ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 3 · 25 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 yoga mat is used for deep breathing before a competition. What is this an example of?**

- A Stress management technique
- B Skill practice
- C Physical training, in some situations
- D Fitness testing

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2 **A whistle blows and a player argues with the referee. What is good sportsmanship?**

- A Cheating when no one is watching, which can happen in some cases
- B Playing fairly and respecting opponents and officials
- C Arguing with the referee
- D Breaking the rules to win

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3 **A basketball free throw is taken with no defenders near. What type of skill is it?**

- A Closed skill
- B Gross motor skill
- C Open skill
- D Continuous skill

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4 **A tennis racket is held by a player who imagines the serve before playing it. What is this called?**

- A Manual guidance
- B Mental rehearsal
- C Physical practice
- D Verbal guidance

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5 **A stopwatch is used to time a reaction test. What is reaction time?**

- A The time taken to respond to a stimulus
- B The time taken to run 100 metres
- C The time taken to recover after exercise
- D The time taken to lift a weight

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6 **A bicycle race is shown live on television. What is a benefit of media coverage for the sport?**

- A It reduces participation
- B It makes the sport more expensive to play
- C It hides the sport from the public
- D It raises the profile of the sport

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7 **What is sponsorship in sport?**

- A A fan buying a ticket to a match
- B A player buying their own kit
- C A business paying money to support a team or event
- D A coach training a team for free, in some situations

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8 **What is hostile aggression?**

A Aggression that follows the rules

B Aggression intended to harm an opponent

C Aggression that helps the team win fairly

D Aggression used to gain an advantage in play

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9 **What do stimulants do?**

A They make a performer sleepy, in some situations

B They lower heart rate

C They reduce muscle size

D They increase alertness and reduce tiredness

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10 **Which is a barrier to participation for disabled people?**

- A Too many adapted sports
- B Lack of accessible facilities
- C Too much funding for disability sport
- D Too many accessible facilities

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11 **What is an externally paced skill?**

- A A skill with no timing at all
- B A skill performed slowly
- C A skill where the performer controls the timing, in some situations
- D A skill where the timing is controlled by the environment

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12 **What share of the GCSE are the two written papers worth together?**

- A Forty per cent
- B Sixty per cent
- C Thirty per cent
- D Fifty per cent

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13 **What is a cause of stress for a performer?**

- A Having plenty of rest
- B Having supportive teammates, in some situations
- C Feeling confident
- D Pressure to win from coaches or parents

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14 **What is a serial skill?**

A A skill using small muscle groups

B A skill with a clear start and end

C A skill with no clear start or end, which can happen in some cases

D A skill made of several discrete skills joined together

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

A A skill performed in a changing environment

B A skill using large muscle groups

C A skill using small muscle groups

D A skill with a clear start and end

Understand It with Pulse | Flag a mistake

16 **What is the third stage of information processing?**

A Output as a movement

B Input from the senses

C Feedback after the movement

D Decision making

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17 **What is part practice?**

A Practising a skill in separate parts

B Practising a skill as one complete movement

C Practising with no rest

D Practising without feedback

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18 **What is knowledge of performance?**

- A Feedback from the crowd
- B Feedback about how the skill was performed
- C Feedback felt in the muscles
- D Feedback about the outcome of a skill, in some situations

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19 **Which factor most affects whether a child takes up sport?**

- A The cost of watching on television
- B The number of professional leagues
- C Family support and encouragement
- D The colour of the team kit

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20 **Which type of motivation lasts longer?**

A Motivation from fear

B Motivation from money

C Extrinsic motivation

D Intrinsic motivation

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21 **How does CCTV help control spectator behaviour?**

A It hides troublemakers from view

B It makes tickets cheaper

C It identifies troublemakers so they can be banned

D It stops all matches being played, in some situations

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22 **Which topics are covered in Component 02?**

A Socio-cultural influences, sports psychology, health, fitness and well-being

B Practical performance only

C Physical training

D Applied anatomy and physiology, which depends on the system and the situation

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23 **What is a cause of spectator violence?**

A Alcohol and rivalry between fans

B Fair refereeing

C Good sportsmanship

D Cheap ticket prices, in some situations

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24 **What is a risk of sponsorship for a team?**

A The sponsor always stays forever

B The team never needs other income, in some situations

C The sponsor may withdraw funding suddenly

D The team always gets more money

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25 **What is intrinsic feedback?**

A Feedback from within the performer during the skill

B Feedback from a coach after the skill

C Feedback from a video after the skill, in some situations

D Feedback from the crowd

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ANSWER KEY

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

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