

GCSE Physical Education

16+ PE Scholarship Paper



EPSOM
COLLEGE

Socio-Cultural Issues, Sports Psychology and Physical Factors Affecting
Performance COMBINED PAPER

Name	
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Question(s)	Mark	Awarded
1 a	5	
2 a	6	
3 a	4	
4 a	3	
5 a	4	
6 a	6	
7 a-c	5	
8 a	3	
9 a	6	
10 a	6	
11 a	4	
12 a	6	
13 a	2	
Total	60	

Time allowed: 60 minutes

Instructions:

- Answer **all** questions.
- You must answer the questions in the spaces provided.
- Cross through any work you do not want to be marked.

Information for candidates:

- The marks for questions are shown in the brackets at the end of each question.
- The maximum mark for the paper is 60.
- In the question marked with an (*) you will need to answer in continuous prose and you will be assessed on the quality of your written communication.

Percentage	Grade

1) a) *

Using your knowledge of flexibility and power, evaluate the importance of these components of fitness for performers in the high jump

(5 marks)

This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.

2) a) *

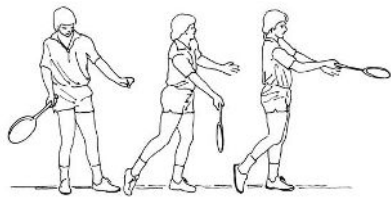
Games such as football, netball and basketball can put a lot of strain on the knee joint.

Explain how structures within the knee joint provide stability and suggest why this joint is easily injured when playing certain sports.

(6 marks)

[illegible]

3) a) The diagram shows a badminton serve



Use the diagram to identify:

- | | | |
|------|--|-----|
| (i) | The names of the bones forming the shoulder joint. | [1] |
| (ii) | The name of the type of joint found at the shoulder. | [1] |
| (ii) | The name of the joint action taking place at the shoulder. | [1] |
| (iv) | The name of the main agonist causing this movement. | [1] |

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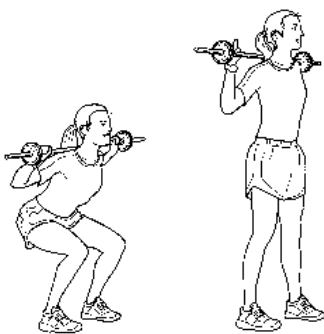
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4) a)

The diagram shows the upward phase of a squat



Identify the main agonist causing the movements at:

- | | | |
|-------|-----------|-----|
| (i) | the hip | [1] |
| (ii) | the knee | [1] |
| (iii) | the ankle | [1] |

[illegible]

5) a)

Suggest **four** reasons why fitness tests may help a performer.

[4 marks]

[illegible]

6) a)

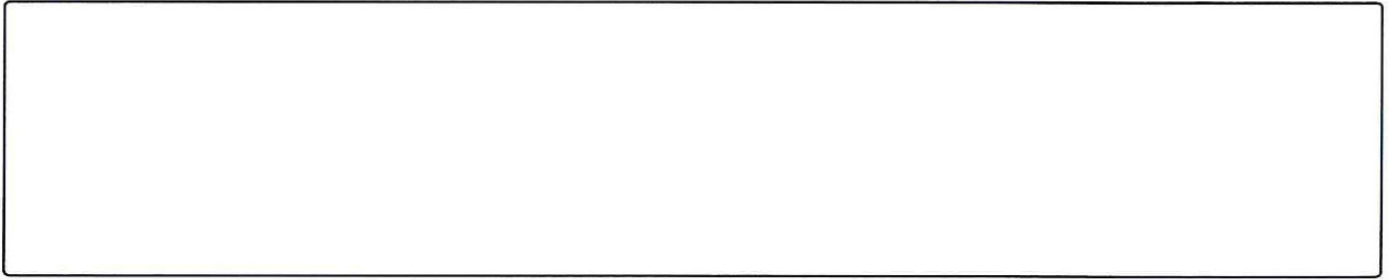
Describe an effective warm up in a physical activity of your choice.

[6 marks]

[illegible]

7) a)

Draw a first-class lever system in the box below, including effort arm, load arm and fulcrum.



(3 marks)

7) b)

Which one of the following is NOT a function of the skeleton?

- A. Produces red blood cells
- B. Stores calcium
- C. Protects organs
- D. Produces hormones

(1 mark)

7) c)

Which one of the following is NOT a function of the skeleton?

- A. Stores fat
- B. Allows movement
- C. Gives shape
- D. Supports organs

(1 mark)

8) a)

Explain the potential benefits to society of increasing participation rates in physical activity.

(3 marks)

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9) a)

Explain why major sporting events rely heavily on funding from commercial sponsorship and the media.

[6 marks]

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[illegible]

10) a)

Explain, using examples, the difference between sportsmanship and gamesmanship.

[6 marks]

[illegible]

11) a)

How can participation in physical activity impact on a young persons' health?

(4 marks)

[illegible]

Describe the supposed beneficial effects of performance enhancing drugs on the performer.

[illegible]

13) a)

Identify 2 ways that social health can be improved with participation in physical activity.

(2 marks)

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End of Paper