ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 3 · 10 QUESTIONS

Socio-Cultural Influences 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 bicycle rider uses a power meter to analyse performance. How can technology help a coach?**

- A It makes players fitter at once
- B It provides data on how players performed
- C It replaces the need for a coach
- D It stops players making mistakes, in some situations

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2 **A swimming pool race is won by a touch. What is a photo finish used for?**

A To measure the height of a jump, in some situations

B To take photos of the crowd

C To count the laps in a race

D To decide the winner of a close race

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3 **How can technology help disabled performers?**

A Technology stops disabled performers competing, in some situations

B Technology removes all disability sport

C Prosthetics and adapted equipment allow them to compete

D Technology makes sport more expensive for all

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4 **What is a Type B personality?**

A A relaxed person who is patient and tolerant

B A competitive person who is impatient, in some situations

C A person who is always aggressive

D A shy person who avoids others

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5 **What is fixed practice?**

A Practising without feedback

B Practising the same skill in the same way each time

C Practising different skills each time, in some situations

D Practising with no rest

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6 **What is VAR used for in football?**

- A To count the number of passes, in some situations
- B To measure the crowd size
- C To time how fast players run
- D To review key decisions with video replays

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7 **Which type of personality suits team sports like football?**

- A Type B
- B Extrovert
- C Shy
- D Introvert

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8 **Why might some ethnic groups take part in less sport?**

A Too much media coverage, in some situations

B Fewer role models and cultural barriers

C Too many role models

D Too many local clubs

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

A Playing sport to win a trophy

B Playing sport for enjoyment

C Playing sport to please a parent

D Playing sport to win prize money

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10 **Which skill needs a high level of arousal for best performance?**

- A A rugby tackle
- B An archery shot
- C A snooker shot
- D A golf putt

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ANSWER KEY

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

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