Write your name here

Surname	Other names

Pearson Edexcel
Level 1/Level 2
GCSE (9–1)

Centre Number | | | | | |

Candidate Number | | | | |

Physical Education

Component 2: Health and Performance

Friday 18 May 2018 – Afternoon
Time: 1 hour 15 minutes

Paper Reference
1PE0/02

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
  – *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

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Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 (a) Which **one** of the following is a macronutrient?

(1)

☒ **A** Vitamins

☒ **B** Fats

☒ **C** Fibre

☒ **D** Water

(b) Which **one** of the following is **most** likely to decrease the risk of osteoporosis?

(1)

☒ **A** Swimming

☒ **B** Having an appropriate amount of sleep

☒ **C** Cycling

☒ **D** Long distance running

(c) Identify the practice structure from the description.

'Repeatedly practising a whole skill within a training session'.

(1)

☒ **A** Fixed

☒ **B** Distributed

☒ **C** Simple

☒ **D** Variable

(d) Which **one** of the following is the **best** example of an open skill?

(1)

☒ **A** A tennis serve

☒ **B** A shot put

☒ **C** A cartwheel

☒ **D** A pass in football

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For Questions 1(e) and 1(f), use the information in Figure 1 to decide whether A, B, C or D is correct.

Figure 1 shows the percentage of people who have diabetes and are underweight, normal weight, overweight or obese in 2016.

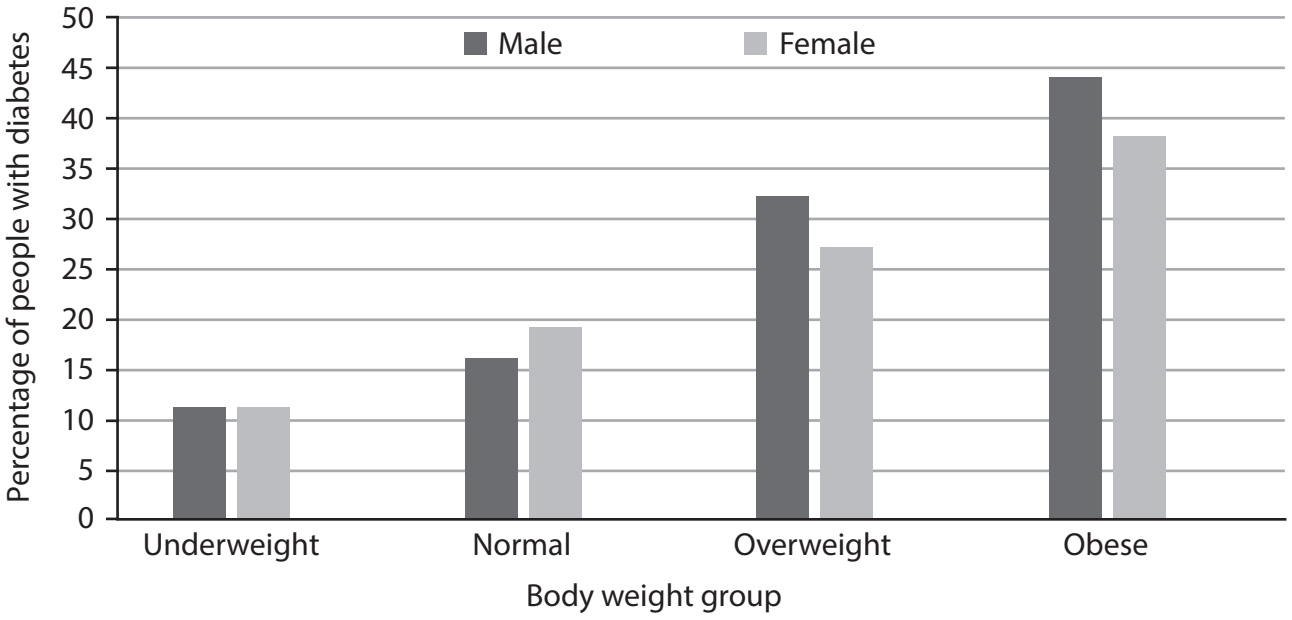

Figure 1

(e) Identify which one of the following body weight groups has the highest percentage of people with diabetes.

(1)

- ☒ **A** Underweight
- ☒ **B** Normal
- ☒ **C** Overweight
- ☒ **D** Obese

(f) Identify the body weight group where the percentage of males and females with diabetes is between 15% and 20%.

(1)

- ☒ **A** Underweight
- ☒ **B** Normal
- ☒ **C** Overweight
- ☒ **D** Obese

(Total for Question 1 = 6 marks)

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2 One emotional health benefit of taking part in regular physical activity is that it can make you feel good.

(a) Identify **one** other emotional health benefit of regular participation in physical activity.

(1)

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Regular participation in physical activity can also give physical health benefits.

(b) Give **one** example of a physical health benefit of regular participation in physical activity.

(1)

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(Total for Question 2 = 2 marks)

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3 Hawani is a diver and is using mental rehearsal before her dive.

(Source: © Paolo Bona/Shutterstock)

Figure 2

Explain **two** ways mental rehearsal will improve Hawani's diving performance.

(4)

1 .....

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2 .....

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(Total for Question 3 = 4 marks)

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4 **Figures 3** and **4** show performers using different skills in their sports.

(Source: © Hindustan Times/Getty Images)

Dribbling in hockey

Figure 3

(Source: © Shawn Pecor/Shutterstock)

Running in a marathon

Figure 4

(a) Identify which is the more complex skill: dribbling in hockey or running in a marathon.

(1)

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(b) Give **two** characteristics of a complex skill.

(2)

1 .....

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2 .....

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(Total for Question 4 = 3 marks)

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5 Personal factors such as an individual's age can affect participation in sport and physical activity.

(a) State **two** other personal factors that can affect participation rates.

(2)

1 .....

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2 .....

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(b) Explain **two** reasons why a person's age may affect their participation in sport and physical activity.

(4)

1 .....

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2 .....

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(Total for Question 5 = 6 marks)

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6 **Figure 5** shows the participation rates by age group in sport and physical activity in the North of England, from 2002 to 2017.

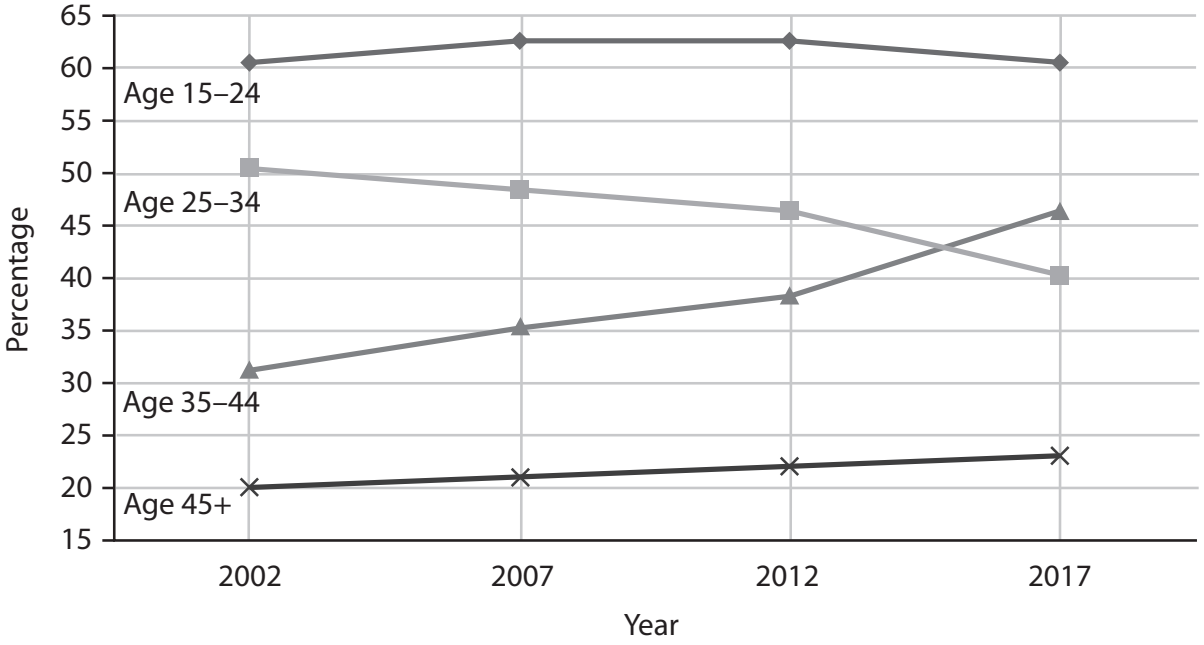

Figure 5

(a) Analyse the data in **Figure 5** to compare the changing patterns in participation rates from 2002 to 2017 for the following age groups:

(i) 25–34

(1)

(ii) 35–44

(1)

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(b) Using the data in **Figure 5**, predict the **most** likely trend in the participation rates of adults aged 45+ in 2022.

(1)

(c) Justify your answer to (b) using the data in **Figure 5**.

(2)

(Total for Question 6 = 5 marks)

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7 When setting goals to improve performance in physical activity, applying SMART targets is a key factor for success.

The statements below are examples of targets.

A I need to reduce my 1500m time by 1 minute as soon as possible.

B I will improve my 50m breaststroke time by 2 secs in the next two months.

C I want to complete a five-mile run in under 45 minutes.

(a) Apart from measurable, identify which principle of SMART target setting has been applied to **all three** of these targets.

(1)

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(b) Explain which of the targets above would be the most effective in improving performance in physical activity according to SMART principles.

(4)

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(Total for Question 7 = 5 marks)

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8 **Figure 6** shows two of the three components in the relationship between sport and commercialisation.

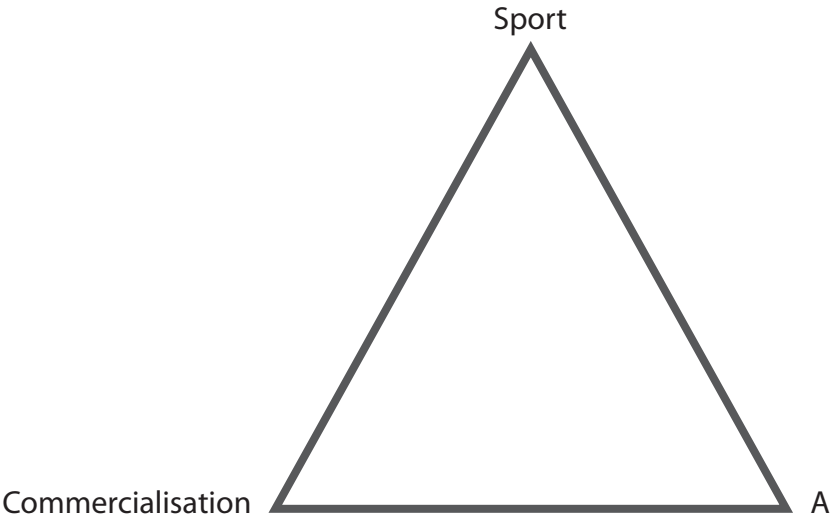

Figure 6

(a) Identify the missing component in this relationship, labelled A in **Figure 6**.

(1)

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(b) Explain **one** advantage and **one** disadvantage of sponsorship for commercial sponsors of sport.

(4)

Advantage

Disadvantage

(Total for Question 8 = 5 marks)

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9 Noah is taking part in a triathlon. This involves swimming, cycling and running over long distances.

Describe **two** possible benefits of drinking water during the event.

(4)

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(Total for Question 9 = 4 marks)

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10 State **two** advantages and **two** disadvantages of using distributed practice.

(4)

Advantages

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2 .....

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Disadvantages

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(Total for Question 10 = 4 marks)

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11 (a) State **two** factors that can affect a person's optimum weight.

(2)

1 .....

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2 .....

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(b) Explain how the optimum weight of a power athlete may vary from that of an endurance athlete.

(2)

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(Total for Question 11 = 4 marks)

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12 Figure 7 shows Paula running in a marathon.

(Source: © WENN Ltd/Alamy Stock Photo)

Figure 7

Explain how carbohydrate loading could improve an athlete's performance in this long distance event.

(4)

(Total for Question 12 = 4 marks)

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13 Discuss the view that sportsmanship is being replaced by gamesmanship in professional sport.

(9)

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(Total for Question 13 = 9 marks)

14 Mechanical and manual guidance can be used when practising techniques in sport.

Assess the advantages and disadvantages of using mechanical and manual guidance when teaching a beginner to swim.

(9)

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(Total for Question 14 = 9 marks)

TOTAL FOR PAPER = 70 MARKS

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