

Exam questions

Multiple-choice questions

1. (a) Which of the following best describes why people take part in sport?

- A Gives enjoyment, encourages friendship, helps pay bills, encourages cooperation
- B Changes diet, gives enjoyment, provides excitement, encourages cooperation
- C Encourages friendship, gives enjoyment, provides excitement, encourages cooperation
- D Provides excitement, encourages friendship, is a training principle, encourages cooperation

(1)

(b) Which of the following best describes the social effects of taking part in physical activity?

- A Is a chance to meet others, encourages cooperation, burns fat, can meet challenges with others
- B Become part of a team, can meet challenges with others, encourages cooperation, relieves stress
- C Can meet challenges with others, gives enjoyment, is a chance to meet others, improves flexibility
- D Encourages cooperation, is a chance to meet others, become part of a team, can meet challenges with others

(1)

(c) Which of the following best describes the mental benefits of physical activity?

- A Gives satisfaction, gives enjoyment, provides excitement, is a chance to meet others
- B Improves the immune system, provides excitement, improves self-esteem, gives satisfaction
- C Provides excitement, reduces muscle tension, improves self-esteem, gives satisfaction

- D Gives enjoyment, provides excitement, improves self-esteem, gives satisfaction

(1)

(d) Which of the following best describes the effects physical activity has on stress and tension?

- A Endorphins released giving positive mood, provides time to recharge energy levels, decreases boredom, burns fat
- B Helps sleep, provides time to recharge energy levels, strengthens bones, decreases boredom
- C Reduces most tension, endorphins released giving positive mood, provides time to recharge energy levels, decreases boredom
- D Helps with anger management, endorphins released giving positive mood, provides time to recharge energy levels, encourages cooperation

(1)

Short-answer questions

2. What is the following statement defining? 'Any form of exercise or movement; planned and structured or unplanned and unstructured.'

(1)

3. Participation in sport can be grouped into mental, physical and social benefits. What group do the following statements match with?

- (i) Improves flexibility, allowing for more efficient movement.
- (ii) Can relieve stress, tension and aggression.
- (iii) Provides chances to meet new people with similar interests.

(3)

Longer-answer questions

4. What are the physical benefits of taking part in physical activity?

(4)

5. Give **two** reasons why a retired person would take part in physical activity.

(4)