ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 3 · 5 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 cricket bat is used by a batter who waits for the ball. What is selective attention?

A Focusing on all information at once, which can happen in some cases

B Focusing only on the crowd

C Ignoring all information

D Focusing on the important information and ignoring the rest

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2 **What is visual guidance?**

A Using a machine to guide a skill

B Moving a performer through a skill

C Telling a performer how to do a skill

D Showing a performer how to do a skill

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3 **How can role models increase participation?**

A They close local clubs

B They inspire others to take up the sport

C They make the sport more expensive, in some situations

D They reduce media coverage

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4 **How long is the OCR GCSE PE Component 02 paper?**

- A Two hours
- B One hour
- C Thirty minutes
- D One hour and thirty minutes

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5 **What is a process goal in sport psychology?**

- A A goal about the final score
- B A goal about winning a competition
- C A goal about resting after exercise
- D A goal about the technique used

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ANSWER KEY

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

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