

Revision Notes & Practice Pack

Everything you need to know before Paper 2 Exam

Name: _____

Exam date: _____

What's in this pack

1	Topic 1 — Health, Fitness & Wellbeing	Revision notes: health, components of fitness, diet, lifestyle effects
2	Topic 2 — Sport Psychology	Revision notes: motivation, arousal, inverted-U, SMART goals, anxiety, mental prep
3	Topic 3 — Socio-cultural Influences	Revision notes: barriers, media, PEDs, strategies to increase participation
4	Exam technique reminders	Command words, P-E-E-L, 6-mark structure, timing tips
5	Practice questions with model answers	18 questions (1–6 marks) across all three topics with full mark scheme answers

How to use this pack:

1. Read through the revision notes for each topic carefully. Cover the right-hand column and test yourself on each definition.
2. Complete the practice questions WITHOUT looking at the answers first. Write your answers on paper.
3. Check your answers against the model answers. Mark yourself honestly — be strict, that's what the examiner will be.
4. For any answer you got wrong, read the model answer and the "watch out" note. Rewrite it once from memory.

Topic 1 | Health, Fitness & Wellbeing

What is health?

📌 Remember: Health is NOT the same as fitness. You need to know the difference — this comes up in exams.

Health (WHO definition)	"A state of complete physical, mental and social wellbeing — not merely the absence of disease or infirmity"
Physical wellbeing	The body working efficiently, free from illness or injury. Able to carry out physical activities without difficulty.
Mental wellbeing	A positive state of mind. Able to manage emotions, stress and anxiety effectively. Good self-esteem and confidence.
Social wellbeing	Having positive relationships with others. Feeling part of a community. Able to interact well socially.
Fitness	The ability to meet the demands of the environment.

⚠ Watch out: All THREE aspects of health (physical, mental, social) are needed for the WHO definition. Missing one = losing a mark.

Components of fitness

There are TWO types — you must know which category each one belongs to:

Health-related (5 components)	Skill-related (6 components)
Cardiovascular endurance — ability of the heart and lungs to supply oxygen to the muscles during sustained exercise	Agility — ability to change direction quickly and accurately
Muscular strength — maximum force a muscle can produce in a single contraction	Balance — ability to maintain the centre of mass over the base of support
Muscular endurance — ability of muscles to work repeatedly over time without fatigue	Coordination — ability to use body parts together smoothly and efficiently
Flexibility — range of movement available at a joint	Power — strength × speed combined (explosive force)
Body composition — ratio of fat mass to lean tissue in the body	Reaction time — time between a stimulus and the start of movement Speed — maximum rate at which a person can move

📌 Remember: Memory trick for skill-related: ABCPRS — Agility, Balance, Coordination, Power, Reaction time, Speed.

Diet and nutrition

Macronutrient	Role in the body	Sport example
Carbohydrates	PRIMARY energy source. Stored as glycogen in muscles and liver. Used during moderate-to-high intensity exercise.	Marathon runner relies on glycogen stores for sustained energy
Protein	Muscle repair and growth. Recovery after training. Not a primary energy source.	Sprinter needs protein after strength training to rebuild muscle fibres
Fats	Slow-release energy for low-intensity exercise. Insulation and hormone function.	Cyclist in a long-distance race uses fats as fuel during low-intensity sections
Hydration / Water	Regulates body temperature. Prevents cramp. Maintains blood volume and concentration.	Football player must stay hydrated to prevent fatigue and muscle cramp

⚠ Watch out: "Protein gives you energy" = WRONG and will lose marks. Protein = repair and growth. Carbohydrates = energy.

Energy balance and BMI

Energy balance	Energy IN (food and drink) compared to energy OUT (physical activity + metabolism).
Positive energy balance	Energy in > energy out → weight gain (excess stored as fat).
Negative energy balance	Energy out > energy in → weight loss.
BMI (Body Mass Index)	Weight (kg) ÷ height ² (m). A measure used to classify healthy/unhealthy weight. Limitation: doesn't distinguish fat from muscle.

Effects of lifestyle on health

✓ Benefits of physical activity	✗ Effects of sedentary lifestyle	Effects on all THREE aspects
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Physical: • Reduces CVD risk, obesity, diabetes • Improves muscular strength and CV endurance • Maintains healthy weight and body composition Mental: • Releases endorphins → improves mood • Reduces stress and anxiety • Boosts self-confidence and self-esteem Social: • Builds friendships through sport • Feeling part of a team or community • Improves communication skills	• Increased risk of obesity • Increased risk of CVD and type 2 diabetes • Weakening of muscles and bones • Decreased flexibility and fitness • Increased risk of depression and anxiety • Social isolation and loneliness	Physical health: • Disease prevention, fitness maintenance Mental health: • Mood, stress, self-esteem Social health: • Relationships, community All three are linked — improvements in one often improve the others.
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Topic 2 | Sport Psychology

Motivation

Intrinsic motivation	Drive that comes from WITHIN the performer — personal satisfaction, enjoyment, pride, love of the sport. Long-lasting and more effective.
Extrinsic motivation	Drive from EXTERNAL rewards — trophies, money, praise from coach, recognition. Short-term boost. Can undermine intrinsic motivation if overused.

✓ Advantages of extrinsic motivation	✗ Disadvantages of extrinsic motivation
Provides short-term boost — useful for beginners who need encouragement	If reward is removed, motivation may drop completely
Gives athletes a clear, tangible target to work towards	Athlete may begin to play only for reward, not enjoyment
Can re-motivate athletes who have lost their drive	Can undermine intrinsic motivation in the long term

Arousal and the Inverted-U Theory

Arousal	A state of mental and physical readiness. Can range from deep sleep (very low) to extreme excitement (very high).
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The Inverted-U Theory

Performance improves as arousal increases — up to an OPTIMAL LEVEL. Beyond this point, over-arousal causes performance to decline.

Think of it like a hill: as you climb (arousal increases), performance gets better. At the top (optimal point), it's best. Going down the other side (over-arousal), it gets worse.

↓ Under-aroused	↑ OPTIMAL POINT	↑ Over-aroused
• Bored, flat, disengaged • Not enough drive to perform • E.g. a player in a warm-up match against a much weaker team	• Peak performance • Optimal focus and effort • E.g. cup final against an equal team	• Anxiety, panic, errors • Muscles tense, thinking unclear • E.g. a snooker player missing easy shots under extreme pressure

Key application: Fine motor skills (archery, snooker, golf) need LOWER optimal arousal. Gross motor skills (weightlifting, sprinting) can handle HIGHER optimal arousal.

Types of anxiety

⚠ Watch out: Cognitive and somatic anxiety are frequently confused in exams. Learn the difference precisely.

Cognitive anxiety (MENTAL)	Somatic anxiety (PHYSICAL)
Mental/psychological symptoms: • Negative thoughts and self-doubt • Worry and fear about outcome • Poor concentration and focus • Feeling of dread or panic • "Choking" — mind going blank	Physical/bodily symptoms: • Increased heart rate • Sweating / palms sweating • Muscle tension or trembling • Butterflies in the stomach • Nausea or feeling sick

SMART Goals

S	Specific	The goal must state exactly what is to be achieved. Not "get better at running" — "run 5km in under 25 minutes".
M	Measurable	Progress must be trackable. Use times, distances, scores — not vague feelings.
A	Achievable	The goal must be realistic given the athlete's current ability. Unrealistic goals → loss of motivation.
R	Relevant	The goal must matter to the athlete and relate to their sport or event.
T	Time-bound	A deadline must be set. "By the end of the season" or "in 6 weeks". Without a deadline, there's no urgency.

Mental preparation strategies

Deep breathing Targets: SOMATIC anxiety	Slow, controlled breathing to reduce somatic anxiety. Lowers heart rate, relaxes tense muscles, calms the body before competition.
Visualisation (mental rehearsal) Targets: COGNITIVE anxiety	Mentally rehearsing the perfect performance before competing. Activates the same neural pathways as physical practice. Builds confidence, reduces cognitive anxiety.
Positive self-talk Targets: COGNITIVE anxiety	Replacing negative thoughts with positive affirmations ("I can do this", "I've trained for this"). Directly targets and reduces cognitive anxiety.

Pre-performance routine

Targets: BOTH types of anxiety

A consistent sequence of actions performed before competing (e.g. same warm-up, same playlist, same stretches). Reduces uncertainty, controls arousal level, creates psychological stability.

Topic 3 | Socio-cultural Influences

Key definitions

Sportsmanship	Playing within the rules AND the spirit of the game. Respecting opponents, officials and teammates. Fair play.
Gamesmanship	Bending the rules or using psychological tactics to gain an unfair advantage. Legal but considered unethical. E.g. time-wasting, deliberate distraction.
Commercialisation	Sport being shaped as a commercial product — driven by the desire to make money for broadcasters, sponsors and clubs.
PED (Performance-Enhancing Drug)	A substance taken to artificially improve sporting performance. Banned by WADA (World Anti-Doping Agency).
Positive deviance	Exceeding the accepted norms of sport in a way that seems positive — e.g. over-training to succeed despite injury. Unintentional rule-breaking.

⚠ Watch out: "Sportsmanship" and "gamesmanship" are NOT the same. Sportsmanship = fair play. Gamesmanship = bending the rules. Learn the contrast.

PEDs — know examples and reasons for banning

PED name	What it does	Sport it is used in
Anabolic steroids	Increase muscle mass and strength. Allows faster recovery from training.	Weightlifting, athletics, cycling
EPO (erythropoietin)	Increases red blood cell count → more oxygen to muscles → improved endurance.	Cycling, long-distance running
HGH (Human Growth Hormone)	Stimulates muscle growth and fat loss. Increases power and speed.	Football, rugby, athletics
Beta blockers	Reduce heart rate and calms nerves → steadier hands.	Archery, shooting, darts

📌 Remember: PEDs are banned because: (1) They give an unfair advantage (2) They can seriously damage health (3) They violate the spirit of fair competition.

Barriers to participation — PRICE

	Stands for	Barrier example	How to overcome it
P	Physical	Disability, illness, lack of nearby facilities, no transport	Para sport, adapted sport, mobile sports provision
R	Resources	Cost of kit, membership fees, equipment, facility hire	Lottery funding, subsidised sessions, school sport
I	Individual	Lack of confidence, low perceived ability, fear of failure or injury	Beginner programmes, supportive coaching, taster sessions
C	Cultural	Gender stereotyping, religious requirements, ethnic norms, family expectations	Women-only sessions, This Girl Can campaign, faith-sensitive scheduling
E	Environment	Unsafe neighbourhood, lack of green space, rural location, bad weather	Indoor facilities, community investment, online sport and fitness

Media influence on sport — both sides

✓ Positive effects of media	✗ Negative effects of media
Raises the profile of sport → inspires more people to take part	Women's sport is under-represented → fewer female role models → lower participation
Creates role models (e.g. Olympics coverage can inspire a generation)	Focus on elite sport makes it seem unachievable for ordinary people
Increases funding through sponsorship and TV deals → better facilities	Stereotyping in commentary can discourage groups from participating
Brings minority sports to wider audiences → broader participation	Media pressure on athletes can damage mental health
Social media allows grassroots clubs to reach new audiences cheaply	Commercialisation can price out less wealthy fans and athletes

Strategies to increase participation — know named examples

⚠ Watch out: "A campaign" = 0 marks. You MUST name the specific campaign or strategy. "This Girl Can" = a mark.

Target group	Named strategy	How it helps
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Women & girls	This Girl Can (Sport England campaign)	Challenges stereotypes, normalises women exercising, increases confidence
Disabled people	Para sport / boccia / wheelchair basketball	Adapted sport removes physical barriers, high-profile Para Olympics raises awareness
Low-income groups	Lottery-funded subsidised facilities / free holiday camps	Reduces cost barrier, improves access to facilities
Ethnic minorities	Faith-sensitive scheduling, women-only sessions	Removes cultural and religious barriers, makes sport more inclusive
Older adults	Active Ageing programmes, walking football	Low-intensity adapted formats reduce physical barriers, social element increases motivation

Exam Technique

Command words — what they really mean

Word	What it means	Example answer style
Identify / State / Name	Give one word or short phrase. NO explanation needed. Do not write more.	"Cardiovascular endurance."
Describe	Say what something is or what happens. No need to explain why.	"Somatic anxiety involves physical symptoms such as increased heart rate and sweating."
Explain	Say WHY or HOW something happens. Always include "because..." in your answer.	"Somatic anxiety impairs performance because muscle tension reduces coordination."
Evaluate	Give BOTH positives and negatives. Weigh them up. End with a conclusion about which is more effective/important.	"Extrinsic motivation is effective for beginners because... However, it can undermine intrinsic motivation... Therefore, intrinsic motivation is more sustainable because..."

The P-E-E-L structure for 4-mark questions

P	POINT	Make your first point — state the fact or name the factor.
E	EVIDENCE	Back it up — give a specific example, statistic or named campaign/athlete.
E	EXPLAIN	Explain WHY or HOW this causes the effect. Use "because" or "which means".
L	LINK	Link back to the question context — the specific sport, group or scenario mentioned.

The 6-mark evaluate structure

 Remember: 6-mark evaluate questions need: strategy/point 1 → strengths → limitations → strategy/point 2 → strengths → limitations → CONCLUSION. The conclusion is worth a mark — never miss it.

6-mark answer scaffold — use this every time:

"One strategy/factor is [NAME IT]. This is effective because [STRENGTH + REASON]. However, a limitation of this is [WEAKNESS], which means [CONSEQUENCE]. A second strategy/factor is [NAME IT]. This helps because [STRENGTH + REASON]. However, [LIMITATION]. Overall, [CONCLUSION — which is more effective/important and why]."

Timing

Paper 2 is 90 marks in 90 minutes — that's 1 mark per minute.

1-mark question → 1 minute. 2-mark question → 2 minutes. 4-mark question → 4 minutes. 6-mark question → 6–8 minutes.

Never leave a question blank. Even a bullet point can earn a mark.

Named examples always score better than vague descriptions. "This Girl Can" beats "a campaign" every time.

Quick Reference — Last-Minute Checklist

10 things to know before you walk in

☐	THREE aspects of health: Physical · Mental · Social (WHO definition: "state of complete physical, mental and social wellbeing")
☐	Health ≠ Fitness. Fitness = ability to meet the demands of the environment.
☐	5 health-related components: CV endurance · muscular strength · muscular endurance · flexibility · body composition
☐	6 skill-related components: ABCPRS — Agility · Balance · Coordination · Power · Reaction time · Speed
☐	Macronutrients: Carbs = energy. Protein = repair. Fats = slow energy. Hydration = temperature/cramp prevention.
☐	Inverted-U: performance improves with arousal UP TO optimal level, then declines if over-aroused.
☐	Cognitive anxiety = mental (worry, negative thoughts). Somatic anxiety = physical (increased HR, sweating).
☐	SMART = Specific · Measurable · Achievable · Relevant · Time-bound. Know all 5.
☐	PEDs: anabolic steroids / EPO / HGH. Banned = unfair advantage + health risks + violates fair play.
☐	Strategies: This Girl Can (women) · Para sport (disabled) · Lottery funding (low income). Name them specifically.

6-mark evaluate — never forget this

1. Name and describe the first strategy/factor.
2. Give the strength — why it works, what evidence supports it.
3. Give the limitation — what doesn't it address? What are the downsides?
4. Name and describe the second strategy/factor.
5. Strength and limitation of the second point.
6. CONCLUSION — which is more effective/important overall and why? Start with "Overall..." or "Therefore..."

Good luck on Monday — you have worked hard and you know this material. Trust your notes and trust your preparation.

Practice Questions

Instructions:

Answer each question on this page. Write in the white boxes below each question.

Do NOT look at the answers section until you have finished all questions.

Answers are on a separate page at the back of this pack — check them once you have finished.

Topic 1 — Health, Fitness & Wellbeing

1

mark

Q1

Identify ONE component of health-related fitness.

1

mark

Q2

What is meant by the term "sedentary lifestyle"?

2

marks

Q3

Describe TWO ways in which regular physical activity can improve health. Refer to more than one aspect of health in your answer.

2

marks

Q4

State what is meant by "energy balance" and explain what a positive energy balance leads to.

1 mark	Q5 Name the macronutrient that is the primary source of energy during high-intensity exercise.
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2 marks	Q6 Describe the difference between health-related fitness and skill-related fitness. Give ONE example of each.
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4 marks	Q7 Explain how a healthy, balanced diet can improve the performance of a long-distance runner. Refer to THREE different nutrients in your answer.
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Topic 2 — Sport Psychology

1 mark	Q8 Identify ONE type of motivation in sport.
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1 mark	Q9 Name the type of anxiety that involves physical symptoms such as increased heart rate.
2 marks	Q10 Describe what the inverted-U theory shows about the relationship between arousal and performance.
2 marks	Q11 Explain ONE advantage and ONE disadvantage of using extrinsic motivation in sport.
2 marks	Q12 Explain how TWO different mental preparation strategies could help an athlete who experiences cognitive anxiety before a competition.
4 marks	Q13 A competitive swimmer is preparing for a regional final. Explain how their knowledge of sport psychology could help them manage anxiety and optimise their performance on race day.

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Topic 3 — Socio-cultural Influences

1 mark	Q14 State ONE example of a PED and name the sport it is banned in.
1 mark	Q15 What is the difference between sportsmanship and gamesmanship?
2 marks	Q16 Describe TWO ways in which the media can positively influence participation in sport.
2 marks	Q17 Explain TWO barriers to participation that women may face in sport and suggest how each could be overcome.

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2 marks	Q18 Give TWO reasons why people from lower socio-economic backgrounds may participate less in sport.
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6 marks	Q19 "Socio-cultural factors are the biggest barrier to increasing sport participation in the UK." Evaluate this statement. Consider the barriers different groups face and the strategies used to increase participation. Refer to specific named examples in your answer.
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Practice Questions — Model Answers

Mark yourself honestly — be strict, that's what the examiner will be.

For any question you got wrong or only partially answered: read the model answer, then cover it up and rewrite the answer from memory. That's the most effective way to improve.

Red ⚠ notes show the most common mistakes — make sure you understand why.

Topic 1 — Health, Fitness & Wellbeing

Q1

1 mark

Model answer:

Any ONE of: cardiovascular endurance ✓ / muscular strength ✓ / muscular endurance ✓ / flexibility ✓ / body composition ✓

💡 Identify = one word or short phrase only. No explanation needed. Do NOT write a skill-related component (agility, balance, etc).

Q2

1 mark

Model answer:

A lifestyle with little or no physical activity.

💡 "Not exercising" alone is too vague. Must say "little or no physical activity".

Q3

2 marks

Model answer:

1. Physical health: reduces risk of CVD / obesity / type 2 diabetes / improves CV endurance or muscular strength ✓ 2. Mental or social health: releases endorphins, improves mood, reduces anxiety ✓ OR improves relationships, sense of belonging ✓

💡 MUST refer to more than one aspect of health. Physical only = 1 mark maximum.

Q4

2 marks

Model answer:

Energy balance = energy in (food/drink) vs energy out (activity/metabolism)
✓ Positive energy balance = energy in exceeds energy out → weight gain / excess stored as fat ✓

💡 Two separate marks. Define energy balance first, then explain positive balance separately.

Q5

1 mark

Model answer:

Carbohydrates. (Also accept: carbs / glycogen.)

💡 Do NOT accept protein or fats for this question.

Q6

2 marks

Model answer:

Health-related fitness: components linked to general health and wellbeing (e.g. cardiovascular endurance, flexibility) ✓ Skill-related fitness: components linked to sports performance (e.g. agility, reaction time) ✓

💡 Must show a clear difference, not just name one example from each.

Q7

4 marks

Model answer:

Carbohydrates: primary energy source → replenish glycogen stores → sustains energy during long run ✓ Protein: repairs muscle tissue after training → reduces

recovery time → allows more frequent training ✓ Hydration/Water: regulates body temperature → prevents cramp → maintains concentration ✓ Fats: slow-release energy for low-intensity running ✓ (Award 1 mark per nutrient with correct role + link to distance running. Must mention THREE nutrients.)

💡 Must link each nutrient to distance running specifically. "Protein is good for you" = 0. "Protein repairs muscle after long training runs" = ✓.

Topic 2 — Sport Psychology

Q8

1 mark

Model answer:

Intrinsic motivation OR extrinsic motivation.

💡 Do NOT accept "motivation" alone. Must specify the type.

Q9

1 mark

Model answer:

Somatic anxiety.

💡 Do NOT accept cognitive anxiety — cognitive involves mental/psychological symptoms.

Q10

2 marks

Model answer:

Performance improves as arousal increases up to an optimal level ✓ Beyond the optimal point, further increases in arousal cause performance to decline ✓

💡 Must mention the optimal point for the second mark. "Goes up then down" = 1 mark only.

Q11

2 marks

Model answer:

Advantage: provides short-term boost / effective for beginners who need encouragement ✓ Disadvantage: motivation may drop if reward is removed / can undermine intrinsic motivation over time ✓

💡 Must include one of each. One-sided answer = 1 mark max.

Q12

2 marks

Model answer:

Positive self-talk: replaces negative thoughts with affirmations → builds confidence → directly reduces cognitive anxiety ✓ Visualisation: mentally rehearse the perfect performance → activates neural pathways → reduces worry and self-doubt ✓ (Also accept: pre-performance routine with explanation of how it reduces cognitive anxiety)

💡 Must name the strategy AND explain HOW it specifically reduces COGNITIVE anxiety. Naming it alone = 0.

Q13

4 marks

Model answer:

Identify over-arousal → apply anxiety management ✓ Deep breathing → reduces somatic anxiety → slows HR, relaxes muscles ✓ Visualisation → mentally rehearse the perfect race → reduces cognitive anxiety, builds confidence ✓ SMART goal for the race (e.g. "achieve personal best in first 50m") → focus and motivation ✓ Pre-performance routine → consistent control of arousal → reduces uncertainty ✓ (Award 4 marks for any 4 distinct points with explanation)

💡 Must distinguish cognitive and somatic strategies. Strategies without explanation of HOW = max 2 marks.

Topic 3 — Socio-cultural Influences

Q14

1 mark

Model answer:

Anabolic steroids — weightlifting / athletics ✓ (Also accept: EPO — cycling / distance running. HGH — football / rugby. Beta blockers — archery / shooting.)

💡 Must name BOTH the PED and a sport. Drug name alone = 0. Sport alone = 0.

Q15

1 mark

Model answer:

Sportsmanship = playing within the rules and spirit of the game / fair play
✓ Gamesmanship = bending the rules or using psychological tactics to gain an advantage ✓ (Award 1 mark for any answer that shows a clear contrast)

💡 Must show a contrast. Defining only one term = 0.

Q16

2 marks

Model answer:

1. Major events on TV (e.g. Olympics) inspire viewers to take up sport / create participation legacy ✓ 2. Creates role models → e.g. increased coverage of female athletes encourages more girls to participate ✓ (Also accept: raises profile of minority sports / brings funding through sponsorship)

💡 Must be TWO separate positive effects. Negative effects score 0 here.

Q17

2 marks

Model answer:

Barrier 1: Gender stereotyping — cultural expectation that certain sports are unfeminine → overcome by This Girl Can campaign ✓ Barrier 2: Cost / access → overcome by subsidised women-only sessions / community sport funded by Lottery grants ✓

💡 Must include a solution for each barrier. Barrier alone = 0. Named campaigns score better.

Q18

2 marks

Model answer:

Any TWO of: cost of kit/membership/equipment ✓ / transport costs ✓ / lack of affordable local facilities ✓ / work commitments leaving little leisure time ✓ / living in areas with fewer green spaces or sports clubs ✓

💡 Must be socio-economic reasons. "Don't enjoy sport" = 0.

Q19

6 marks

Model answer:

Barriers for women: stereotyping, under-representation in media ✓ → This Girl Can challenges this ✓ but relies on media reach, doesn't address cost ✓ Barriers for disabled people: inaccessible facilities ✓ → Para sport / Bocce / wheelchair basketball ✓ but requires investment ✓ Barriers for low-income groups: cost ✓ → Lottery-funded subsidised facilities ✓ but inconsistent across regions ✓ Other barriers exist: physical ability, geography, personal choice — socio-cultural not the only factor ✓ Conclusion: socio-cultural factors are major but not sole barriers; combination of strategies needed ✓

💡 Named examples are essential for top marks. "A campaign" = 0. "This Girl Can" = ✓. Must evaluate (pros + limits), not just describe. Must conclude.