ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 3 · 5 QUESTIONS

Health, Fitness and Wellbeing and Sports Psychology — 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 cricket bat is used by a batter who wins a trophy. What type of reward is a trophy?

A No reward

B Tangible reward

C Intrinsic reward

D Intangible reward

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2 **How many items can short term memory hold at once?**

A Around fifty

B Around seven

C Around two

D Around twenty

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3 **Which type of skill needs a higher level of arousal?**

A A fine skill needing precision

B A simple skill needing little effort, in some situations

C A closed skill needing concentration

D A gross skill needing strength and power

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4 **What is negative feedback?**

A Feedback that ignores the performer

B Feedback that is always positive

C Feedback that praises what was done well

D Feedback that points out what went wrong

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5 **Which is an example of intrinsic motivation?**

A Receiving a medal

B Enjoying playing the sport

C Being paid to play

D Winning a cash prize, in some situations

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ANSWER KEY

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

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