



Year 10

Mark

Paper 2

60 minutes to complete

Instructions

- Use black ink or ball point pen.
- Fill in the boxes at the top of this page with your name
- Answer all of the questions
- Answer the questions in the space provided

Information

- The total mark for this paper is 54
- The marks for each question are shown in brackets
- Questions labelled with an asterisk (*) are ones where the quality of your written communication will be assessed

Advice

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

Answer the question with a cross in the box you think is correct (☒). If you change your mind about an answer, put a line through the box (☒) and then mark your new answer with a cross (☒).

(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

For Questions (e) and (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.

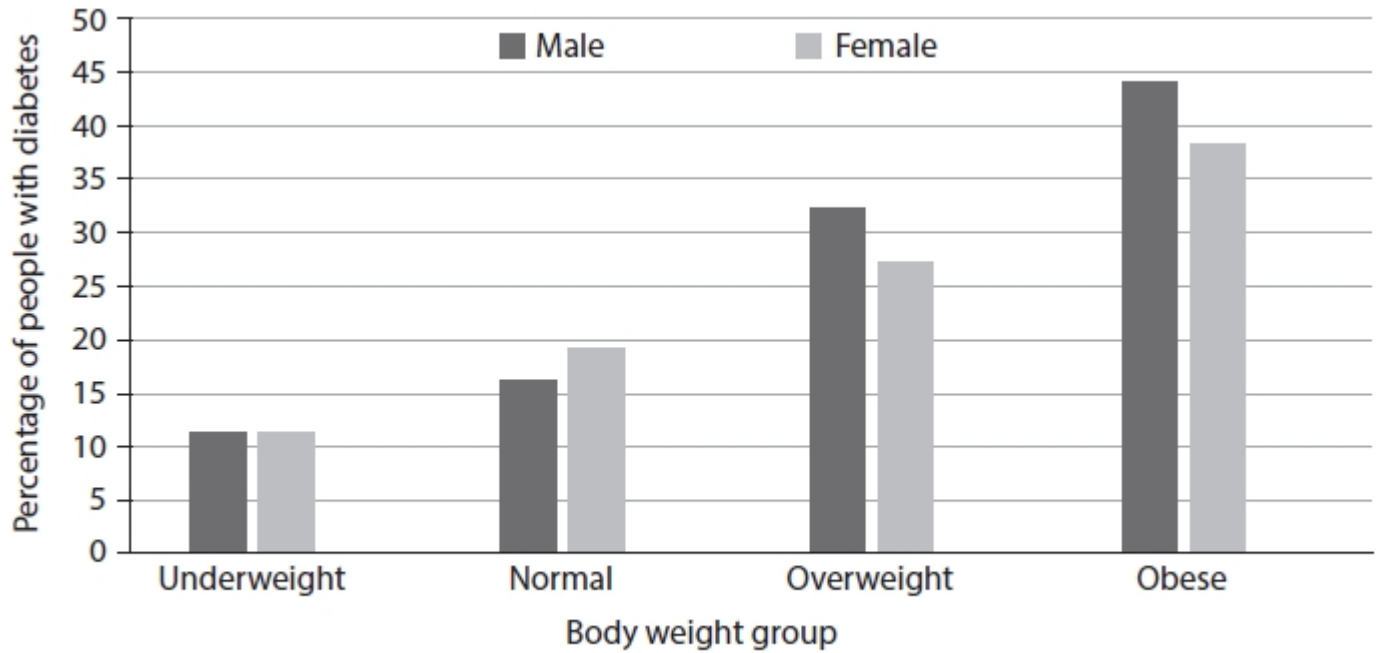


Figure 1

(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 = 6 marks)

Q4.

(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 = 4 marks)

Q5.

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

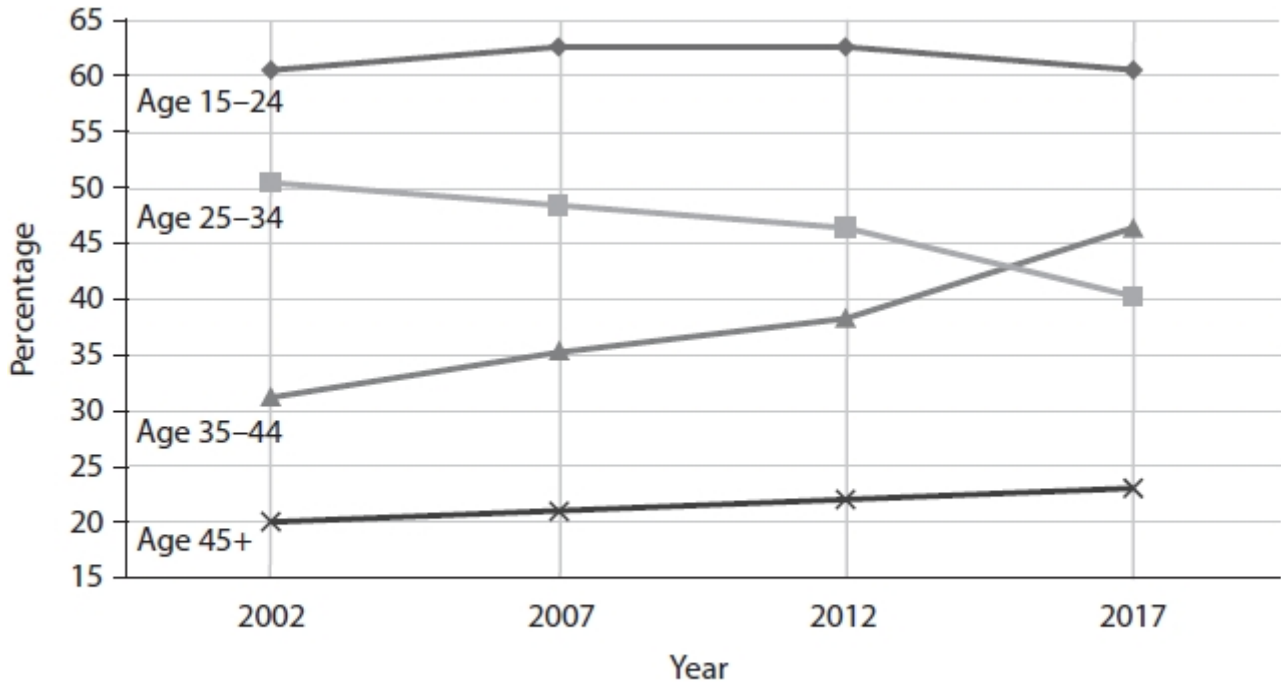


Figure 5

(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)

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(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)

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

(2)

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(Total for question = 5 marks)

Q6.

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 = 6 marks)

Q7.

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

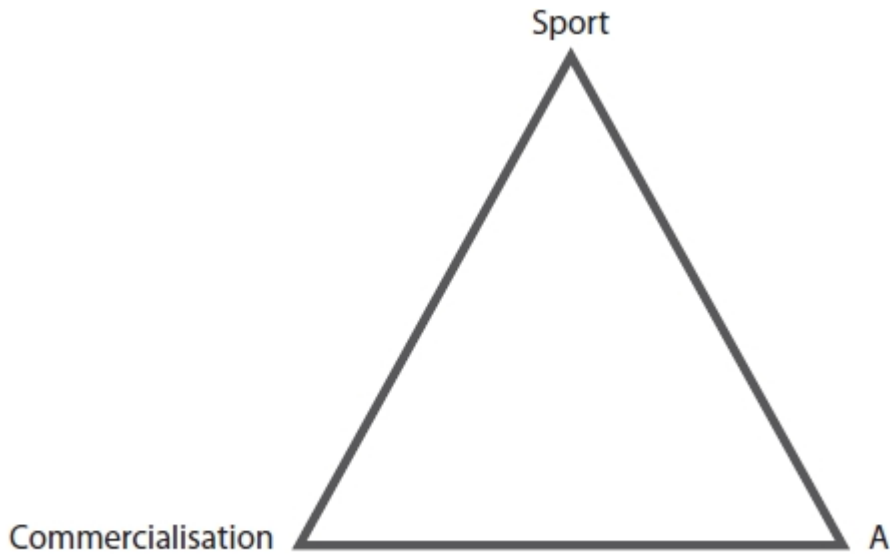


Figure 6

(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

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Disadvantage

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(Total for question = 5 marks)

Q8.

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)

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(Total for question = 4 marks)

