ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 3 · 25 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 skipping rope turns as a boxer trains alone. Which personality type prefers individual sport?**

- A Introvert
- B Aggressive
- C Assertive
- D Extrovert

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2 **A swimming pool hosts a beginner lesson. What type of guidance is using floats to support a swimmer?**

- A Visual guidance
- B Mechanical guidance
- C Manual guidance, in some situations
- D Verbal guidance

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3 **A basketball player feels nervous before a big game. Which technique helps manage stress?**

- A Avoiding all practice
- B Controlled breathing
- C Thinking about losing
- D Skipping the warm-up

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4 **A yoga mat lies on the floor in a calm studio. What is arousal in sport?**

- A A state of deep sleep
- B A state of total boredom
- C A state of readiness and excitement
- D A state of complete relaxation, in some situations

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5 **A football player takes a penalty kick. Is this an open or a closed skill?**

- A Closed skill
- B Complex skill
- C Open skill
- D Gross skill

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6 **A bicycle rider follows a team plan in a race. What is a process goal?**

- A A goal about winning only
- B A goal about the final result
- C A goal about technique and actions
- D A goal about personal performance, in some situations

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7 **What is manual guidance?**

- A Showing a learner a demonstration, in some situations
- B Using a video to show a skill
- C Physically supporting or moving a learner
- D Telling a learner what to do

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8 **What is the fourth stage of the information processing model?**

A Feedback

B Input

C Output

D Decision making

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9 **What share of the GCSE is Paper 2 worth?**

A Thirty per cent

B Fifty per cent

C Forty per cent

D Twenty per cent

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10 **What happens during the output stage of information processing?**

- A A decision is made
- B The result is judged
- C The chosen movement is carried out
- D Information is received, in some situations

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11 **How long is Paper 2 of GCSE Physical Education?**

- A Two hours
- B One hour
- C Forty five minutes, in some situations
- D One hour and fifteen minutes

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12 **What is a benefit of technology in sport?**

A Higher ticket prices

B Longer delays in play

C Fairer decisions by officials

D Less accuracy in decisions, in some situations

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13 **What is a side effect of anabolic steroids?**

A Improved eyesight

B Liver damage

C Stronger bones

D Better sleep

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14 **What is anticipation in sport?**

A Predicting what will happen next

B Waiting for the whistle to blow, in some situations

C Copying an opponent exactly

D Forgetting the last play

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15 **Which of these motivates a performer through payment?**

A Personal satisfaction

B Prize money

C The fun of playing

D Enjoyment of the game

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16

What is knowledge of results?

A Feedback from within the performer, in some situations

B Feedback about the technique used

C Feedback about the outcome of a movement

D Feedback given before a movement

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17

What does the R in SMART targets stand for?

A Rewarding

B Realistic

C Rapid

D Recorded

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18

What is VAR used for in football?

A Measuring player speed

B Timing the length of a match, in some situations

C Counting the crowd

D Checking decisions with video replays

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19

What is the role of WADA in sport?

A It makes the rules of football, in some situations

B It trains the players

C It leads the fight against doping in sport

D It sells tickets to fans

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20 **Which of these groups has lower participation in sport in the UK?**

- A People with a disability
- B School children
- C University students, in some situations
- D Young men

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21 **What does the inverted-U theory say about arousal?**

- A Arousal has no effect on performance
- B Performance keeps improving as arousal rises, in some situations
- C Performance improves to an optimum then falls
- D Performance falls as arousal rises

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22 **What is a gross motor skill?**

A A skill with no movement

B A skill using small muscles

C A skill using the fingers only, in some situations

D A skill using large muscle groups

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23 **How can participation in sport be increased?**

A Raising the cost of taking part, in some situations

B Closing local clubs

C Reducing media coverage

D Providing affordable local facilities

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24 **What is a process goal?**

A A goal about personal performance, in some situations

B A goal about technique and actions

C A goal about the final result

D A goal about winning only

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25 **Which of these helps a performer manage stress before a match?**

A Thinking about losing

B Avoiding all practice

C Skipping the warm-up

D Controlled breathing

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. A
2. B
3. B
4. C
5. A
6. C
7. C
8. A
9. A
10. C
11. D
12. C
13. B
14. A
15. B
16. C
17. B
18. D
19. C
20. A
21. C
22. D
23. D
24. B
25. D

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