2. Any barriers from the following:

- Local clubs may not have the facilities required for disabled people to participate in the sport.
- Negative/uneducated or stereotypical attitudes regarding disability sports participation.
- Facilities at local clubs may not be inclusive to disabled people, limiting the participation of disabled people.
- Disabled people have fewer sporting role models compared to non-disabled people.
- Any other suitable example.

3. Personality type: Introvert

About me section to include the following characteristics:

- Enjoy being alone
- Thoughtful
- Quiet
- Shy

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Sports I enjoy to include:

- Prefer individual sports
- Prefer sports with high levels of concentration
- Prefer sports with low arousal

Number of friends to be low

- Intrinsic motivation, such as praise and reinforcement of positive comments
 - Intrinsic motivation should be encouraged to promote self-satisfaction.
 - Intrinsic motivation tends to be more successful than extrinsic motivation
 - Intrinsic motivation can promote perseverance with Polybat.
 - If extrinsic motivation is used too often it may undermine the feelings of achievement
 - Also accept extrinsic motivation, with the justification of Mohammad being a professional player, extrinsic motivation can be useful to motivate beginners and could lead to Mohammad becoming a professional player

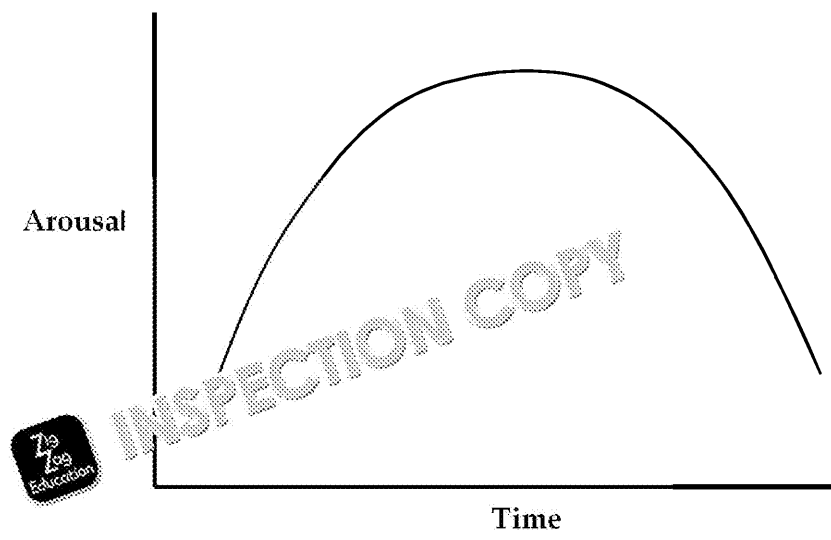
5. Mental health and well-being benefits to include:

- Lowered stress – e.g. regular training can help to release endorphins which help to reduce stress
- Improved emotional control – e.g. the players can learn how to regulate their emotions and experience a wide range of emotional experiences, and learning how to deal with them
- Release of serotonin – e.g. after playing a Polybat match, serotonin is released which helps to improve mood

Social health and well-being benefits to include:

- Cooperation – e.g. when in a Polybat team, getting to the game, supporting each other and playing together can help to improve cooperation
- Teamwork – e.g. Polybat can involve competing in teams, which can help to improve teamwork
- Can make new friends – e.g. the Polybat club may have a large social side to it and players can make friends with their teammates
- Have the essential human needs – suitable example of how Polybat can help to meet the essential human needs of food, shelter or clothing

- i. Arousal can be defined as the physiological and psychological state of readiness for action
 - ii. Students should draw a graph similar to the one below, with correctly labelled axes



Annotations could include:

- The inverted-U theory suggests that as arousal starts to increase, so does performance
- This continues up to an optimal level of performance.
- However, if the performer continues to increase their arousal level, their performance will decrease.
- Performance level is low when the performer is either under-aroused or over-aroused

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- iii. **Deep breathing:** Sitting straight with shoulders back.
Breathe with the abdomen/diaphragm.
Slow the breathing rate by counting to four when breathing in and out.
Take deeper breaths than normal by inhaling and exhaling more than usual.

Mental rehearsal: Visualise the specific details of the skill/scenario such as the movement you may feel.

The skill/scenario is imaged from start to finish and within a realistic environment.
Mentally rehearsing a scenario which would usually make you nervous about completing the scenario successfully in your mind, improving confidence.

Positive self-talk: Stopping any negative self-talk.
Changing this to positive statements concerning a specific goal.
Statements could include, 'I can do this!' or 'I can't do this!'.

Lewis the Personal Trainer

1. Phrases/words which should be underlined include:

- Love to meet new clients
- I'm a very sociable person
- I'm also very enthusiastic
- Talkative
- I love to play rugby

Lewis is an extrovert based on his characteristics.

2. i. Example goal: In four weeks' time Teresa should be able to run at least 4 km.
Example of explanations could include:

Specific: It has a specific distance that needs to be met, working towards a target.
Measurable: The distance of 4 km can be measured periodically to keep track of progress.
Accepted: It is realistic enough to be accepted and is relevant to her long-term goals.

Realistic: She can already run 2.5 km so with training should be able to achieve 4 km.
Time bound: The goal is set for four weeks' time, so Teresa remains motivated.

- ii. Performance goal: a goal which is centred around the improvement of performance without comparing this level to anyone else.

Outcome goal: a goal which is concerned about achieving the best result possible.

3. i. Types of sponsorship to include:

- Financial – monetary support to help Lewis' development as a personal trainer at the gym
- Facilities – equipment for improving maintenance of the gym
- Sponsorship of kit and clothing – uniform for the gym's personal trainer / staff

- ii. Possible benefits to include:

- Increase in sales for their product/service
- Increased status as they would be linked to a successful gym
- Increased publicity from potential advertisement that could be used to attract more clients

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4. Consequences of a sedentary lifestyle could include:

- Obesity / higher body fat percentage
- Cardiovascular disease
- Diabetes
- Reduced confidence
- Lowered sleep quality
- Tiredness
- High blood pressure

Impacts of obesity to include:

- Definition of obesity (an excess accumulation of body fat)

How obesity impacts on sport / physical activity performance:

- Reduced flexibility
- Reduced agility
- Reduced stamina
- Reduced speed

How obesity impacts on physical health:

- Cardiovascular disease
- Diabetes
- Raised cholesterol
- Cancer

How obesity impacts on mental health:

- Reduced confidence
- Depression

How obesity impacts on social health:

- Insecure in oneself
- Unable to leave comfort of own home
- Unable to meet new people and socialise

Gemma the Gym Member

1. i.
 - Gemma does not consume enough energy compared to how much imbalance.
 - She may have reduced fat and carbohydrate intake in an attempt to energy being available.
 - She is still growing so requires additional energy.
 - Lack of nutrients may result in the body not being able to function.
- ii. Answers to include:
 - There is no single food source that can supply all the nutrients the body requires.
 - A balanced diet is required to provide all the nutrients and must be consumed in the correct quantities.
 - If she consumed too much of one nutrient, such as fat, she will become overweight.
 - She requires adequate energy from carbohydrates and fat to supply her body's needs.
 - Her body needs vitamins and minerals for bodily functions.
 - Her body needs nutrients, such as protein for growth and development after exercise.
 - Her body requires water to rehydrate and replace lost water from exercise.

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iii. **Monday:**

- *Breakfast:* any food containing carbohydrates to provide energy for
- *Mid-morning snack:* any food containing carbohydrates to restore energy after exercise
- *Lunch:* any food containing carbohydrates and fats to provide energy for the evening.
- *Dinner:* any food containing carbohydrates/protein, to restore energy
- **Note:** answer should include the intake of fluids regularly throughout the day. A snack could include a glass of water.

Wednesday:

- *Breakfast:* any food containing carbohydrates to provide energy
- *Mid-morning snack:* any food containing protein to aid muscle recovery
- *Lunch:* any food containing carbohydrates to provide energy
- *Dinner:* any food containing carbohydrates/protein to aid muscle recovery
- **Note:** answer should include the intake of fluids regularly throughout the day. A snack could include a glass of water.

- iv. Gemma will increase her energy requirements.
- This is because she is using energy when she goes to the gym, meaning she needs to increase to ensure an energy balance is maintained.

2. **Carbohydrates:**

- Major source of energy
- Found in foods such as potatoes, pasta, bread

Importance to Gemma:

- Provides Gemma with the energy needed for moderate- to high-intensity exercise

Fat:

- A source of energy
- Provides a greater amount of energy than carbohydrates at low intensity
- Found in foods such as butter, nuts, olive oil, cheese.

Importance to Gemma:

- Provides Gemma with the energy needed when she completes low-intensity exercise

Protein:

- Aids the growth and repair of muscles
- Found in foods such as lean meats, eggs, beans

Importance to Gemma:

- Helps Gemma recover after her training sessions at the gym

3. **Dwayne Johnson:**

Body frame: large and muscular

Characteristics:

- High muscle mass
- Low fat composition
- Broad shoulders
- Strong
- Any other suitable characteristic

Suitable sport: weightlifting, rugby, sprinter, any other suitable sport

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Keira Knightley:

Body type: ectomorph

Characteristics:

- Tall
- Thin
- Narrow shoulders
- Low fat composition
- Long limbs
- Any other suitable characteristic

Suitable sport: basketball player, endurance runner, high jumper, any other suitable sport

Kim Kardashian:

Body type: endomorph

Characteristics:

- Short, stocky build
- High body fat composition
- Rounder body type
- Wide hips
- Any other suitable characteristics

Suitable sport: sumo wrestling, rugby prop, weightlifting, any other suitable sport

4. Without enough water Gemma would become: dehydrated

This will result in:

- Increased blood viscosity, reducing the blood flow velocity
- Raised body temperature
- Reduced reaction speed
- Muscular fatigue
- Increased heart rate
- Dizziness

This will affect Gemma's performance at the gym because:

- Less oxygen would be transported to her muscles as blood flow is slower, leading to an earlier onset of fatigue.
- Dizziness could result in serious injury.
- Any other suitable examples.

5. Gemma is of an ethnic minority. Identify and explain the factors that may restrict her performance.

Level	Marks	Description
3	7-9	Knowledge of factors along with their explanations and correct application to Gemma's situation. A high quality answer. Correct terminology is used throughout.
2	4-6	A couple of factors are identified with limited explanation. Some attempt to apply to Gemma's situation has been made, as has justification of the factors. Relevant terminology is used irregularly.
1	1-3	Limited understanding of the restricting factors, with little or no explanation of their effect. No attempt to apply the answers to Gemma's situation. No justification of the answers has been provided. Little or no relevant terminology.
	0	No appropriate answer is given.

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Marks to include:

AO1:

- Sexism
- Leisure time
- No role models
- Cultural views
- Education
- Stereotypical/negative views

AO2:

- She may not be given the opportunity, or may face sexist remarks from
- She may not have a lot of leisure time available to participate in sports.
- Ethnic minorities have fewer role models available to be inspired by.
- Some cultures may view certain sports in a negative way.
- Lack of education of different sports available.
- Some sports may have stereotypical views of some ethnicities.

AO3:

- Gemma could feel down about the way others (friends, family, etc.) view her for not wanting to participate so that they do not view her in this manner.
- Gemma may be busy studying at 18 years of age, reducing her time available for sports.
- Ethnic role models receive less media coverage and may not be known by her.
- Gemma's culture may not hold sport in high esteem and dissuade her participation.
- Gemma may have attended a school which didn't provide many alternative sports, making it difficult for her to find one that she enjoys.
- Gemma may not have been selected by some teams due to their stereotypical views.

Isiah the Football Fan

- Direct aggression
 - Indirect aggression
 - Indirect aggression is aggressive behaviour towards an object to achieve a goal. Direct aggression is aggressive behaviour towards another player.

2. **Sportsmanship:** Following the rules, while playing within the spirit of the sport.
Application: Every player shakes the hand of their opponents at the start of the match.
example

Etiquette: Adhering to the (unwritten) codes of behaviour of the sport / any other suitable definition.
Application: Not celebrating a goal against a previous opponent which you have a grudge against.
suitable example

Contract to compete: an unwritten agreement to adhere to the etiquette and other suitable definitions.
Application: A much better team should still try to play their full-strength team even if they're playing a team of a much worse standard / any other suitable example

Gamesmanship: Trying to secure an advantage through the bending of the rules.
definition
Application: Staying down injured for longer than necessary to waste time with opponents.
other suitable example

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3. Reasons for hooliganisms could include:
- Playing a rival team – spectators want to 'beat' their opponents on and can triumph over them in every way.
 - Spectators under the influence of alcohol– this can cause the spectators causing them to make poor decisions such as engaging in hooliganism.
 - Pre-match hype – the more important the fans think the match is, the larger as adrenaline/testosterone which can cause the fans to become excitable.
 - Mob culture – fans are more likely to become swept up in the occasion if they are being aggressive.
 - Aggressive action on the pitch – if the fans see an aggressive action on the pitch, they may imitate the type of behaviour in the stands.
 - Display of masculinity – the male fans may want to show that they are 'tough' by engaging in hooliganism.
 - Frustration – feelings of frustration can lead to aggression, as suggested by the hypothesis.

4. i. Reasons for hooliganism include:
- Fans' safety is in danger.
 - The club can be fined / forced to play behind closed doors.
 - The club's reputation can be damaged.
 - If other spectators are discouraged from attending as a result, they may lose income and finances.
 - Any other suitable example.

- ii. Positive effects of spectators include:
- They create an atmosphere for the game.
 - Home-field advantage results in their home club being spurred on.
 - They contribute financially by attending matches / buying merchandise.
 - They make the club more attractive to sponsors / richer owners.
 - Any other suitable example.

5. i. Strategies could include:
- The kick-off time could be moved to an earlier time.
 - No standing areas / all-seater stadiums.
 - Rival fans could be segregated.
 - Increased CCTV / police presence / security.
 - Known hooligans could be given banning orders / travel restrictions.
 - Restrictions of alcohol sales.
 - Education about the costs and dangers of hooliganism.
 - Any other suitable example.

- ii. Any two of the following:
- The kick-off could be moved to an earlier time:

Advantages	Disadvantages
<ul style="list-style-type: none"> o They restrict fans' movements for violent behaviour. o They encourage fans to sit down and watch the match. 	<ul style="list-style-type: none"> o The club will probably not change the kick-off times. o Spectators could be violent.



- No standing areas / all-seater stadiums:

Advantages	Disadvantages
<ul style="list-style-type: none"> o They restrict fans' movements for violent behaviour. o They encourage fans to sit down and watch the match. 	<ul style="list-style-type: none"> o The club probably will change the stadium to an all-seater stadium. o Seats can be damaged costing the club money.

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- Rival fans could be segregated:

Advantages	
o It separates fans, making it harder for them to fight each other.	o This puts a
o It is relatively simple to implement, even at the lower levels of football.	o Fans can g towards p

- Increased CCTV / police presence / security:

Advantages	
o An increased police presence / CCTV would reduce violence as offenders would not want to be punished.	o The club p afford the
o CCTV can be used retroactively to punish offenders.	

- Known hooligans could be given banning orders / travel restrictions



Advantages	
Giving banning orders would be an effective way of stopping known hooligans attending the match.	
o These act as a deterrent for potential hooligans.	

- Restrictions of alcohol sales:

Advantages	
o This is easy to implement.	o It does not
o It helps to prevent drunken behaviour which could lead to aggressive actions.	o have an al o Sales from

- Education about the costs and dangers of hooliganism:

Advantages	
o This could be implemented using low-cost methods, e.g. posters around the ground.	o It may be o the inform
o These could be visible to most spectators, making them think twice about behaving violently.	

Dylan the Cricket Player

1. Differences to include:

- Less sponsorship visible on advertising / soundings
- Fewer seats for spectators
- Worse facilities e.g. no toilets / changing rooms
- No national or international media coverage
- Less playing area
- Any other suitable difference

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2.

	Positive impacts of sponsorship	Negative impacts of sponsorship
Dylan (performer)	<ul style="list-style-type: none"> Can be provided with better equipment which could improve his performance. Financial benefits from being sponsored. Could be elevated to role-model status and become more well-known. Travel costs / entry fees can be covered. Any other suitable positive impact. 	<ul style="list-style-type: none"> Signing the media deals could be a distraction. Competing as a role model could be a pressure. Any other suitable negative impact.
Cricket (sport)	<ul style="list-style-type: none"> Financial benefits which could help improve facilities / grass-roots-level cricket / standard of performance. Help to make the sport a more widely recognisable. Could potentially help to improve the standard of the sport. Any other suitable positive impact. 	<ul style="list-style-type: none"> The sport could become more commercialised. The sport could become more of a spectacle. Any other suitable negative impact.
Umpire (officials)	<ul style="list-style-type: none"> As the money inputted into the sport increases, so may the umpire's salary. Provides an opportunity to be involved in a bigger sport. 	<ul style="list-style-type: none"> The income from the sport could be used for other purposes. Any other suitable negative impact.
Spectators	<ul style="list-style-type: none"> Increased financial strength for clubs can allow the best performers to play for them, improving the quality of the sport on offer for the spectators. The big sporting events can be made a spectacle of, improving the viewership of the event. Clubs can use money gained from sponsorship to reduce costs for fans / improve facilities used by spectators. Any other suitable positive impact. 	<ul style="list-style-type: none"> Clubs could become more commercialised. Timing of events could be made to suit sponsors. Any other suitable negative impact.
Sponsor	<ul style="list-style-type: none"> Their brand is promoted to large numbers of spectators, increasing the visibility and potentially the popularity of the brand. The sales of their products can rise. Any other suitable positive impact. 	<ul style="list-style-type: none"> If the sport becomes too commercialised, it could lose its appeal. Any other suitable negative impact.

3. Differences could include:

- Football is more commercialised than cricket.
- The sponsorship and media coverage is much greater in football around the world.
- Cricket has different versions of the game, which are becoming more commercialised. It is more exciting to watch for the spectators.

4. i)
- Low
 - Medium
 - High
 - High
 - Low

ii. Type of drug: Beta blockers
Positive effects to include:

- Lowered heart rate / muscular tension and blood pressure
- Lessened effect of adrenaline
- Improved fine motor control / accuracy

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iii. It is not too relevant for the sport of cricket, as most cricket skills involve adrenaline would have a beneficial effect on most of the skills. However catching the ball which requires precision, could benefit from the use of benefit more from stimulants that aid concentration.

5. Advantages for the performer:

- Technology can improve the equipment, such as cricket bats, which can improve performance levels.
- Use of technology such as hyperbaric chambers can help to improve recovery.
- Improved facilities can aid performance, e.g. better training facilities can improve fitness components required for cricket.
- Knowledge that the correct call can be made in favour of the performer.
- Analysis of performance can help to target particular improvements in technique.

Disadvantages for performer:

- Some technology used in improving performance, can lead to injury, e.g. overuse of video technology.
- Motivation can be lost when waiting for the outcome from video technology.
- Performers at grass-roots level do not benefit due to the high cost of technology.

Advantages for sport:

- There is improved fairness of key decisions as the umpire can make sure the correct call is made.
- Improved performance levels of performers increase the attraction of the sport.
- Some technology, such as all-weather pitches, prevents fixture pile-up due to weather.
- Allowing the spectators to have a greater insight into the sport can help to increase interest.

Disadvantages for sport:

- Delayed decision making while consulting video technology can disrupt the flow of the game.
- The common fan may dislike the non-traditional feel of the sport, meaning a reduction in popularity.
- Any other suitable example.

Advantages for umpire:

- It can help the umpire make the correct decision.
- It takes the pressure off the umpire when making a difficult call.

Disadvantages for umpire:

- Umpires can be made to look bad on a global stage when they find out they have made the wrong decision.
- The importance of the umpire is reduced.

Advantages for spectators:

- There is improved involvement for spectators, i.e. more analysis, improved understanding of the game.
- Technology can improve the viewability of the sport.
- Reduction in fixture pile-ups due to weather or bad weather, meaning that the fixture list to follow is not reduced, in an increased likelihood of being able to attend the game.

Disadvantages for spectators:

- The traditional feel of the sport is lost.
- Pauses in play to review decisions can be frustrating for spectators.
- The constant replays, etc. can become boring, reducing the spectators' enjoyment.

Advantages for sponsor:

- If the brand is attached to a popular technological impact in a sport, this can increase the brand's popularity.

Disadvantages for sponsor:

- If the brand is attached to an unpopular technological impact in a sport, this can reduce the brand's popularity.

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