ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 3 · 5 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 dumbbell rests beside a poster about fair play. What is sportsmanship?

- A Bending the rules to win, in some situations
- B Fair play, respect and honesty in sport
- C Wasting time to win
- D Cheating to win

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2 **Which of these is a complex skill?**

A Running in a straight line

B A standing jump

C A gymnastics routine

D A simple chest pass

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3 **What is a skill in sport?**

A A rule that must be followed

B A lucky guess during a game

C A natural talent that cannot be learned, in some situations

D A learned ability to bring about a set result

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4 **What is visual guidance?**

A Telling a learner what to do

B Physically moving a learner

C Using equipment to support a learner

D Showing a learner a demonstration

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5 **How does experience help decision making in sport?**

A It makes decisions random

B It removes the need to decide, in some situations

C It allows faster and better decisions

D It slows decisions down

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ANSWER KEY

1. B
2. C
3. D
4. D
5. C

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