AQA GCSE PE

Examination Guide to Success

2025

Contents Page

Advanced Topic Information for Medium/Longer Answer Questions (4-9 marks)

The following topic areas have been given as guidance for medium/longer answer questions in your Summer GCSE PE Exams. It is important to recognise that this still means that you could get asked on ANY topic for shorter questions (1-3 marks). For example planes/axes is not listed for paper 1 but this could be asked as a multiple choice question. Therefore, do not neglect other areas of the specification! However, this may help focus some of your revision.

Paper 1: The human body and movement in physical activity and sport

- The structure and functions of the musculoskeletal system
- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints
- The structure and functions of the cardio-respiratory system
- Blood vessels
- Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing. Interpretation of a spirometer trace
- Anaerobic and aerobic exercise – The use of aerobic and anaerobic exercise in practical examples of differing intensities
- The short and long-term effects of exercise (months and years of exercising)
- Lever systems, examples of their use in activity and the mechanical advantage they provide in movement – analysis of basic movements in sporting examples
- The components of fitness, benefits for sport and how fitness is measured and improved. Linking sports and physical activity to the required components of fitness
- Reasons for and limitations of fitness testing
- Effective use of warm up and cool down

Paper 2: Socio-cultural influences and well-being in physical activity and sport

- Classification of skills (basic/complex, open/closed)
- Basic information processing model
- Engagement patterns of different social groups in physical activity and sport – the factors affecting participation
- Commercialisation of physical activity and sport
- Positive and negative impacts of sponsorship and the media
- Positive and negative impacts of technology
- Prohibited substances (Performance enhancing drugs)
- Reasons why hooliganism occurs
- Strategies employed to combat hooliganism/spectator behaviour
- Energy use, diet, nutrition and hydration – the role of carbohydrates, fat, protein and vitamins/minerals
- Reasons for maintaining water balance (hydration)

How to Revise?

- Use the revision tracker in this booklet to keep track of areas which you have revised and areas you still need to cover
- Pay attention to the advanced topic information – focus **more** of your attention here! You will still need to revise **all** areas!
- Read the common misconceptions pages to prevent silly mistakes
- Use the revision organisers for each paper to make sure you have covered the content required
- Use knowledge organiser packs
- Make flashcards and use little and often (make separate piles for those that you are confident and not so confident on)
- Make mind maps and display them
- Make posters and display them
- Watch GCSE Pod videos or Planet PE YouTube – these are really useful for when you have a spare 10 minutes!
- Write the answers to the AO1 questions in this booklet. For those you get wrong, make a note, green pen mark and come back to these
- Get parents and friends to quiz you using the AO1 questions
- Answer exam style questions – remember BUC EVERY question! This prevents silly mistakes!
    - B=Box the command word.
    - U=Underline the key terms.
    - C=Circle the context (sport)

PAPER 1

Paper 1 – Revision Organiser

Paper 1	In the Advanced Topic Information?	Predictions 6/9 Markers?	Notes Gathered?	Flashcards Made?	Revision Poster Made?	Videos Watched? GCSE Pod/Planet PE YouTube	Exam Questions Practised?	Red	Amber	Green
24th May 2022 PM										
Chapter 1 – Anatomy and Physiology										
Structure and Function of Skeleton										
Synovial Joints (how they are structured)										
Respiratory System (pathway of air)										
Gaseous Exchange										
Breathing Lung Volumes and Spirometer Trace										
Blood Vessels										
Structure of the Heart										
Cardiac Cycle										
Anaerobic and Aerobic Exercise										
Excesss Post Exercise Oxygen Consumption (EPOC)										
Effects of Exercise (immediate, short and long)										
Chapter 2 – Movement Analysis										
Levers										
Mechanical Advantage of Levers										
Joint Actions of Muscles										
Types of Muscular Contraction										
Planes and Axes										
Analysis of Movements (squats, football throw in, push ups etc)										
Chapter 3 – Physical Training										
Health and Fitness										
Components of Fitness										
Fitness Tests (protocols)										
Fitness Testing (Reasons and Limitations)										
Principles of Training										
Training Methods										
Training Seasons										
Warm Ups and Cool Downs										

Paper 1 Common Misconceptions

1. **Stating that EPOC happens during exercise. This happens AFTER ANAEROBIC exercise.**

2. **Confusion between immediate, short and long term effects of exercise. Immediate = during exercise, Short = 24-36 hours after exercise, Long = After months of training.**

3. **Drawing the arrow in the wrong direction on a lever system. Remember the lever must be balance. Remember 123, FRE, TAB.**

4. **Stating that good cardiovascular endurance enables a performer to run for longer. Often this is not the case – they will be working at a higher intensity for longer.**

5. **Fitness testing DOES NOT improve fitness – it tests it! Training improves fitness.**

6. **Stating that a limitation of fitness testing is injury. Limitations are what could be wrong with certain tests eg. not sport specific.**

7. **Stating that cool downs prevent injury. Cool downs will prevent the build up of lactic acid and DOMS, not prevent injury.**

8. **Not providing enough justification for components of fitness questions. If it asks you a 3 to 4 mark question about justifying why a component of fitness is important for a sport then you need 3 to 4 reasons why it is important. Think about positions and scenarios where they may need it.**

9. **Not giving the 'so what' or the 'impact' on performance. This is mainly for AO3 questions. Writing something like… "Good cardiovascular endurance will enable a marathon runner to run for a higher intensity for longer…". There is no impact on performance here. Add a sentence… "This will enable a marathon runner to run faster for the race and will reduce their time leading to them possibly winning".**

Chapter 1 AO1 Questions

1. Identify 6 functions of the skeleton. (6 marks)
2. Name three bones of the arm. (3 marks)
3. Name three bones of the leg (3 marks)
4. Name the bones protecting the vital organs? (2 marks)
5. Name three joint types. (3 marks)
6. What type of joint is found at the elbow? (1 mark)
7. What type of joint is found at the hip? (1 mark)
8. What type of joint is found at the ankle? (1 mark)
9. Where are metatarsals found? (1 mark)
10. Where are metacarpals found? (1 mark)
11. What joint actions occur at a hinge joint? (2 marks)
12. What joint actions occur at a ball and socket joint? (5 marks)
13. What joint actions occur at the ankle? (2 marks)
14. What are the three classifications of bone and give an example of each of these in the skeleton? (6 marks)
15. Name the muscle that causes flexion at the elbow. (1 mark)
16. Name the muscle that causes extension at the elbow. (1 mark)
17. Name the muscle that causes flexion at the knee. (1 mark)
18. Name the muscle that causes extension at the knee. (1 mark)
19. Name the parts of a synovial joint that allow the joint to move freely. (2 marks)
20. Name the part of a joint which is found on the end of each bone to prevent friction. (1 mark)
21. List the pathway of air starting at the mouth/nose and finishing at the alveoli. (4 marks)
22. List 4 features of the alveoli which assist gaseous exchange. (4 marks)
23. What does oxygen bind with in red blood cells to be able to be transported around the body? (1 mark)
24. Name three blood vessels. (3 marks)
25. Which blood vessel has valves? (1 mark)
26. What do valves prevent? (1 mark)
27. Which have the larger lumen, arteries or veins? (1 mark)
28. Which have the thicker walls, arteries or veins? (1 mark)
29. What is vasoconstriction? (1 mark)
30. What is vasodilation? (1 mark)
31. Name the 4 chambers of the heart. (4 marks)
32. List the stages of the cardiac cycle, starting with the vena cava and finishing at the body, including valve names. (10 marks)
33. Define cardiac output. (1 mark)
34. What is the relationship between cardiac output, stroke volume and heart rate? (1 mark)
35. What happens to the ribcage during inspiration? (1 mark)
36. What happens to the diaphragm during inspiration? (1 mark)
37. What happens to the ribcage during expiration? (1 mark)
38. What happens to the diaphragm during expiration? (1 mark)
39. Define tidal volume. (1 mark)
40. Define inspiratory reserve volume. (1 mark)
41. Define expiratory reserve volume. (1 mark)
42. Define residual volume. (1 mark)
43. Would a shot put athlete be working aerobically, or anaerobically? (1 mark)
44. Would a marathon runner be working aerobically, or anaerobically? (1 mark)
45. Identify 2 immediate effects of exercise. (2 marks)
46. Identify 2 short term effects of exercise. (2 marks)
47. Identify 2 long term effects of exercise. (2 marks)

Chapter 1 AO1 Answers

1. Support, structure, protection, movement, mineral storage, blood cell production. (6 marks)
2. Humerus, ulna, radius. (3 marks)
3. Femur, tibia, fibula. (3 marks)
4. Cranium, ribcage. (2 marks)
5. Hinge, ball and socket, pivot. (3 marks)
6. Hinge. (1 mark)
7. Ball and socket. (1 mark)
8. Hinge. (1 mark)
9. Feet. (1 mark)
10. Hand. (1 mark)
11. Flexion and extension. (2 marks)
12. Flexion, extension, adduction, abduction, rotation. (5 marks)
13. Plantar flexion, dorsi flexion. (2 marks)
14. Flat – cranium, long – femur, short – carpals. (6 marks)
15. Bicep. (1 mark)
16. Tricep. (1 mark)
17. Hamstring. (1 mark)
18. Quadricep. (1 mark)
19. Synovial fluid, Bursae. (2 marks)
20. Cartilage. (1 mark)
21. Trachea, bronchi, bronchioles, lungs. (4 marks)
22. Thin walls, large surface area, lots of capillaries, short diffusion pathway. (4 marks)
23. Haemoglobin. (1 mark)
24. Arteries, veins, capillaries. (3 marks)
25. Veins. (1 mark)
26. Backflow of blood. (1 mark)
27. Veins. (1 mark)
28. Arteries. (1 mark)
29. Narrowing of blood vessels (arteries) to reduce the blood flow to certain areas. (1 mark)
30. Widening of blood vessels (arteries) to increase the blood flow to certain areas. (1 mark)
31. Right and left atrium, right and left ventricle. (4 marks)
32. Right atrium, tricuspid valve, right ventricle, pulmonary artery, lungs, pulmonary vein, left atrium, bicuspid valve, left ventricle, aorta. (10 marks)
33. Volume of blood leaving the left ventricle per minute. (1 mark)
34. Cardiac output = stroke volume x heart rate. (1 mark)
35. Moves upwards and outwards. (1 mark)
36. Flattens. (1 mark)
37. Moves downwards and inwards. (1 mark)
38. Becomes dome shaped. (1 mark)
39. Volume of air breathed in during a normal breath. (1 mark)
40. Volume of extra air that can be forcibly breathed in after a normal breath. (1 mark)
41. Volume of extra air that can be forcibly breathed out after a normal breath. (1 mark)
42. Volume of air left in the lungs after forceful expiration. (1 mark)
43. Anaerobically. (1 mark)
44. Aerobically. (1 mark)
45. Sweating, increased breathing, increase temperature. (2 marks)
46. DOMS, fatigue, dizziness, nausea. (2 marks)
47. Change in body shape, muscular hypertrophy, bradycardia (lower resting heart rate), increased stamina/muscular endurance, speed. (2 marks)

Chapter 2 AO1 Questions

1. Which part of the lever system is in the middle for a first class lever? (1 mark)
2. Draw a first class lever system. (1 mark)
3. Which part of the lever system is in the middle for a second class lever? (1 mark)
4. Draw a second class lever system. (1 mark)
5. Which part of the lever system is in the middle for a third class lever? (1 mark)
6. Draw a third class lever system. (1 mark)
7. The ankle joint is an example of what type of lever? (1 marks)
8. The tricep extending is an example of what type of lever? (1 marks)
9. A bicep curl is an example of what type of lever? (1 marks)
10. How do you calculate mechanical advantage? (1 mark)
11. Define resistance arm. (1 mark)
12. Define effort arm. (1 mark)
13. What is the benefit (mechanical advantage) of having a short effort arm (first and third class levers)? (2 marks)
14. What is the benefit (mechanical advantage) of having a longer effort arm (second class levers)? (1 mark)
15. What is another term for the agonist? (1 mark)
16. Name the 12 major muscle groups. (12 marks)
17. Define isotonic contraction. (1 mark)
18. What are the two types of isotonic contractions? (2 marks)
19. Define isometric contraction. (1 mark)
20. Define concentric contraction. (1 mark)
21. Define eccentric contraction. (1 mark)
22. Define flexion. (1 mark)
23. Define extension. (1 mark)
24. Define rotation. (1 mark)
25. Define abduction. (1 mark)
26. Define adduction. (1 mark)
27. What joins muscle to bone? (1 mark)
28. What joins bone to bone? (1 mark)
29. What are three planes and axes pairings? (6 marks)
30. What joint actions take place in the Sagittal plane? (4 marks)
31. What joint actions take place in the frontal plane? (2 marks)
32. What joint action takes place in the transverse plane? (1 mark)
33. A 100m sprinter is moving through which plane and axis? (2 marks)
34. A discus thrower is moving through which plane and axis? (2 marks)
35. A cartwheel is moving through which plane and axis? (2 marks)
36. A forward roll is moving through which plane and axis? (2 marks)
37. A basketball free throw is moving through which plane and axis? (2 marks)
38. What joint action do the biceps cause at the elbow? (1 mark)
39. What joint action do the triceps cause at the elbow? (1 mark)
40. What joint action do the quadriceps cause at the knee? (1 mark)
41. What joint action do the hamstrings cause at the knee? (1 mark)
42. What joint actions do the latissimus dorsi cause the shoulder? (2 marks)
43. What joint action do the pectorals cause at the shoulder? (1 mark)
44. What muscle group causes dorsi flexion at the ankle? (1 mark)
45. What muscle group causes plantar flexion at the ankle? (1 mark)
46. What is an antagonistic muscle action? (1 mark)
47. A pirouette is moving through which plane and axis? (2 marks)
48. What muscle group is the antagonistic pair of the bicep? (1 mark)
49. What muscle group is the antagonistic pair of the gastrocnemius? (1 mark)
50. What muscle group is the antagonistic pair of the quadriceps? (1 mark)

Chapter 2 AO1 Answers

1. Fulcrum
2. 

3. Resistance
4. 

5. Effort
6. 

7. Second Class
8. First Class
9. Third Class
10. Effort Arm/Resistance Arm
11. The distance between the resistance and the fulcrum.
12. The distance between the effort and the fulcrum.
13. Large range of movement and can move resistances quickly.
14. Can overcome large resistances.
15. Prime mover.
16. Deltoids, pectorals, biceps, triceps, abdominals, latissimus dorsi, gluteals, quadriceps, hamstrings, tibialis anterior, gastrocnemius, hip flexors.
17. Muscles contracting and changing in length (movement).
18. Eccentric and concentric.
19. Muscles contracting but no change in muscle length (no movement).
20. Muscles shortening when contracting.
21. Muscles lengthening when contracting.
22. Angle at the joint decreasing.
23. Angle at the joint increasing.
24. A movement around an axis.
25. Movement of a limb away from the midline of the body.
26. Movement of a limb towards the midline of the body
27. Tendons.
28. Ligaments.
29. Transverse plane and longitudinal axis. Frontal plane and sagittal axis. Sagittal plane transverse axis.
30. Flexion, extension, plantar flexion, dorsi flexion.
31. Abduction, adduction.
32. Rotation.
33. Sagittal plane, transverse axis.
34. Transverse plane, longitudinal axis.
35. Frontal plane, sagittal axis.
36. Sagittal plane, transverse axis.
37. Sagittal plane, transverse axis.
38. Flexion.
39. Extension.
40. Extension.
41. Flexion.
42. Extension and adduction.
43. Adduction.
44. Tibialis anterior.
45. Gastrocnemius.
46. Where two muscles work together. As one contracts the other relaxes.
47. Transverse plane, longitudinal axis.
48. Triceps.
49. Tibialis anterior.
50. Hamstrings.

Chapter 3 AO1 Questions

1. Define health (1 mark)
2. Define fitness (1 mark)
3. Define agility (1 mark)
4. Define balance (1 mark)
5. Define coordination (1 mark)
6. Define cardiovascular endurance (1 mark)
7. Define muscular endurance (1 mark)
8. Define strength (1 mark)
9. Define flexibility (1 mark)
10. Define speed (1 mark)
11. Define reaction time (1 mark)
12. Define power (1 mark)
13. Name the two types of balance (2 marks)
14. Identify 3 reasons for fitness testing (3 marks)
15. Name the test for agility (1 mark)
16. Name the test for balance (1 mark)
17. Name the test for coordination (1 mark)
18. Name the test for cardiovascular endurance (1 mark)
19. Name the test for muscular endurance (1 mark)
20. Name the two tests for strength (2 mark)
21. Name the test for flexibility (1 mark)
22. Name the test for speed (1 mark)
23. Name the test for reaction time (1 mark)
24. Name the test for power (1 mark)
25. Identify 3 limitations of fitness testing (3 marks)
26. What does SPORT stand for and describe what each means (10 marks)
27. What does FITT stand for and describe what each means (8 marks)
28. Name 2 advantages of circuit training (2 marks)
29. Name 2 disadvantages of circuit training (2 marks)
30. Name 2 advantages of continuous training (2 marks)
31. Name 2 disadvantages of continuous training (2 marks)
32. Name 2 advantages of fartlek training (2 marks)
33. Name 2 disadvantages of fartlek training (2 marks)
34. What does HIIT training stand for? (1 mark)
35. Name 2 advantages of HIIT training (2 marks)
36. Name 2 disadvantages of HIIT training (2 marks)
37. Name 2 advantages of plyometric training (2 marks)
38. Name 2 disadvantages of plyometric training (2 marks)
39. Name 2 advantages of weight training (2 marks)
40. Name 2 disadvantages of weight training (2 marks)
41. How do you calculate your maximum heart rate? (1 mark)
42. How do you calculate your aerobic and anaerobic training zones? (2 marks)
43. How do you calculate the correct intensity for training strength? (3 marks)
44. How do you calculate the correct intensity for training muscular endurance? (3 marks)
45. Identify 3 factors that would keep you safe when weight training (3 marks)
46. Name 2 types of athlete that would benefit from altitude training (2 marks)
47. What are the main aims of pre-season, competition season and post-season? (3 marks)
48. Name the 4 stages of a warm up (4 marks)
49. Identify 3 benefits of a warm up (3 marks)
50. Identify 2 benefits of a cool down (2 marks)

Chapter 3 AO1 Answers

1. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (1 mark)
2. The ability to meet the demands of the environment. (1 mark)
3. The ability to move and change direction at speed whilst maintaining control. (1 mark)
4. The maintenance of the centre of mass over the base of support. (1 mark)
5. The ability to use different (two or more) body parts together smoothly and efficiently. (1 mark)
6. The ability of the heart and lungs to supply oxygen to the working muscles. (1 mark)
7. Ability of the muscles to undergo repeated contractions, avoiding fatigue. (1 mark)
8. The ability to overcome a resistance. (1 mark)
9. The range of movement possible at a joint. (1 mark)
10. The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time. (1 mark)
11. The time taken to initiate a response to a stimulus. (1 mark)
12. Using strength at speed (power = strength x speed). (1 mark)
13. Static and dynamic. (2 marks)
14. Identify strengths/weaknesses, motivate yourself and set goals, compare results against norms/averages, show starting fitness level, produce a training programme. (max 4 marks)
15. Illinois agility test. (1 mark)
16. Stork balance test. (1 mark)
17. Anderson ball catch test. (1 mark)
18. Multi-stage fitness test. (1 mark)
19. Abdominal curl conditioning test. (1 mark)
20. 1 rep max test and handgrip dynamometer test. (2 marks)
21. Sit and reach test. (1 mark)
22. 30m sprint speed test. (1 mark)
23. Ruler drop test. (1 mark)
24. Vertical jump test/Sergeant jump test. (1 mark)
25. Not sport specific/too general, do not replicate the movements of activities, do not replicate competitive conditions, must be carried out with the correct protocol. (max 3 marks)
26. Specificity – training must be specific to the muscles or energy systems used in your sport. Progressive Overload – gradually increasing the difficulty of your training. Reversibility – fitness is lost through either stopping training or not training hard enough. Tedium – boredom can occur if training is varied and interesting (10 marks)
27. Frequency – how often. Intensity – how hard. Time – how long. Type – type of training. (8 marks)
28. Exercises can be simple or complex, circuit can be designed to train many components of fitness/muscle groups, it can be varied to suit fitness level, easy to monitor and alter (progressive overload). (max 2 marks)
29. An appropriate amount of space must be available, may require specialist equipment e.g. medicine balls, difficult to select an appropriate work/rest ratio to start (max 2 marks)
30. Can be done with little equipment, improves aerobic fitness, running can be done anywhere, simple to do. (max 2 marks)
31. It can be boring/tedious, it can cause injury due to repetitive contractions, time consuming, doesn't always meet the demands of the sport. (max 2 marks)
32. It can be done with little/no equipment, improves aerobic and/or anaerobic fitness, running can be done anywhere, it is simple to do – same movement repeatedly. (max 2 marks)
33. It can cause injury due to repetitive contractions, time consuming, difficult to understand intensity ratio (e.g. how long to walk/jog/sprint). (max 2 marks)
34. High Intensity Interval Training. (1 mark)
35. Burns body fat and calories quickly, altered easily to suit the individual, completed relatively quickly, improves the anaerobic and aerobic system. (max 2 marks)
36. Extreme work can lead to injury, high levels of motivation are needed, can lead to dizziness and nausea. (max 2 marks)
37. Can develop power, can be used with little/no equipment e.g. clap push ups. (2 marks)
38. Can cause injury if you don't take enough rest, may need boxes to jump off, can add stress to the muscles and joints. (max 2 marks)
39. Easily adapted for fitness aims e.g. muscular endurance/strength, relevant to all sports, straightforward to carry out, strength gains occur. (max 2 marks)
40. Heavy weights increase blood pressure, injury if weights are too heavy or incorrect technique is used, calculating one rep max requires high motivation. (max 2 marks)
41. 220 – age. (1 mark)
42. Aerobic training zone = 60-80% of maximum heart rate. Anaerobic zone = 80-90% of maximum heart rate. (2 marks)
43. Find one rep max, lift heavy weights with few reps, lift weights over 70% of one rep max. (3 marks)
44. Find rep max, lift lighter weights for more reps, lift weights less than 70% of one rep max. (3 marks)
45. Warm up/cool down, appropriate clothing/footwear, spotters (weights), hydration, correct technique. (max 3 marks)
46. Marathon runner, Tour de France cyclists, cross country skier (aerobic athletes). (max 2 marks)
47. Pre-season = build aerobic fitness. Main season = maintain fitness levels/tactics. Post-season = rest and recovery. (3 marks)
48. Pulse raiser, stretching, skill familiarisation, mental preparation. (4 marks)
49. Body temperature increases, stretching increases range of movement, psychologically prepared, less chance of injury, increases oxygen supply to muscles. (max 3 marks)
50. Allows body to start recovering, removes lactic acid and carbon dioxide, prevents muscle soreness (DOMS). (max 2 marks)

Paper 1 Longer Answer Possible Questions (5/6/9 markers)

Every 6 or 9 mark question requires you to show AO1 (giving knowledge), AO2 (applying knowledge to a sport) and AO3 (further analysis/evaluation)

6 Markers: AO1 = 1, AO2 = 2, AO3 = 3 9 Markers: AO1 = 2, AO2 = 2, AO3 = 5

Question 1: Components of Fitness

Most likely for 6 or 9 marker. Focus on practising a variety of these questions. Get a friend/family member to pick a component of fitness and performer at random. Follow the same structure.

"Evaluate the importance of (INSERT COMPONENT(S) OF FITNESS) to a (INSERT SPORTS PERFORMER)" (6 marks)

EXAMPLE

Evaluate the importance of speed to a long jumper. (6 marks)

1) AO1 mark – Define speed.

Speed is defined as the maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.

2) AO2 – Application of speed to a long jumper.

A long jumper needs speed to be able to drive arms and legs as fast as possible when running to jump further.
A long jumper also needs speed in the legs to drive their legs forward quickly to ensure she doesn't touch the sand at it's furthest point backwards.
A long jumper needs to be fast when sprinting during the run up phase to jump further.

3) AO3 – Evaluation of the importance of speed to a long jumper.

By moving the arms and legs faster the long jumper will be able to develop more power (strength x speed) and subsequently be able to jump further.
The more speed generated by the long jumper, the greater horizontal displacement the athlete can achieve.
By snapping the legs up quickly the long jumper will ensure that the mark in the sand is furthest forward.
Speed is not the only factor involved in maximising distance, other components of fitness are also important such as flexibility – being able to reach forward in a pike position.
Technique is also very important in determining how far a long jumper can jump. For example, a long jumper with a better take off angle may jump further than someone with more speed.

Question 2: Fitness Testing Discussion

Probably more likely to be a 6 or even 5 mark question.

"Discuss whether fitness testing is an appropriate way of assessing (INSERT PERFORMER AND SCENARIO) ability". (5 marks)

These types of questions that are 5 marks are all AO3 marks! Give 5 discussion points.

EXAMPLE

0 9 . 2 Discuss whether fitness testing is an appropriate way of assessing Matthew's sporting ability.

[5 marks]

Marks for this question: AO3 = 5

Award **one** mark for each of the following points up to a maximum of **five** marks.

For (sub max 3 marks)

- Fitness testing is a good way of identifying Matthew's strengths and weaknesses and therefore may be a good indicator of his sporting ability (1)
- Fitness testing can be used to monitor improvement and therefore allow for modifications to be tailored to a specified sport (1)
- Fitness testing can compare against the norms of a group and be compared to national averages so that future forecasting/predictions can be made (1)

Against (sub max 3 marks)

- Matthew is only in Year 7 so the tests would not be a good predictor of his rate of growth and muscular structure which may determine his sporting ability (1)
- Tests are often not sports specific and are too general therefore they are a poor indicator for a specified sport (1)
- They often do not replicate the actual movements that are needed in a specified activity, only the components of fitness (1)
- They do not replicate the competitive or environmental conditions that are required in many sports which are imperative as Matthew will need to perform in many different situations (1)
- Many tests do not use direct measuring and are submaximal, therefore there may be predictive and therefore inaccurate results (1)
- Many tests require Matthew to be motivated to gain accurate results, therefore the information may be misleading (1)
- Some tests have questionable reliability therefore they may provide inaccurate data (1)
- Some tests have questionable validity with reference to the component of fitness they are measuring (1)
- Some testing is not carried out with the correct procedures which will affect data (1)

Accept any discursive points around the appropriateness of fitness training being used to assess Matthew's sporting ability.

Maximum 5 marks

Question 3: Fitness Testing Protocol

Likely to be a 5 mark question.

"Describe the protocol for the (INSERT FITNESS TEST NAME)" (5 marks)

EXAMPLE

0 9 Matthew is a Year 7 student who is a very good all-round sportsman. He has recently undertaken a series of fitness tests to measure his fitness levels.

The multi stage fitness test was used to measure Matthew's cardiovascular endurance.

0 9 . 1 Describe the multi stage fitness test.

[4 marks]

Marks for this question: AO1 = 4

Award **one** mark for each of the following points up to a maximum of **four** marks.

- A recording of a series of timed bleeps (1)
- Shuttle runs 20 m apart (1)
- Performers have to touch lines (or cones) (1)
- Bleeps get progressively closer together (time between bleeps gets shorter) (1)
- Required to run faster when performer gets to a higher level (1)
- Miss three bleeps, performer has to drop out (1 warning, then if not caught up by 2 more 'bleeps' they must stop) (1)
- It is progressive and maximal (1)

Maximum 4 marks

Question 4: Anaerobic and Aerobic Exercise

Probably more likely to be a 6 or even 5 mark question.

"Discuss whether (INSERT SPORT) is mainly aerobic or anaerobic" (5 marks)

These types of questions that are 5 marks are all AO3 marks! Give 5 discussion points.

Think about the situations in the sport when they are working at low-moderate intensities (AEROBIC) and when they are working at high intensities (ANAEROBIC).

PAPER 2

Paper 2 – Revision Organiser

Paper 2	In the Advanced Topic Information?	Predictions 6/9 Markers?	Notes Gathered?	Flashcards Made?	Revision Poster Made?	Videos Watched? GCSE Pod/Planet PE YouTube	Exam Questions Practised?	Red	Amber	Green
10th June 2022 PM										
Chapter 4 - Sports Psychology										
Skill and Ability										
Skill Classification (continuums - open/closed, basic/complex, gross/fine, self paced/externally paced)										
Goal Setting										
Information Processing										
Guidance										
Feedback										
Arousal and Controlling Arousal										
Aggression										
Personality Types										
Motivation										
Chapter 5 - Sociocultural Issues										
Engagement Patterns in Social Groups and Barriers to Participation										
Commercialisation of Sport (Golden Triangle)										
Effects of Commercialisation on the performer/sponsor/officials/sport/spectators										
Impacts of Technology on performer/sponsor/officials/sport/spectators										
Player Conduct										
Performance Enhancing Drugs										
Reasons for Hoolaganism										
Methods of Combating Hoolaganism										
Chapter 6 - Health and Fitness										
Physical, mental and social well-being										
Fitness										
Sedentary Lifestyle										
Obesity and the Effects on Performance/Health/Well-being										
Somatotypes										
Diet and Nutrition										
Hydration										

Paper 2 Common Misconceptions

1. **Not being able to justify why a skill is basic/complex or open/closed. Identifying it is easier but you must be able to justify for longer answer questions. This is on the advanced topic information!**

2. **Not giving the AO3 response when asked about the information processing model. For example, not writing about selective attention in the input stage. This is on the advanced topic information!**

3. **Not being able to think and explain enough barriers to participation. Remember barriers could include: Lack of role models, culture/religion, accessibility problems, stereotyping, age, sexism, familiarity, socio economic problems, lack of leisure time. You must be able to pick the relevant ones for the scenario in a question and explain how it negatively impacts participation.**

4. **Not being able to explain the link of the golden triangle. Remember they all rely on each other in some way. What is the benefit of commercialisation to the business, sponsor, media and spectator?**

5. **Not knowing the correct names of some of the performance enhancing drugs. For example, writing paracetamol as a pain killer rather than narcotic analgesics. Also, not knowing the effect or side effects and what impact this has on performance.**

6. **Writing that the reason for hooliganism is to intimidate the opposition. When the question asks for 'reasons' it is asking WHY it happens, not the effect of it.**

7. **Not knowing basic health definitions (social, physical and mental).**

8. **Not being able to explain the link between health and fitness correctly. Remember you can have a disease (poor physical health) but still be able to meet the demands of the environment (good fitness).**

9. **Not knowing the difference between vitamins and minerals.**

10. **Not knowing the correct recommended calories or percentages of food groups. Basic AO1 marks here. Remember fat is not always bad for you as it provides an energy source.**

11. **Not knowing the effects of dehydration on performance. This is on the advanced topic information!**

Chapter 4 AO1 Questions

1. Define skill. (1)
2. Define ability? (1)
3. Give two examples of skills (1)
4. Give two examples of abilities (1)
5. Name the four skill classification continua (4)
6. Place the forward roll on the basic – complex continuum. (1)
7. Place the double somersault on the basic – complex continuum. (1)
8. Classify the following skill as either open or closed:
    a. A shot in football during open play
    b. A pass setting in volleyball
    c. A forward roll in gymnastics
    d. A high jump
    e. A goalkeeper trying to save a penalty flick in hockey (5)
9. Classify a javelin throw as either gross or fine. (1)
10. Is a conversion kick in rugby externally paced or self paced. (1)
11. What are the 2 types of goals that can be considered by performers/coaches (2)
12. What would be the best goal for a beginner to set. Justify why this would be the best choice (2)
13. Give an example of an outcome goal? (1)
14. Whatever goals are set they should follow the SMART principles. What does SMART stand for? (5)
15. Name the four stages of the information processing model (4)
16. What information might a performer receive from the display/environment? (1)
17. What is selective attention? (1)
18. Describe what happens in the decision making stage (2)
19. What is short term memory also known as? (1)
20. How long can information be held for in the short term memory? (1)
21. Where are memories of past experiences stored (1)
22. Explain the output stage of the Information processing model (2)
23. Name the 2 types of feedback. (2)
24. Give examples of the 2 types of feedback involved in the information processing model. (2)
25. Name the 4 types of guidance. (4)
26. What is the biggest factor to consider when choosing which type of guidance to use? (1)
27. Give 2 examples of visual guidance? (2)
28. Demonstrations will only work for a beginner if they are…..(3)
29. Why would an elite athlete use visual guidance? (1)
30. What form of guidance is commonly used alongside visual guidance? (1)
31. What does verbal guidance involve? (2)
32. Verbal guidance will only work for a beginner if?... (2)
33. Manual and mechanical guidance are similar and can be grouped together. Give an example of each (2)
34. Is Visual guidance used more for beginners or elite performers? (1)
35. Is verbal guidance used more for beginners or elite performers? (1)
36. Is manual/mechanical guidance used more for beginners or elite performers? (1)
37. Information that a performer receives is called… (1)
38. Name the various types of feedback? (3)
39. Why should negative feedback not be used with beginners? (1)
40. Define arousal (1)
41. Explain the inverted "U" theory of arousal? (3)
42. Give an example of a skill where a low level of optimal arousal is required? (1)
43. Give an example of a skill where a high level of optimal arousal is required ?(1)
44. Name the main methods sports performers use for controlling arousal? (3)
45. What do you understand by the term "somatic technique" and "mental technique" for controlling arousal? (2)
46. Name the two personality types (2)
47. What is the difference between direct and indirect aggression? (2)
48. Give an example of direct aggression (1)
49. Give an example of indirect aggression (1)
50. Introvert or extrovert – select the appropriate personality type for the activity/characteristics (7)
    a. Pistol shooting
    b. Shy
    c. Seek excitement
    d. Rugby player
    e. Snooker player
    f. Calm
    g. Sociable
51. Define motivation (1)
52. Name the two main categories of motivation (2)
53. Define the two categories of motivation (2)
54. Name the two external rewards within extrinsic motivation (1)

Chapter 4 AO1 Answers

1. A learned action/behaviour with the intention of bringing about pre-determined results with maximum certainty and minimum outlay of time and energy.
2. Inherited from your parents abilities are stable traits that determine an individuals potential to learn or acquire skills.
3. Passing, shooting, dribbling etc..
4. Agility, balance, coordination.
5. Basic/complex, Open/closed/ Self paced/Externally paced, /Gross/fine.
6. Forward roll is a basic skill
7. Double somersault is a complex skill
8. a. Shot in football is open, b. Setting in volleyball open, c. Forward roll is closed, d. High jump is closed, e. Hockey goal keeper open.
9. Gross
10. Self paced.
11. Performance goals and outcome goals
12. Performance goals because winning might be unrealistic for beginner performers. They don't need to compare themselves to others.
13. Winning a gold medal /match
14.
a. Specific (to the demands of the sport/muscles/movement)
b. Measureable (Possible to measure if it has been achieved)
c. Accepted (Must be accepted/agreed by the performer and the4 coach if they have one.)
d. Realistic (possible to complete the goal)
e. Time Bound (set over a fixed period of time)
15. Input-decision making-output-feedback
16. Anything they can see hear or feel. E.g. opponents, the ball, the crowd (credit anything from a sporting environment)
17. It is a filtering process whereby the performer picks out the most important parts of the display that are relevant and discards those that are not.
18. The performer selects an appropriate response (movement/ skill) from memory; perhaps one they have used in this situation before.
19. Working memory.
20. Approximately 30 seconds.
21. Long term memory (LTM)
22. The decision chosen is sent to the appropriate muscles to carry out the response. E.g. impulses are sent to the arm and hands to start the appropriate muscular movement for a catch to take place.
23. Intrinsic and extrinsic
24. Feel the ball in your hands or on your foot (intrinsic)/Your teammates or the crowd cheer when you have performed the skill (extrinsic)
25. Visual (being shown something), Verbal (being told something), Manual (assistance with the movement-physical) Mechanical (use of objects or aids)
26. The experience level of the performer
27. Demonstrations by a coach, video analysis, still images.
28. Clear, concise, quick, realistic, backed up by simple verbal guidance (any three of the above)
29. To highlight minor errors (slow motion video analysis), small technical changes.
30. Verbal guidance.
31. A coach/teacher talking to a performer highlighting a. technique or b. a trigger point "point your toes".
32. It relates to the visual guidance being given and it is not too long or complex (they can understand it).
33. Use of armbands (mechanical). Holding a performers wrist in tennis to perform a forehand (manual) . Credit any other relevant responses.
34. Beginners
35. Elite
36. Beginners
37. Feedback
38. Intrinsic/extrinsic, positive/negative, knowledge of results/knowledge of performance.
39. It could lead to demotivation.
40. Arousal is a physical and mental state of alertness/excitement varying from deep sleep to intense excitement.
41. As arousal increases so does performance/ up to the optimal/perfect level. If arousal increases further performance will decrease.
42. Any fine/ precise movement involving accuracy e.g. archery, shooting a gun at targets, snooker.
43. Any gross/large muscle movements e.g. weight lifting , rugby tackle.
44. Deep breathing, mental rehearsal/visualization/imagery, positive self talk.
45. Somatic is using the body e.g. deep breathing. Mental is using the mind/your thoughts e.g. mental rehearsal.
46. Introvert and extrovert
47. Direct aggression is when there is actual physical contact. Done deliberately to inflict harm in opponents. Indirect aggression does not involve physical contact (generally). The aggressive act is taken out on an object to gain an advantage over an opponent.
48. A high rugby tackle, an illegal judo throw, a punch below the belt in boxing.
49. Smashing a shuttle or tennis ball very hard, a bouncer bowled in cricket.
50.
a. Pistol shooting - Introvert
b. Shy - Introvert
c. Seek excitement - extrovert
d. Rugby player - extrovert
e. Snooker player - introvert
f. Calm - introvert
g. Sociable - extrovert
51. The drive to succeed or desire to achieve something.
52. Intrinsic and extrinsic motivation.
53. Intrinsic is the drive that comes from within the performer. Extrinsic is the drive that is experienced by a performer when trying to achieve a reward.
54. Tangible and intangible. Tangible e.g. certificates, trophies and medals. Intangible e.g. praise from a coach, applause from a crowd.

Chapter 5 AO1 Questions

1. Define social group. (1 mark)
2. Define engagement patterns. (1 mark)
3. Define stereotype. (1 mark)
4. Name 2 stereotypical views which some men hold about women playing sport. (2 marks)
5. Define barrier to participation. (1 mark)
6. Define ethnic group. (1 mark)
7. Identify 2 ethnic minority groups. (2 marks)
8. How can a person's socio-economic group impact participation? (1 mark)
9. What is post-school drop out? (1 mark)
10. Identify 5 barriers to participation. (5 marks)
11. Give 2 reasons for the high percentage of ethnic minority England footballers. (2 marks)
12. Give 2 reasons for low participation rates of Indian women. (2 marks)
13. What are the 3 main disability categories? (3 marks)
14. What is an adapted sport? (1 mark)
15. Identify 2 benefits of integration. (2 marks)
16. Name 2 adapted sports. (2 marks)
17. Define discrimination. (1 mark)
18. Define commercialisation. (1 mark)
19. The golden triangle is the relationship between what? (1 mark)
20. State 2 benefits of sponsorship to the sponsor. (2 marks)
21. Define philanthropic. (1 mark)
22. List 4 forms of media. (4 marks)
23. How does the radio and newspapers try to compete with TV? (1 mark)
24. Identify 3 ways sponsors can support an individual other than money. (3 marks)
25. State 2 possible disadvantages of sponsorship to an individual. (2 marks)
26. State 2 ways that sponsors can influence a sport. (2 marks)
27. State 1 advantage and 1 disadvantage of commercialisation for officials. (2 marks)
28. List 4 benefits of technology to performers. (4 marks)
29. List 1 advantage and 1 disadvantage of technology to spectators. (2 marks)
30. State 2 benefits of technology to officials. (2 marks)
31. State 2 benefits of technology to sponsors. (2 marks)
32. Give 1 advantage and 1 disadvantage of using Hawkeye. (2 marks)
33. Define sportsmanship. (1 mark)
34. Define gamesmanship. (1 mark)
35. Give 2 examples of sportsmanship and 1 example of gamesmanship. (3 marks)
36. What is the contract to compete? (1 mark)
37. What are the 2 benefits to an athlete taking stimulants and what type of athlete may take them? (3 marks)
38. What is the benefit to an athlete taking narcotic analgesics and what type of athlete may take them? (2 marks)
39. What is the benefit to an athlete taking anabolic agents and what type of athlete may take them? (2 marks)
40. Give 2 negative side effects of taking anabolic agents. (2 marks)
41. What is the benefit to an athlete taking peptide hormones such as EPO and what type of athlete may take them? (2 marks)
42. What is the benefit to an athlete taking diuretics and what type of athlete may take them? (2 marks)
43. Describe how blood doping works and what type of athlete may do this. (4 marks)
44. Give 2 side effects of blood doping. (2 marks)
45. What is the benefit to an athlete taking beta blockers and what type of athlete may take them? (2 marks)
46. State 3 reasons why athletes decide to take performance enhancing drugs. (3 marks)
47. State 3 disadvantages to the performer taking performance enhancing drugs. (3 marks)
48. What is home-field advantage? (1 mark)
49. Give 2 reasons for hooliganism. (2 marks)
50. Identify 4 strategies that are in place to reduce hooliganism. (4 marks)

Chapter 5 AO1 Answers

1. A social group is people who interact with one another, share characteristics, and have a sense of togetherness e.g. disabled people, ethnic minority groups. (1 mark)
2. The term used to describe trends of participation across different social groups (1 mark)
3. a widely held, fixed and oversimplified idea of a particular type of person. (1 mark)
4. Women lack strength to do the same sports, not feminine, woman's role is to be a carer, limits ability to give birth, develop muscles is man like. (max 2 marks)
5. An obstacle that prevents a group within society from participating in sport therefore reduces levels of overall participation. (1 mark)
6. A community made up of people who share a common cultural background. (1 mark)
7. Indian women, black Caribbeans, Asians, Pakistani, Bangladeshi. (max 2 marks)
8. Lower income means less disposable income so less likely to participate in sport. (1 mark)
9. Reduction in participation levels in young adults after they leave full-time education. (1 mark)
10. Attitudes, role models, accessibility, media, sexism/stereotyping, culture/religion, family commitments, leisure time available, familiarity, education, socio-economic group, adaptability/inclusiveness. (max 5 marks)
11. Low cost to football – ethnic minorities from low socio-economic groups. Lots of role models from their ethnic group. (2 marks)
12. Lack of role models in sport. Religious beliefs. (2 marks)
13. Mobility impairments, sensory impairments, mental impairments. (3 marks)
14. An adapted competitive sport for disabled people. There are modifications to rules and equipment to meet the needs of participants. (1 mark)
15. Reduced discrimination, less stereotyping, fewer barriers. (max 2 marks)
16. Boccia. Goalball. Wheelchair basketball/tennis. (max 2 marks)
17. The unjust and prejudicial treatment of different groups of people, especially on the grounds of race, age or sex. (1 mark)
18. The process by which a new product or service is introduced to the general market. (1 mark)
19. Media, spectators, sponsors. (1 mark)
20. Publicity, association, support, tax deductible. (max 2 marks)
21. Trying to benefit others; generous. (1 mark)
22. TV, radio, newspapers, social media. (4 marks)
23. Provide detailed information/statistics. (1 mark)
24. Provide clothing, equipment, footwear, transport, facilities, food/drink. (max 3 marks)
25. Invasion of privacy, time taken up, loss of sponsorship, negativity linked to product. (max 2 marks)
26. Affect timings, affect what/who is shown, interfere with viewing experience (adverts), breaks/time outs, rule changes. (max 2 marks)
27. Advantages – income, fame, travel. Disadvantages – increased criticism, loss of privacy. (max 1 mark for each)
28. Improved nutrition, fitness, training, recovery, safety, equipment. (max 4 marks)
29. Advantages – Increase viewing experience on TV, improved skills through better facilities so better spectacle, more informed by viewing statistics. Disadvantages – potential for poor atmosphere e.g VAR, break adverts. (max 1 mark for each)
30. Improve decision making, pressure and criticism reduced. (2 marks)
31. Better advertising, better spectacle, more matches/opportunities. (max 2 marks)
32. Advantage – Accurate decisions. Disadvantage – Time consuming, kills atmosphere. (max 2 marks)
33. Appropriate, polite and fair behaviour while participating in a sporting event. (1 mark)
34. The use of dubious methods, that are not strictly illegal, to gain an advantage. (1 mark)
35. Sportsmanship – shaking hands, kicking the ball out of play for an injury. Gamesmanship – time wasting (taking the ball to the corner). (3 marks)
36. Agreeing to play by the rules, trying to win but also allowing your opponent to play. (1 mark)
37. Increase alertness and mask effects of fatigue. Sprinters (reaction time sports). (3 marks)
38. Masks pain. Any athlete that is playing through injury e.g. footballer. (2 marks)
39. Increased muscle growth and repair to increase strength. Weightlifters/sprinters. (2 marks)
40. Shrinks testicles, high blood pressure, damages liver/kidneys and heart. (max 2 marks)
41. Increase production of red blood cells. Endurance athletes e.g. marathon runners/Tour de France cyclists. (2 marks)
42. Removes excess water from the body to lose weight or hides other drugs. Jockeys/boxers. (2 marks)
43. Removal of blood weeks before and frozen. Body compensates by producing more red blood cells. Blood injected back in. Body now has more red blood cells for oxygen delivery. (4 marks)
44. Thickens blood (increased viscosity), heart attacks, embolism, HIV/hepatitis. (max 2 marks)
45. Calm performer and reduce heart rate. Target performers e.g archery. (2 marks)
46. Money, fame, success, level playing field. (max 3 marks)
47. Bans, fines, bad reputation, health risks. (max 3 marks)
48. The psychological advantage that the home team has over the visiting team as a result of playing in familiar facilities and in front of supportive fans. (1 mark)
49. Tribal behaviour, alcohol/drug consumption, fan rivalry, frustration, masculinity. (max 2 marks)
50. CCTV, increase stewards/police, segregation of fans, no alcohol in stadiums, early kick offs, campaigns. (max 4 marks)

Chapter 6 AO1 Questions

1. Define health. (1 mark)
2. Define fitness. (1 mark)
3. Why is it wrong to suggest that someone who is fit is also healthy? (1 mark)
4. Define physical health (1 mark)
5. Define mental health. (1 mark)
6. Define social health. (1 mark)
7. Give 2 ways that exercise can improve physical health. (2 marks)
8. Give 2 ways that exercise can improve mental health. (2 marks)
9. Give 2 ways that exercise can improve social health. (2 marks)
10. Define somatotype. (1 mark)
11. Name 2 characteristics of an endomorph. (2 marks)
12. Name 3 characteristics of an ectomorph. (3 marks)
13. Name 3 characteristics of a mesomorph. (3 marks)
14. Give 2 examples of an endomorph. (2 marks)
15. Give 2 examples of an ectomorph. (2 marks)
16. Give 2 examples of a mesomorph. (2 marks)
17. Name 3 lifestyle choices. (3 marks)
18. Give 2 ways that obesity can negatively impact physical health. (2 marks)
19. Give 2 ways that obesity can negatively impact mental health. (2 marks)
20. Give 2 ways that obesity can negatively impact social health. (2 marks)
21. Give 2 ways that obesity can negatively impact fitness. (2 marks)
22. Define sedentary lifestyle. (1 mark)
23. Name 2 consequences of living a sedentary lifestyle. (2 marks)
24. What is food energy measured in? (1 mark)
25. What is calories requirement of an average male? (1 mark)
26. What is calories requirement of an average female? (1 mark)
27. Name 4 reasons in which the number of calories you require each day may differ. (4 marks)
28. Define balanced diet. (1 mark)
29. Name the 7 food groups. (7 marks)
30. What is the main reason for eating carbohydrates? (1 mark)
31. What is the main reason for eating fats? (1 mark)
32. What is the main reason for eating protein? (1 mark)
33. What is the main reason for eating fibre? (1 mark)
34. What are vitamins? (1 mark)
35. What are minerals? (1 mark)
36. Define hydration. (1 mark)
37. Define dehydration. (1 mark)
38. Define rehydration. (1 mark)
39. Name 3 effects of dehydration. (3 marks)
40. What percentage of our diet should be made up from carbohydrates? (1 mark)
41. What percentage of our diet should be made up from fats? (1 mark)
42. What percentage of our diet should be made up from protein? (1 mark)
43. Give 1 source of carbohydrates. (1 mark)
44. Give 1 source of fats. (1 mark)
45. Give 1 source of protein. (1 mark)
46. What is the BMI score given for someone who is underweight? (1 mark)
47. What is the BMI score given for someone who is the correct weight? (1 mark)
48. What is the BMI score given for someone who is overweight? (1 mark)
49. What is the BMI score given for someone who is obese? (1 mark)
50. Define obesity in 3 different ways. (3 marks)

Chapter 6 AO1 Answers

1. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (1 mark)
2. The ability to meet the demands of the environment. (1 mark)
3. Someone could be fit and meet the demands of the environment (good cardiovascular endurance) but could have a disease, or poor social/mental health. (1 mark)
4. All body systems working well, free from illness and injury. Ability to carry out everyday tasks. (1 mark)
5. A state of well-being where every individual realises their potential. (1 mark)
6. Basic human needs being met. (1 mark)
7. Improves heart function, efficiency of body systems, reduces risk of illness, prevents obesity, enables you to carry out everyday activities. (max 2 marks)
8. Releases feel good hormones, enables a person to control emotions. (2 marks)
9. Make friends, improves cooperation skills, encourages teamwork skills. (max 2 marks)
10. A way of classifying someone's body type and appearance. (1 mark)
11. High fat content, pear shaped body (2 marks)
12. Tall and thin, narrow shoulders hips and chest, little fat and muscle, long arms and legs, thin face, high forehead. (max 3 marks)
13. High muscle mass, wedge shaped, narrow waist, broad shoulders. (max 3 marks)
14. Sumo wrestlers, rugby props, shot putters. (max 2 marks)
15. High jumper, tennis player, long jumper (max 2 marks)
16. Sprinter, weightlifters. (max 2 marks)
17. Exercise, smoking, alcohol, drugs. (max 3 marks)
18. Increased likelihood of cancer, heart disease, increases blood pressure, diabetes, cholesterol rises, injuries. (max 2 marks)
19. Depression, loss of confidence, feel like they can't contribute to society. (max 2 marks)
20. Inability to socialise, unable to leave home, lower self-esteem, conscious of how they look. (max 2 marks)
21. Limits flexibility, cardiovascular endurance, agility, speed, power. (max 2 marks)
22. A person's choice to engage in little, or irregular, physical activity. (1 mark)
23. Becoming obese, diabetes, heart disease, insomnia, hypertension, poor self-esteem, lack of friends. (max 2 marks)
24. Kilocalories / Calories (1 mark)
25. 2,500 kcal (1 mark)
26. 2,00 kcal (1 mark)
27. Age, gender, height, basal metabolic rate, energy expenditure. (max 4 marks)
28. Eating the right amount of calories and right balance of nutrients from each food group. (1 mark)
29. Carbohydrates, fats, protein, minerals, vitamins, fibre, water. (7 marks)
30. Provide energy for high intensity exercise. (1 mark)
31. Provide energy for low intensity exercise. (1 mark)
32. Muscle growth and repair. (1 mark)
33. Help digestion and prevents constipation. (1 mark)
34. Organic substances required for many processes. (1 mark)
35. Inorganic substances required for many functions. (1 mark)
36. Having enough water to enable normal functioning of the body. (1 mark)
37. Excessive loss of body water interrupting the functioning of the body. (1 mark)
38. Consuming water to restore hydration. (1 mark)
39. Blood thickens, reactions slow down, temperature increases, headaches/nausea. (max 3 marks)
40. 55-60%
41. 25-30%
42. 15-20%
43. Pasta, rice, potatoes. (max 1 mark)
44. Animal products for saturated fats, vegetable/fat oils for unsaturated fats. (max 1 mark)
45. Meat (chicken), fish, eggs, dairy products. (max 1 mark)
46. Less than 20 (1 mark)
47. 20-25 (1 mark)
48. 25-30 (1 mark)
49. More than 30 (1 mark)
50. BMI over 30, over 20% ideal weight for height, high fat content. (3 marks)

Paper 2 Longer Answer Possible Questions (5/6/9 markers)

Every 6 or 9 mark question requires you to show AO1 (giving knowledge), AO2 (applying knowledge to a sport) and AO3 (further analysis/evaluation)

6 Markers: AO1 = 1, AO2 = 2, AO3 = 3 9 Markers: AO1 = 2, AO2 = 2, AO3 = 5

Question 1: Engagement Patterns/Barriers to Participation

Probable 6 or 9 mark scenario based question. You may be given a scenario and asked the evaluate reasons for their lack of participation.

EXAMPLE

"Aisha is currently studying for her GCSEs. Her school report has been sent home to her parents and highlights that her PE teacher is worried about her lack of interest in taking part in physical activity inside and outside of school. Her parents are also disappointed as they have regularly encouraged her to join a sports club. Identify potential factors that could have caused Aisha's lack of interest in sport, justifying your choices". (9 marks)

AO1 - Identify a factor (One factor which may could have caused Aisha's lack of interest in sport is…)

AO2 - Application to Aisha (Link to Aisha scenario)

AO3 - Justification of choices (State how and why this could have stopped Aisha preventing in sport)

You need to pick the barriers which are most relevant to the scenario in the question.

Example of Structure

One factor could be negative attitudes (AO1).

She may have developed a negative attitude due to bad experiences in school (AO2).

The attitude of the PE teacher towards Aisha may be negative within lessons which has caused her to feel negative about taking part in sport/exercise. Therefore, she doesn't want to take part in sport anymore (AO3).

Question 2 : Information Processing Model

Possible 6 mark question on explaining the stages of the model in relation to sporting performance.

EXAMPLE

EXAM QUESTION: Explain the process of the information processing model using a sporting example of your choice. (6 Marks)

AO1 = 1
AO2 = 2
AO3 = 3

AO1 – giving knowledge

What are the four stages of the information processing model?

AO2 – applying knowledge

What happens at the input stage and give an example of input for the scenario the question is asking, e.g. what information will be in the environment.

What happens at the decision making stage and give an example of decision making for the scenario the question is asking, e.g. what decisions does your performer have to make?

What happens at the output stage and give an example of output for the scenario the question is asking, e.g. what movements could the performer do?

What happens at the feedback stage and give an example of feedback for the scenario the question is asking, e.g. what are they gaining feedback on?

AO3 – analysing/evaluating each stage

What does the performer need to do to in this input stage with the information available to them?

Explain how your performer is going to make the decision? What do they do with information from the input (STM) and information from their past (LTM)?

How do the performer carry out the output? How do we move?

How and where can the performer obtain this feedback?

Question 3: Hooliganism

The advanced topic information states both 'reasons for hooliganism' and 'methods to combat hooliganism' as higher tariff questions. This could be incorporated into one question, possibly 6 or 9 markers. Never been asked as a longer answer question. Be prepared with loads of reasons for eg. Tribal behaviour, alcohol, drugs, rival matches etc. Be prepared for methods to combat hooliganism eg. CCTV, earlier kick off times, bans for hooligans, no alcohol in stadiums etc.

EXAMPLE

"Hooliganism has been a problem in football for decades. Analyse the reasons for hooliganism, and methods used to combat this". (9 marks)

You would need to give knowledge (AO1) eg. A reason for hooliganism is alcohol/drug use.

You would then apply to football (AO2) eg. When football fans drink alcohol inhibitions are lowered.

You would then analyse the impact (AO3) eg. When inhibitions are lowered fans are more likely to act in an unusual way, for example shouting abuse.

Question 4: Nutrition

The advanced topic information states all areas of nutrition including hydration and the problems with becoming dehydrated. Therefore possible longer answer question on the impact of nutrition and hydration on sporting performance. Make sure you know all the 7 food groups, their effect on the body and side effects of dehydration.

EXAMPLE

"Analyse the importance of nutrition and hydration for a (INSERT SPORTS PERFORMER)". (9 marks)

AO1 = Stating knowledge of nutrition eg. Protein important for muscle growth and repair.

AO2 = Effect on the performer eg. Growing muscle will allow the performer to be stronger and therefore more powerful.

AO3 – The bigger picture/impact on performance eg. This will allow the performer to jump higher etc.

Question 5: Commercialisation of Sport Impact

Possible longer mark question on the impact of commercialisation on a certain group of people eg. Spectators, officials, performers etc. Make sure you know what the advantages and disadvantages are to these people. Remember commercialisation is about how more money has entered the sport and is shown more in the media.

EXAMPLE

"Evaluate the impact of commercialisation on (INSERT PERFORMER/OFFICIAL/SPONSOR/SPECTATOR)". (6 marks)

AO1 – giving knowledge or commercialisation: define it.

AO2 – how has this effected the people in the question. Positive and negatives.

AO3 – what has the overall impact been? Has it made the sport better/worse?