

2016 specification
first exams in 2018

Questions

for Learning Grids for AQA GCSE PE

Paper 2: Socio-cultural Influences and Well-being in Physical Activity and Sport

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Teacher's Introduction

These learning grids are a tool designed to help you deliver AQA GCSE PE (Paper 2). The concept is that your students are assigned a set of pages to read from their notes or a textbook, possibly for homework, and then asked to complete the relevant learning grids.

The grids are designed to ask questions in sufficient detail that your students are able to study the relevant sections and find the correct answers. Completed grids are provided so that your students' answers can be marked or checked. It may also be useful to hand these out to students during their revision to assist them with answers they cannot find.

These activities are particularly useful for weaker students who find this method of studying of great value, particularly if they find it difficult to absorb information in class.

Advantages of using these learning grids are:

- Resulting grids contain a summary of what students need to know that is useful for revision.
- They are an easy-to-set, yet valuable homework.
- They are a useful catch-up tool to help students who have missed a lesson.
- They can be used as a basis for cover lessons that require minimal preparation and minimal interaction from the cover teacher.
- They are an independent learning resource.

You may want to photocopy the sheets onto A3 paper, particularly for students with reading or writing difficulties.

This edition supports students using the following sources:

Hodder Education textbook AQA GCSE PE (9–1) PE

by Ross Howitt and Mike Murray (ISBN 9781471859526)

and

Oxford Education textbook, AQA GCSE Physical Education

by Kirk Bizley (ISBN 9780198370253)

Notes to teachers using these Learning Grids with AQA GCSE PE (9–1) PE by Ross Howitt and Mike Murray and AQA GCSE Physical Education by Kirk Bizley.

This resource follows the order of the specification, and helps students pick out the points which are most important for the study of PE at GCSE Level.

The resource is cross-referenced to the popular AQA textbooks, so that students using these books can easily find the information that they need.

February 2018

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

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3.2.1: Sports Psychology

3.2.1.1 - Classification of Skills

Classification of Skills	Questions		
	1. Define a 'skill'.		
	2. Define an 'ability'.		
	3. Define the 'basic/complex continuum', and describe the characteristics of basic and complex skills.	Definition:	
		Basic Skills	
4. Give two sporting examples of a basic skill and two sporting examples of a complex skill.	Basic skills		
	Complex skills		

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Questions				
Classification of Skills	5. Define the 'gross/fine continuum', and describe the characteristics of gross skills and fine skills.	Definition:		
		Gross Skills		
	6. Give two sporting examples of a gross skill and two sporting examples of a fine skill.	Gross skills		
		Fine skills		
	7. Define the 'open/closed continuum', and describe the characteristics of open skills and closed skills.	Definition		
		Open Skills		
	8. Categorise the following activities as either open skills or closed skills:	High jump		
		Returning a badminton serve		
		Making a rugby tackle		
		Javelin throw		
Making a slide tackle in football				
	Archery			


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Questions			
Classification of Skills	9. Define the 'learning continuum', and be the characteristics of self-paced and externally paced skills.	Definition:	
		Self-paced Skills	
	10. Give two examples of a self-paced skill.		
	11. Give two examples of an externally paced skill.		
	12. Classify the skill of a gymnastics floor routine against each of the following four skill classifications and justify your answers.	Classification	Answer
		Basic/complex	
		Open/closed	
		Self-paced / externally paced	
		Gross/fine	

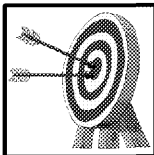


Questions		A		
Classification of Skills	<p>13. Classify the skill shown against each of the following four skill classifications, and justify your answers:</p> 	Classification	Answer	
		Basic/complex		
		Open/closed		
		Self-paced / externally paced		
		Gross/fine		

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3.2.1: Sports Psychology

3.2.1.2 – Goal-setting and setting targets

Goal-setting	Questions	
	1. What are performance goals?	
	2. Define 'outcome goals'.	
	3. Give a sporting example of a performance goal.	
	4. Give a sporting example of an outcome goal.	
	5. What type of goals should be used for beginner athletes? Explain your answer.	
	6. Explain the type of goals elite athletes should use.	

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Questions			
Goal-setting	 <p>7. Name and describe the principles of SMART used to improve performance.</p>	Name	
	 <p>8. Give examples of how the SMART principles could be applied to a netball player.</p>	Principle	



3.2.1: Sports Psychology

3.2.1.3 - Information Processing



Information Processing	Questions	
	1. Describe the input stage of information processing.	
	2. What is 'selective attention'?	
	3. Describe the process of decision-making in the information processing model.	
	4. Describe the output stage of the information processing model.	
	5. Explain the feedback stage of the information processing model.	

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Questions		
Information Processing	<p>6.  Identify the stages of information processing being described for a volleyball player making a shot.</p>	The player receives information intrinsically (from their teammates)
		The player begins to block out all including the noise, and maintain
		Their muscles are triggered in order for the chosen shot.
		The player sees the ball coming to information about where the op
		The player recalls previous times positions from their memory and
	<p>7.  Using a tennis player returning a serve as an example, explain each stage of the information processing model.</p>	Input
		Selective Attention
		Decision making
		Output
		Feedback




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3.2.1: Sports Psychology

3.2.1.4 - Guidance and Feedback

Guidance and Feedback	Definitions	
	1.  'manual guidance'.	
	2. When should manual guidance be used?	
	3. Give a sporting example of manual guidance.	
	4. Define 'mechanical guidance'.	
	5.  Give three examples of mechanical guidance.	
	6.  Name the benefits and limitations of mechanical guidance and manual guidance.	Benefits

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Questions	
Guidance and Feedback	7. Define 'verbal guidance'
	8. Describe how and when verbal guidance should be given to performers of different abilities.
	9. Define 'visual guidance'.
	10. Give three examples of visual guidance.
	11. Describe how and when visual guidance should be given to beginners.

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Questions			
Guidance and Feedback	 <p>12. Evaluate the use of verbal guidance and visual guidance in sport.</p>	Verbal guidance	Advanc
		Visual guidance	
	 <p>13. Define 'positive feedback' and 'negative feedback', and give an example of each.</p>	Positive feedback	Defin
		Negative feedback	

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Questions			
Guidance and Feedback	14. Describe how extrinsic feedback can be used by amateur athletes and elite athletes.	Positive	
		Negative	
	15. Define 'intrinsic feedback', and explain why a beginner is not likely to use intrinsic feedback.		
	16. Why is an elite athlete more likely to use intrinsic feedback, and how do they use it?		
	17. Give a sporting example of intrinsic feedback		
	18. Define, and give a sporting example of 'extrinsic feedback'.	Definition	
		Example	

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Questions			
Guidance and Feedback	19. Give definitions of 'knowledge of performance' and 'knowledge of results'.		
		Knowledge of performance	
		Knowledge of results	
	20. Discuss the suitability of knowledge of performance and knowledge of results for one sport and elite athletes.	Knowledge	
		Elite athletes	Suitable
			Not suitable
		Beginners	Suitable
			Not suitable
	21. Give a sporting example of an athlete using knowledge of results.		
	22. Give a sporting example of knowledge of performance.		

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3.2.1: Sports Psychology

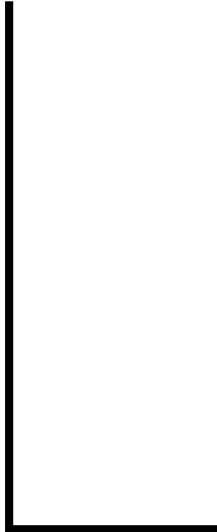
3.2.1.5 - Mental Preparation for Performance

Arousal and Stress Management	Questions	
	1. 'arousal'.	
	2. Sketch a graph representing the inverted-U theory in the space provided. Correctly label the axes.	
	3. Using the graph you have drawn, describe the inverted-U theory.	

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Questions	
Arousal and Stress Management	<p>Description:</p>
	<p>Graph:</p> 
<p>4. Describe how the optimum arousal levels change from fine skills to gross skills. Draw a graph to represent this.</p>	
<p>5. Give three examples of activities that would benefit from high arousal levels.</p>	

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Questions	
Arousal and Stress Management	6. Give three examples of skills that would be low levels of arousal.
	7. Name, describe and give a sporting example of a somatic stress management technique.
	8. a. Name and describe two cognitive stress management techniques.
	b. Give sporting examples of the cognitive stress management techniques you identified.



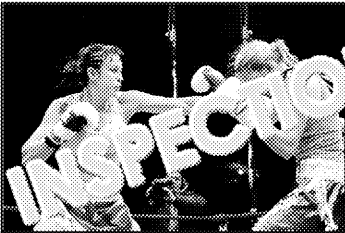
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Aggression	Question	
	1.  What is 'direct aggression'?	
	2. Define 'indirect aggression'.	
	3. Give a sporting example of indirect aggression.	
	4. Give a sporting example of direct aggression.	
	5.  A boxer punches her opponent as hard as she can in the face, hoping to cause bleeding or cuts to form. Explain why this is neither direct nor indirect aggression. 	

Personalities	Questions	
	1.  'personality'.	
	2. Give three characteristics of an introvert.	
	3.  three characteristics of an extrovert.	
	4. Describe the types of sport that introverts tend to participate in.	
	5.  Describe the types of sport that extroverts tend to participate in.	

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Questions			
Personalities	 <p>6. Identify whether the following sports would be more likely to be played by introverts or extroverts:</p>	Sport	
		Snooker	
		Golf	
		Rugby	
		Archery	
		Football	
		Bowls	
		Hockey	
		Lacrosse	
		Boxing	
		Shooting	

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Motivation	Questions		
	1. Define 'intrinsic motivation'.		
	2. Define 'extrinsic motivation'.		
	3. Name and define the two types of extrinsic motivation, and give one example of each.	Name	Date
	4. Assess the use of intrinsic and extrinsic motivation to a sports performer.		

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3.2.2: Sociocultural Influences in Sport and Physical Activity

3.2.2.1 - Engaging Patterns of Different Social Groups in Physical Activity


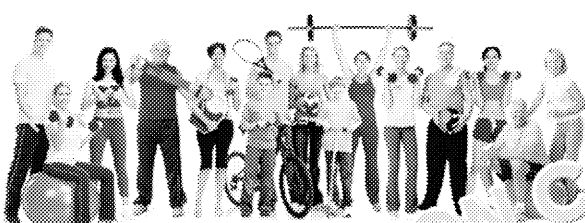
Participation of Social Groups in Physical Activity and Sport	Questions		
	1. What is a 'social group'?		
	2. Define 'culture'.		
	3. Describe how the following factors may affect the participation of women in sport:	Attitudes	
		Role models	
		Accessibility	
		Media coverage	
		Stereotyping	

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Participation of Social Groups in Physical Activity and Sport

Questions			
<p>3. Describe how the following factors may affect participation of women in sport: <i>(continued)</i></p>		Family commitments	
		Leisure time	
		Education	
		Disposable income	
	<p>4. Complete the table, describing how the participation of people of different ages is influenced by the given factors.</p> 	Media coverage	
		Stereotyping	
		Family commitments	
		Leisure time	
		Disposable income	



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Questions			
Participation of Social Groups in Physical Activity and Sport	5. Describe other factors that may affect participation in people of different ages.		
	6. Describe how the following factors may influence family participation in sport:	Attitudes	
		Role models	
		Accessibility	
		Culture	
		Family commitments	
		Leisure time	
		Familiarity	
		Education	
		Disposable income	

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Participation of Social Groups in Physical Activity and Sport	Questions
	<p data-bbox="241 308 819 379">7. Peter has a physical disability but loves playing wheelchair tennis.</p> <p data-bbox="297 424 853 496">Name and describe the factors that might influence Peter's participation in sport.</p> 

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Participation of Social Groups in Physical Activity and Sport	Questions	
	<p>8. Describe how the following factors may influence sports participation in people from different cultures or religions:</p>	Attitudes
		Role models
		Accessibility
		Media coverage
		Stereotyping
		Culture
		Family commitments
		Leisure time
		Adaptability

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3.2.2: Sociocultural Influences in Sport and Physical Activity



3.2.2.2 - Commercialisation of Physical Activity and Sport

Sponsorship, Media and the Commercialisation of Sport	Questions	
	1. Define 'commercialisation'.	
	2. Define 'sponsorship'.	
	3. Define 'media'.	
	4. Draw the 'Golden Triangle'.	
	5. Explain the relationship between sport and the media in the commercialisation of	

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Sponsorship, Media and the Commercialisation of Sport	Questions	
	6. Explain the relationship between sport and sponsorship in the commercialisation of sport.	
	7. Explain the relationship between sponsorship and the media in the commercialisation of sport.	
	8. Give three examples of sponsorship a team may receive.	

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Sponsorship, Media and the Commercialisation of Sport	Questions	
	9. Describe how the press, television and radio are used to commercialise sport.	Media Type
		Newspapers/ press
		Television
		Radio
10. How have the Internet and social media been used as methods of commercialising sport?	Internet	

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Effects of Sponsorship and the Media	Questions	
	 1. Describe the positive and negative effects that sponsorship and the media have on the sport performers.	Positive
	 2. Assess the effects that sponsorship and the media have on officials.	
		

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Questions	
Effects of Sponsorship and the Media	3. Describe the positive effects that media and sponsorship have on audiences and spectators.
	4. Does media and sponsorship in sport have any negative effects on spectators?
	5. Describe the positive and negative effects that media and sponsorship have on the sport.
	6. Describe the advantages of sponsorship and the media on companies/sponsors.
	7. Are there any disadvantages of sponsorship and the media for the sponsors?
Positive	

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The Effects of Technology		
	 <p>1. Give two examples of technology that is used in sport to enable fair outcomes.</p>	
	<p>2. Give two examples of technology that is used to improve sporting performance.</p>	
	 <p>3. Assess the impact of technology on sports performers.</p> 	

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Questions	
The Effects of Technology	<p>4. TMOs are now frequently used in rugby to detect foul play or to help officials make decisions.</p> <p>Assess the impact of technology on sporting officials.</p>
	Positive
	<p>5. Describe the positive and negative effects that technology can have on sports.</p>
	<p>6. Describe the positive impacts that technology can have on audiences and spectators.</p>

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	Questions	
The Effects of Technology	7. Does technology have any negative effects on the health of spectators?	
	8. Explain how technology has helped companies and sponsors.	
	9. Describe any negative effects that technology can have on sponsors and companies.	




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3.2.2: Sociocultural Influences in Sport and Physical Activity


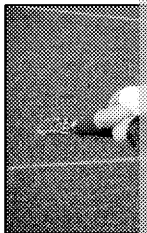
3.2.2.3 - Ethical and Sociocultural Issues in Physical Activity and Sport

Sporting Conduct	Questions	
	1. Define 'etiquette'.	
	2. Give an example of sporting etiquette.	
	3. Define 'sportsmanship'.	
	<div>  <p>4. For the following sporting scenarios, identify whether gamesmanship or sportsmanship is being demonstrated:</p> </div> <div> <p>Scenario 1: A tennis player tells their opponent the umpire's call of 'out' as they think it is in.</p>  </div> <div> <p>Scenario 2: A football goalkeeper on the leading side of the field is seen to take a free kick in order to win the game.</p>  </div>	

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Questions	
Sporting Conduct	<p>4. For the following sporting scenarios, identify whether gamesmanship or sportsmanship is being demonstrated: <i>(continued)</i></p> <p>A wicketkeeper 'sleges' the batsman's concentration and feel nervous.</p>  <p>A footballer goes down injured because of a foul and play continues. However, the referee spots the injured player and kicks the ball out of play so the player can receive treatment.</p> 
	<p>5. Define 'gamesmanship'.</p>
	<p>6. Define 'contract to compete'.</p>
	<p>7. Give an example of contract to compete.</p>

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Performance-enhancing Drugs and Doping	Questions		
	1. Adrenaline is a stimulant that may be used by athletes. State the legal status of stimulants in sport, and give the advantages and disadvantages of taking stimulants.	Legal status	
		Advantages	
	2. State the use of narcotic analgesics by performers.		
	3. Give an example of an athlete who may use diuretics, and explain why they may use them.		

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Questions	
Performance-enhancing Drugs and Doping	<p>4. Describe the possible negatives to the use of diuretics.</p>
	<p>5. Erythropoietin (EPO) is a commonly used peptide hormone to aid athletic performance.</p> <p>State the legal status of peptide hormones in sport, and give the advantages and disadvantages of taking peptide hormones.</p>
	<p>6. Describe the possible negative consequences of athletes taking anabolic agents.</p>
	<p>7. Describe any possible consequence of athletes taking anabolic agents.</p>

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	Questions	
Performance-enhancing Drugs and Doping	<p>8. Beta blockers are under certain restrictions, but not entirely illegal substances. Must an athlete receive beta blockers, if required?</p>	
	<p>9. Give reasons why a performer may take beta blockers.</p>	
	<p>10. Are there any side effects of taking beta blockers.</p>	

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Questions	
Performance-enhancing Drugs and Doping	<div>  <p>11. For each of the following performance-enhancing drugs, give an example of an athlete who may take them, and justify your answer:</p> </div>
	Stimulants
	Narcotic analgesics
	Anabolic agents
	Peptide hormones
	Diuretics
	Beta blockers
	<div>  <p>12. What is 'blood doping'?</p> </div>
	<div>  <p>13. Give a brief description of how blood doping is performed.</p> </div>
	<div>  <p>14. Give an example of an athlete who would benefit from blood doping, and explain why you would benefit from it.</p> </div>

Questions	
Performance-enhancing Drugs and Doping	15. Describe the side effects an athlete may experience from performing blood doping.
	16. Name the advantages a performer can receive from taking performance-enhancing drugs.
	17. Discuss the disadvantages that a performer may suffer as a result of being caught taking performance-enhancing drugs.
	18. Describe the disadvantages a sport faces if one of its athletes is caught taking performance-enhancing drugs.

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Spectators	 <p>1. Describe the ways in which spectators can positively influence a sporting event.</p>		
	 <p>2. Describe the ways in which spectators may have a negative influence at sporting events.</p>	2.	
		3.	
		4.	
	3. What is 'hooliganism'?		

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Questions			
Spectators	<p>4. Explain each of the given reasons to suggest how each can cause hooliganism to occur.</p>	Reasons	
		Rivalries	
		Hype	
		Alcohol/drugs	
		Gang culture	
		Frustration	
		Display of masculinity	

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Questions		
Spectators		Strategy
	5. Name and describe any strategies that are used to combat hooliganism. For each of the strategies, highlight the limitations, or advantages of the strategy.	

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3.2.3: Health, Fitness and Well-being



3.2.3.1 - Physical, Emotional, Social Health, Fitness and Well-being

Physical, Social and Emotional Health, Fitness and Well-being	Questions	
	1. Define 'health'.	
	2. Define 'fitness'.	
	3. What are the characteristics of someone with good physical well-being?	
	4. What are the benefits to physical well-being a person will receive by participating in exercise?	
	5. Give the characteristics of someone with social health and well-being.	
	6. How does exercise improve an individual's social health and well-being?	
	7. Describe a person's health and well-being.	

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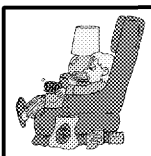


Physical, Social and Emotional Health, Fitness and Well-being	Questions	
	 <p>8. Does physical activity improve mental health and well-being?</p>	
	 <p>9. Describe the benefits that physical activity has on fitness.</p>	

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3.2.3: Health, Fitness and Wellbeing

3.2.3.2 - The Consequences of a Sedentary Lifestyle

Sedentary Lifestyles, Obesity and Somatotypes	Questions		
	1. What is a 'sedentary lifestyle'?		
	2. Identify the consequences of the places by living a sedentary lifestyle.	1.	
		2.	
		3.	
		4.	
		5.	
		6.	
		7.	
		8.	
	3. Define 'obesity'.		
	4. Describe the effects obesity has on mental health.		

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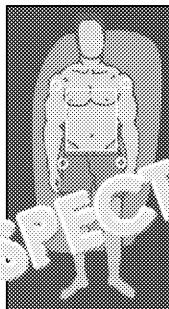


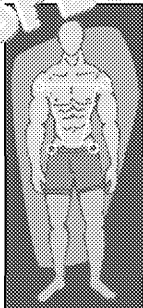
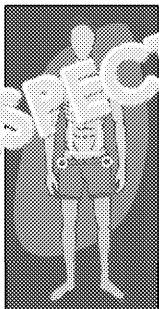
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Questions			
Sedentary Lifestyles, Obesity and Somatotypes	5. Describe the physical effects obesity can have on physical health.		
	6. Describe any effects obesity can have on the social health and well-being of a person.		
	7. Obesity can limit sporting performance. Name the ways in which obesity can limit a person's performance in sport.	1.	
		2.	
		3.	
		4.	
		5.	
	8. Give an example of an athlete who would be classified as an endomorph, and justify your answer.	Sporting example	
		Justification	

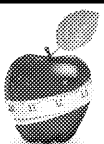


Questions			
Sedentary Lifestyles, Obesity and Somatotypes	9. Give an example of an athlete who would be classified as a mesomorph, and justify your answer.	Sporting example	
		Justification	
	10. Give an example of an athlete who would be classified as an ectomorph, and justify your answer.	Sporting example	
		Justification	
	11. For the following athletes, state which somatotype they are most likely to be:	Weightlifter	
		Long-distance cyclist	
		Sprint cyclist	
		100 m sprinter	
		Squash player	

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3.2.3: Health, Fitness and Wellbeing

3.2.3.3 - Energy Use, Diet, Nutrition and Hydration

Energy, Diet and Nutrition		Questions	
	1.	What unit is energy measured in?	
	2.	Where do humans obtain their energy from?	
	3.	On average, how many calories should be consumed by men and women each day?	Men
			Women
	4.	Name and describe four factors that influence the number of calories that should be consumed by a person each day.	1.
			2.
			3.
			4.
	5.	What will happen to a person who consumes fewer calories / less energy than their body expends?	
	6.	A female athlete wants to put on weight to increase her performance. On average, her body expends 2,300 calories of energy per day. How many calories should she do to put on weight?	



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Questions			
Energy, Diet and Nutrition	7. What is a 'balanced diet'?		
	8. Give three reasons why we should consume a healthy, balanced diet.	1	
		2	
		3	
	9. Name six nutrients in a healthy, balanced diet.		
	10. What happens to excess energy in the body?		
	11. For the named dietary components, state the percentage each should make up of a balanced diet.	Carbohydrates	
		Proteins	
		Fats	
	12. Describe the role of carbohydrates in exercise and physical activity.		
	13. What role do fats play during exercise and physical activity?		
	14. Why is protein important in exercise and physical activity?		
	15. What is the importance of vitamins and minerals in the diet?		
	16. Define 'dehydration'.		
	17. How is body temperature maintained during exercise?		

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Questions	
Energy, Diet and Nutrition	<p>18.  three causes of dehydration.</p>
	<p>19. What are the consequences of dehydration?</p> <p></p>

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