

### 1.1.1. GCSE PE Mock Examination Questions

**Q1** **Participation** in physical activity can **improve** all aspects of health. **Which one** of the following lists of **possible benefits** would provide a **physical**, **social** and **mental benefit** of exercise? **(1)**

**A Physical challenge; playing with friends; making new friends**

**B** Stress relief; aesthetic appreciation; increased fitness

**C** Reduced cholesterol; reduction in blood pressure; making new friends

**D** Increase in cardiovascular fitness; physical challenge; increased self-esteem

**Q2. Which one** of the following **combines** a **physical and mental benefit** of a **healthy, active lifestyle**? **(1)**

- A** Aesthetic appreciation
- B** Cooperation
- C Physical challenge**
- D** Development of friendships and social mixing

**Q3.** Physical activity can **improve** your **mental health** by helping you **'feel good'**. **Which** of the following **causes** this **'feel good'** factor? **(1)**

- A** An increase in testosterone
- B An increase in serotonin**
- C** An increase in blood pressure
- D** An increase in narcotic analgesics

**Q4.** The table below states three of the responses made by GCSE PE students when asked about their healthy, active lifestyle choices.

In the table:

**briefly describe** how each **lifestyle choice** could **benefit** an **individual** **(3)**

**classify** each identified **benefit** as **social**, **physical** or **mental**. **(3)**

| Responses made by GCSE PE students about their healthy, active lifestyle choices  | Description of how each lifestyle choice could <b>benefit</b> an <b>individual</b>  | Classification of each identified <b>benefit</b> as <b>social</b> , <b>physical</b> or <b>mental</b> |
|---|---|--|
| Previously I would get the bus to school but now I <b>walk</b>  | <b>Walking</b> to school would <b>benefit</b> by the <b>individual losing weight</b> / or <b>increasing cardiovascular fitness</b> / or <b>decreasing your resting heart rate</b> | <b>Physical</b>  |
| Despite the pressure of my <b>examinations</b> I still made sure that I had time to <b>stop revising</b> and <b>play sport</b> for a <b>break</b>   | <b>Playing sport</b> during a <b>revision break</b> would <b>relieve stress</b>   | <b>Mental</b>  |
| I've always enjoyed <b>running</b> , and would often go on long <b>runs</b> on my own, but I <b>joined</b> my local <b>athletics club</b> and now run with <b>other runners</b> from the club | By <b>running</b> with people from a <b>local club</b> they would be able to <b>socialise</b> with <b>new friends</b> / or <b>make new friends</b> / or <b>meet new people</b>    | <b>Social</b>  |

**Q5.** Rob takes part in cross-country runs on a regular basis. **State** a possible **physical benefit** of **taking part** in **cross-country**. (1)

*Improved cardiovascular fitness / or Improved muscular endurance / or reduced resting heart rate / or cardiac hypertrophy*

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**Q6.** Regular participation in physical activity is thought to be beneficial to the individual. **Explain how participation** in **physical activity** can **stimulate competition** (3)

*Example of how to structure your answer for 3 marks*

**Sentence 1;** *Physical activity* can **stimulate competition** by **creating fixtures** and **working hard** to **beat an opponent**. **FULL STOP**

**Sentence 2;** *This is because* you need to **develop skills** and **competencies** in a sport which **increases the desire** to **beat others**. **FULL STOP**

**Sentence 3;** *An example* is a **tennis player** who **practices** their **service** to **achieve more aces** in order to **win the match**. **FULL STOP**

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**Q7.** Regular participation in physical activity is thought to be **beneficial** to the individual. **Explain how participation** in **physical activity** can **stimulate:** **Physical challenge** (3)

*Now put it together!*

*Physical activity* can **stimulate physical challenge** by **pushing yourself harder** in an event. *This is because* you need to be **mentally tough** to **keep motivated**. *An example* is a **runner** who **persists in completing** the **marathon**

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**Q8.** Regular participation in physical activity is thought to be beneficial to the individual. **Explain how participation** in **physical activity** can **stimulate cooperation** (3)

*Physical activity* can **stimulate cooperation** by **working with others** in a **team**. *This is because* you may need to **discuss tactics** or **strategies** with **other players** in your **team**. *An example* is a **discussion** about whether to **play 4-4-2** or **5-3-2 formation** in **football**.

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**Q9.** Regular participation in physical activity is thought to be beneficial to the individual.

**Explain how participation in physical activity can stimulate aesthetic appreciation (3)**

**Physical activity can stimulate aesthetic appreciation by increasing a person's understanding of the excellent technique in high level performances. This is because you can enable the understanding of the difficulties of a sport. An example is a person's understanding of the technique involved in a gymnastics vault / or fast boxing combination punches.**

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**Q10.** Regular participation in physical activity is thought to be beneficial to the individual.

**Explain how participation in physical activity can stimulate the development of friendships and social mixing (3)**

**Physical activity can stimulate the development of friendships and social mixing by creating a social side to the club you play for. This is because you can then develop friendships with new people at the club during social events. An example is meeting new friends at an awards ceremony at a rugby club.**

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**Q11** Apart from the 'feel good' factor, **describe two ways** in which **regular participation in physical activity can improve mental health. (2)**

**One way it can improve mental health is by relieving stress. A second way is by increasing a person's confidence / or self-esteem**

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**Q12** Physical activity as part of a healthy, active lifestyle can improve an individual's **health. Discuss how physical activity may improve an individual's health. (6)**

**Knowledge List;**

**Health** is the state of complete social, mental and physical well-being and not merely the absence of disease and infirmity.

**Social** well-being is how well you relate to others.

**Physical** well-being is the changes that happen to the body when you exercise

**Mental** well-being relates to your approach and attitude.

**Social** benefits of exercise are those which;

- Develop teamwork and cooperation
- Mix with other people with similar interests
  - Be part of a team
- Overcome challenges in a team against the opposition
  - Increase your self-worth
- Meet new people and make friends

**Physical** benefits of exercise are those which;

- Increase your life expectancy
- Improve muscle tone and posture
  - Strengthen bones
  - Improve your body image
  - Improve flexibility
- Make you less likely to get injured
- Improves your cardio vascular health
- Makes you look good and feel good
  - Burns off stored fat

**Mental** benefits of exercise are those which;

- Reduces stress and tension
- Provides excitement and enjoyment
  - Increases confidence
  - Improves self esteem
  - Relieves aggression
- Develops a sense of being part of something
  - Provides opportunities for success
  - Allow you to forget life's problems
  - Allows personal development
- Allows you to be satisfied with your own performance

**Health** is the **state** of **complete social, mental** and **physical well-being** and **not merely** the **absence** of **disease** and **infirmity**. There are **3** types;

**One aspect** that **physical activity** may **improve** is an **individual's social health**. This is **how well** you **relate** to **others**. The **importance** of **regular cardiovascular fitness activity include;** **increased teamwork, increased cooperation** and **being part of a team, increased feelings** of **self-worth, more chances to meet new people** and **make friends, mixing with other people** with **similar interests** and **overcoming challenges** in **a team against the opposition** **whereas** a **sedentary lifestyle** could have the **opposite effects**.

A **second aspect** that **physical activity** may **improve** is an **individual's physical health**. These are the **changes** that **happen** to the **body** when you **exercise**. The **importance** of **regular cardiovascular fitness activity include;** **increased life expectancy, improved muscle tone** and **posture, stronger bones, improved body image, improved flexibility, improved cardio vascular health**, it will make you **less likely to get injured**, it **makes you look good** and **feel good**, and it **burns off stored fat** **whereas** a **sedentary lifestyle** could have the **opposite effects**.

A **third aspect** that **physical activity** may **improve** is an **individual's mental health**. This relates to your **approach** and **attitude** in **life**. The **importance** of **regular cardiovascular fitness activity include;** **reduced stress and tension, increased confidence, improved self-esteem, relief** from **aggression, provides excitement** and **enjoyment**, it **develops a sense** of **being part of something, provides opportunities** for **success, allows** you to **forget life's problems, allows personal development** and **allows** you to be **satisfied** with your **own performance** **whereas** a **sedentary lifestyle** could have the **opposite effects**.