

# Assessment and Qualifications Alliance (AQA) GCSE PE Paper 2 Practice (Sample)

*Study Guide*



*Everything you need from our exam experts!*

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# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

## 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

## 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

## 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

## 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

## 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

## 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

## Questions

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- 1. What is a possible negative impact of media for sport officials?**
  - A. Enhanced career stability
  - B. Increased enjoyment of the sport
  - C. Public exposure of mistakes
  - D. Greater financial benefits
- 2. What is a key characteristic of a balanced diet?**
  - A. High in protein
  - B. Mix of different foods and calories used
  - C. Exclusively plant-based
  - D. Low saturated fat content
- 3. Which of these factors is closely linked to sports participation among certain ethnic groups?**
  - A. Availability of sports clubs
  - B. Popularity of certain sports in cultural backgrounds
  - C. Government regulations
  - D. Economic status
- 4. Which of the following is NOT a psychological effect of a sports injury?**
  - A. Anxiety
  - B. Enhanced motivation
  - C. Depression
  - D. Fear of re-injury
- 5. Why is goal setting important in sports?**
  - A. It is only useful for professional athletes
  - B. It helps athletes focus and boosts motivation
  - C. It is primarily about achieving financial rewards
  - D. It reduces the need for physical training
- 6. What is a potential negative effect for sponsors linked to sports?**
  - A. Increase in positive brand associations
  - B. Increased visibility among a wider audience
  - C. Association with a scandal affecting reputation
  - D. Better opportunities for promotional activities

**7. What is a key benefit of aerobic exercise?**

- A. Increased muscle mass
- B. Enhanced cardiovascular health
- C. Increased fat accumulation
- D. Improved sleep patterns

**8. Manual guidance is particularly beneficial for which group of performers?**

- A. Experts in their sport
- B. Complete beginners
- C. Individuals with prior experience
- D. Team players

**9. What does the presence of a home crowd provide to a team?**

- A. Less pressure on players
- B. A neutral playing field
- C. An energetic atmosphere and support
- D. More travel opportunities

**10. What is a side effect of taking beta blockers?**

- A. Increased energy levels
- B. Nausea
- C. Enhanced reflexes
- D. Heightened concentration

## **Answers**

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1. C
2. B
3. B
4. B
5. B
6. C
7. B
8. B
9. C
10. B

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## **Explanations**

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## 1. What is a possible negative impact of media for sport officials?

- A. Enhanced career stability
- B. Increased enjoyment of the sport
- C. Public exposure of mistakes**
- D. Greater financial benefits

*C is the correct answer because media coverage can significantly increase public awareness of any mistakes made by sports officials. When officials are scrutinized by the media, their errors may be highlighted and discussed extensively, potentially leading to public criticism or loss of reputation. This heightened scrutiny can create pressure on officials and may impact their confidence and decision-making in future games or events. On the other hand, options such as enhanced career stability, increased enjoyment of the sport, and greater financial benefits generally point towards positive impacts that media exposure can have, rather than negative ones. Enhanced career stability implies that visibility in the media could be beneficial for an official's career, while increased enjoyment refers to the positive experiences fans and athletes may gain from the sport's promotion. Greater financial benefits also suggest a favorable outcome related to media engagement, as officials may earn more through expanded visibility and opportunities. Thus, the correct answer aptly identifies a critical downside of media involvement for sports officials.*

## 2. What is a key characteristic of a balanced diet?

- A. High in protein
- B. Mix of different foods and calories used**
- C. Exclusively plant-based
- D. Low saturated fat content

*A key characteristic of a balanced diet is that it includes a mix of different foods and calories used. This diversity ensures that the body receives all the essential nutrients it needs, such as carbohydrates, proteins, fats, vitamins, and minerals. A balanced diet is neither overly focused on one macronutrient nor restrictive to certain food groups; instead, it promotes variety, which is crucial for supporting overall health and well-being. While other options may highlight certain aspects of nutrition, they do not encapsulate the broader concept of a balanced diet. For instance, being high in protein may be beneficial for muscle repair and growth, yet it does not guarantee the intake of other necessary nutrients. An exclusively plant-based diet can be healthy, but it may lack some nutrients that are readily available in other food groups, such as certain vitamins and minerals found in animal products. Similarly, having a low saturated fat content is important for heart health, but it alone does not ensure a complete nutritional profile since it doesn't address protein, carbohydrates, or other dietary components needed for balance.*

### 3. Which of these factors is closely linked to sports participation among certain ethnic groups?

- A. Availability of sports clubs
- B. Popularity of certain sports in cultural backgrounds**
- C. Government regulations
- D. Economic status

The factor closely linked to sports participation among certain ethnic groups is the popularity of certain sports in cultural backgrounds. Cultural influences play a significant role in which sports are favored and practiced within various ethnic communities. For example, individuals from countries where cricket is a dominant sport may be more inclined to participate in cricket when they settle in different regions, fostering a continuity of cultural traditions through sport. This connection highlights how cultural heritage shapes preferences and participation levels. Certain sports may resonate more with individuals due to shared history, community events, and cultural celebrations. As a result, this can lead to higher engagement in those specific sports within particular ethnic groups, reinforcing the link between cultural background and sports participation. The other options, while relevant in different contexts, do not capture the same level of direct influence stemming from cultural identity and community practices as this factor does.

### 4. Which of the following is NOT a psychological effect of a sports injury?

- A. Anxiety
- B. Enhanced motivation**
- C. Depression
- D. Fear of re-injury

Enhanced motivation is not typically considered a psychological effect of a sports injury. When athletes experience injuries, they often struggle with various emotional and mental challenges, which can include anxiety, depression, and fear of re-injury. These responses are common as athletes cope with the uncertainty of recovery and the potential impacts on their performance and future participation in their sport. In contrast, enhanced motivation typically refers to an increase in drive or determination towards training or competition. While some individuals might find motivation in the process of recovery, it is not a direct psychological effect of the injury itself. Instead, motivation can often fluctuate based on the individual's mental state during recovery. The other options listed represent more immediate emotional reactions that individuals might experience in response to injury.

### 5. Why is goal setting important in sports?

- A. It is only useful for professional athletes
- B. It helps athletes focus and boosts motivation**
- C. It is primarily about achieving financial rewards
- D. It reduces the need for physical training

Goal setting plays a pivotal role in sports as it significantly helps athletes focus their efforts and enhances their motivation. When athletes set specific, measurable, achievable, relevant, and time-bound (SMART) goals, they create clear objectives that guide their training and performance. This clarity allows them to concentrate on what needs to be done, making it easier to track progress and stay committed to their training regimen. Additionally, having goals boosts motivation by providing a sense of purpose and direction. Athletes are more likely to push themselves and remain dedicated to their sport when they have targets to aim for, fostering a mindset that embraces challenges and strives for improvement. This psychological aspect is crucial for both amateur and professional athletes, proving that goal setting is not solely the domain of elite competitors but is beneficial at all levels of sport. Given this understanding, the other options do not adequately capture the comprehensive importance of goal setting in sports.

## 6. What is a potential negative effect for sponsors linked to sports?

- A. Increase in positive brand associations
- B. Increased visibility among a wider audience
- C. Association with a scandal affecting reputation**
- D. Better opportunities for promotional activities

*The potential negative effect for sponsors linked to sports arises from the possibility of being associated with a scandal that can tarnish their reputation. When a sponsor backs a sporting event, team, or athlete, their brand often becomes linked with the values and behavior of that entity. If the athlete or organization is involved in a scandal – such as doping, legal issues, or unethical behavior – the sponsors may suffer significant backlash. This could lead to a decline in consumer trust and brand loyalty, impacting sales and public perception adversely. In contrast, while positive brand associations, visibility among wider audiences, and better promotional opportunities can significantly benefit sponsors, these advantages can easily be overshadowed by negative incidents. Hence, the association with a scandal stands out as a distinct risk in the complex relationship between sports and sponsorship.*

## 7. What is a key benefit of aerobic exercise?

- A. Increased muscle mass
- B. Enhanced cardiovascular health**
- C. Increased fat accumulation
- D. Improved sleep patterns

*Enhanced cardiovascular health is a key benefit of aerobic exercise, as it primarily focuses on improving the efficiency and function of the heart and lungs. During aerobic activities, such as running, cycling, or swimming, the body requires increased oxygen intake to fuel prolonged exertion. This process strengthens the heart muscle, increases blood circulation, and promotes the development of new blood vessels, leading to improved oxygen delivery to tissues. Regular aerobic exercise can help lower blood pressure, reduce the risk of heart disease, and improve overall cardiovascular endurance. These adaptations also encourage a healthy lifestyle by positively influencing the body's ability to perform everyday activities without excessive fatigue. The other options provided do not reflect the primary benefits of aerobic exercise as accurately. While improved sleep patterns may be a secondary benefit of regular exercise, it is not the most direct outcome associated with aerobic activity compared to its direct impact on cardiovascular health. Increased muscle mass is typically more associated with resistance training rather than aerobic exercise, and increased fat accumulation is counterproductive to the goals of aerobic training, which aims to promote fat burning and overall fitness.*

## 8. Manual guidance is particularly beneficial for which group of performers?

- A. Experts in their sport
- B. Complete beginners**
- C. Individuals with prior experience
- D. Team players

Manual guidance is particularly beneficial for complete beginners because it provides them with the necessary physical support and reassurance as they start learning a new skill. For novices, the tactile feedback from an instructor can help them understand the correct body positioning, movement patterns, and techniques. This direct physical intervention allows beginners to feel the correct way to execute a skill, such as a specific movement or positioning used in various sports. As they lack the experience and muscle memory that comes with practice, manual guidance can facilitate quicker learning and help instill confidence in their abilities. It can ultimately speed up the acquisition of skills, making the learning process more effective and enjoyable for those who are just starting out. Other groups like experts or individuals with prior experience may not require such direct physical assistance, as they often already possess the skills and understanding needed to perform tasks independently.

## 9. What does the presence of a home crowd provide to a team?

- A. Less pressure on players
- B. A neutral playing field
- C. An energetic atmosphere and support**
- D. More travel opportunities

The presence of a home crowd creates an energetic atmosphere and provides crucial support for the team. This support can boost players' confidence, motivation, and overall performance. When playing at home, athletes often feel a sense of pride and responsibility to perform well in front of their local supporters, which can enhance their focus and determination during the game. The cheering and encouragement from fans can create an intense and positive environment, helping to uplift the team's spirit and potentially intimidate the opposing team. Home support can significantly influence the outcome of a match, making it a vital factor in team dynamics.

## 10. What is a side effect of taking beta blockers?

- A. Increased energy levels
- B. Nausea**
- C. Enhanced reflexes
- D. Heightened concentration

Nausea is a recognized side effect of taking beta blockers. These medications work by blocking the effects of epinephrine (adrenaline) on the beta-adrenergic receptors, which can lead to various physical responses in the body. While beta blockers are primarily used to manage conditions such as high blood pressure and anxiety, they can affect the gastrointestinal system and lead to symptoms like nausea in some individuals. In contrast, options such as increased energy levels, enhanced reflexes, and heightened concentration are not associated with beta blockers. Instead, these medications often reduce heart rate and can cause fatigue, which might lead to decreased energy levels or sluggishness rather than an increase in energy. Enhanced reflexes would not typically occur, as beta blockers generally result in a calming effect on the nervous system. Therefore, understanding the impact of beta blockers on the body helps clarify why nausea is indeed a common side effect of their use.

## Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://aqa-gcse-pepaper2.examzify.com>

We wish you the very best on your exam journey. You've got this!

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