ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 3 · 10 QUESTIONS

Sports Psychology and Socio-Cultural Influences — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button so it can be fixed.

1 **A stopwatch times a sprinter at the start. What is reaction time?**

- A The time taken to lift a weight
- B The time between a stimulus and a response
- C The time taken to recover after exercise, in some situations
- D The time taken to run a sprint

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2 **A basketball player shoots a free throw. What type of guidance is a coach demonstrating the shot?**

- A Verbal guidance
- B Mechanical guidance
- C Manual guidance
- D Visual guidance

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3 **What is selective attention?**

- A Focusing on everything at once, which can happen in some cases
- B Remembering everything seen
- C Focusing on the important information and ignoring the rest
- D Ignoring all information

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4 **What does the A in SMART targets stand for?**

- A Ambitious, in some situations
- B Accurate
- C Achievable
- D Active

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5 **What is blood doping?**

- A Increasing red blood cells to carry more oxygen
- B Losing weight with diuretics
- C Steadying the hands with drugs
- D Building muscle size with steroids, in some situations

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6 **What is verbal guidance?**

A Showing a learner a demonstration

B Using equipment to support a learner

C Physically moving a learner

D Telling a learner what to do

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7 **What is a fine motor skill?**

A A skill using the legs only

B A skill using large muscle groups, in some situations

C A skill with no movement

D A skill using small muscles with precision

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8 **Which type of feedback is a coach telling a player the score?**

A Knowledge of results

B Intrinsic feedback

C Knowledge of performance

D Manual guidance

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9 **What is a basic skill?**

A A skill that is hard to learn, in some situations

B A skill using small muscles

C A simple skill with few decisions

D A skill with many decisions

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10 **What is wearable technology in sport?**

A Equipment used by officials, in some situations

B Kit worn by mascots

C Devices worn to track performance data

D Clothing worn by spectators

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ANSWER KEY

1. B
2. D
3. C
4. C
5. A
6. D
7. D
8. A
9. C
10. C

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