Questions

Q1.

Apart from the obvious health risks, why are sports performers advised not to smoke?

(1)

....
....

Q2.

Several different categories of performance enhancing drugs are listed in the table below.

Anabolic steroids	Beta blockers	Diuretics
Narcotic analgesics	Stimulants	Peptide hormones/EPO

All of these drugs have potentially harmful side effects. Explain why, despite the risks, some performers will still use them.

(1)

....
....

Q3.

Several different categories of performance enhancing drugs are listed in the table below.

Anabolic steroids	Beta blockers	Diuretics
Narcotic analgesics	Stimulants	Peptide hormones/EPO

Give an example of a possible harmful side effect of diuretics.

(1)

....
....

Q4.

The following are all examples of categories of performance-enhancing drugs. Which category is an endurance cyclist **most** likely to be tempted to take despite the potential health risks?

(1)

☒ **A** Anabolic steroids
☒ **B** Peptide hormones (Erythropoietin/EPO)
☒ **C** Diuretics
☒ **D** Narcotic analgesics

Q5.

Several different categories of performance enhancing drugs are listed in the table below.

Anabolic steroids	Beta blockers	Diuretics
Narcotic analgesics	Stimulants	Peptide hormones/EPO

Using this information, identify the relevant category of drug referred to in each of the following statements.

(i) Long distance runners are more likely to use this class of drug than sprinters.

(1)

....

(ii) Weight lifters may use this class of drug to mask the pain of a torn muscle.

(1)

....

(iii) Archers may use this class of drug because of its calming effect to improve their accuracy.

(1)

....

(iv) Some performers will use this class of drug to mask the use of other types of drugs.

(1)

....

Examiner's Report

Q1.

Many pupils referred to role model/image and gained the mark, with a similar proportion identifying a decrease in CV fitness or performance as a reason. Stating that smoking affected performance without implying a decrease in performance was a frequent error, as was mixing up problems with oxygen uptake rather than that of the transport of oxygen in the blood. These general comments about it damaging the lungs/making breathing harder were a major problem with answers to this question, causing many to miss out on the mark

(b) Apart from the obvious health risks, why are sports performers advised not to smoke?

(1)

can lower performence, don't always know whats inside it.

Results Plus: Examiner Comments
Good answer, candidate achieves 1/1 for this response. The point is made in the first three words "can lower performance"

(b) Apart from the obvious health risks, why are sports performers advised not to smoke?

(1)

Young people look up to them as role models, and smoking sets a bad example for them.
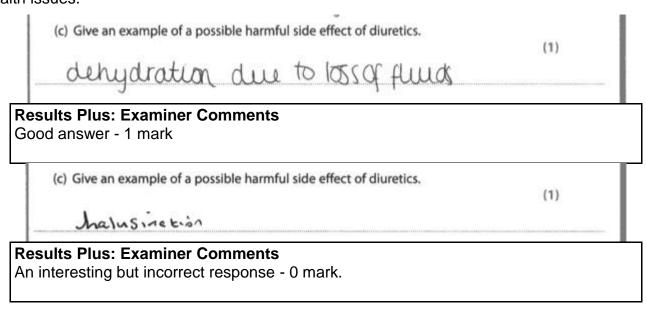
Results Plus: Examiner Comments
Another correct response for 1/1. This candidate accesses the mark by referring to role models and therefore sports performers should not smoke in case they influence others to do so.

Q2.

This was a very well answered question. Winning or improved performance were identified by most candidates gaining them the mark. Unsuccessful candidates either referred to a specific drug and why a performer may take these e.g. diuretics for weight loss or discussed health issues which did not gain credit as specifically stated in question to avoid this category of answer.

(b) All of these drugs have potentially harmful side effects. Explain why, despite the risks, some performers will still use them.

(1)

Could get addicted

Results Plus: Examiner Comments
This is an example of one of the more frequent incorrect responses as although potentially true in some instances this is not the area of knowledge being tested through GCSE Physical Education. To try to avoid this type of response the question states apart from health risks. The majority of candidates did give a valid response to this question.

(b) All of these drugs have potentially harmful side effects. Explain why, despite the risks, some performers will still use them.

(1)

To have an advantage over othes and win competions

Results Plus: Examiner Comments
An example of a popular correct answer. This candidate gained 1/1 for identifying that performers might still take drugs to give themselves an advantage.

Q3.

Whilst the majority of candidates correctly identified dehydration as a potentially harmful side effect, unsuccessful candidates linked diuretics to heart attacks; impotence or a variety of other health issues.

(c) Give an example of a possible harmful side effect of diuretics.

(1)

dehydration due to loss of fluids

Results Plus: Examiner Comments
Good answer - 1 mark

(c) Give an example of a possible harmful side effect of diuretics.

(1)

halusinetion

Results Plus: Examiner Comments
An interesting but incorrect response - 0 mark.

Q4.
No Examiner's Report available for this question

Q5.

(i)

Peptide hormones/EPO was less well known than other drugs, of all of the questions in this section this was the least well answered, narcotic analgesics or anabolic steroids were often incorrectly stated instead.

(ii)

This aspect of the question was well answered. Questions have appeared on previous papers in relation to narcotic analgesics, this might explain why this particular drug is better known amongst candidates.

(iii)

Beta blockers was the correct response for this question. Of those candidates that attempted question (a) the impact of this drug was well known.

(iv)

Diuretics were correctly selected by successful candidates in answer to this question. Popular unsuccessful answers were anabolic steroids and narcotic analgesics

Mark Scheme

Q1.

	Answer	Mark
	Any one of following: 1. <u>Decrease</u> (accept alternative words but must imply decrease) in performance in practical activity (e.g. <u>decrease</u> in stamina)/ reduction in oxygen carrying capacity of blood 2. role model/bad image/bad example Do not accept health risks (1 × 1)	**(1)**

Q2.

	Answer	Mark
	Pressure/to win/wants to be the best/prize money/fame/improve performance/gain advantage/train harder (or longer)/gain outweighs risks / quicker recovery from injury/equiv Do not accept addictive / wont get caught	**(1)**

Q3.

	Answer	Mark
	Any one from: Dehydration Nausea/sickness Kidney/liver failure/damage Do not accept damage to organs / heart problems / death	**(1)**

Q4.

	Answer	Mark
	Q - categories performance-enhancing drug is a competitive endurance	**(1)**

	cyclist most likely to take despite the potential health risks **B** – (Peptide Hormones (Erythropietin/EPO))	

Q5.

	Answer	Mark
(i)	Peptide hormones/EPO	(1)
(ii)	Narcotic analgesics Do not accept narcotic(s)	(1)
(iii)	Beta blockers	(1)
(iv)	Diuretics	(1)