



# Types of Questions



**P01** - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**P02** - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**P03** - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

**P01** Generally worth 1-2 marks

Demonstrate knowledge and understanding

1) Knowledge in isolation - simply recall knowledge.

2) Demonstrate understanding - Using sporting examples.

Q: Which one is not a role of a National Governing Body? (1 mark)

- A) Build facilities for grassroots clubs
- B) Lobby for funding
- C) Organise tournaments
- D) Provide insurance guidance to members

Q: Other than to increase their chances of winning, state two reasons why some athletes might use PEDs. (2 marks)

**Answer: Pressure to succeed & Rewards**

**Most Common Command Words**

- Describe
- Define
- Give
- Identify
- Name
- State

**P02**

Can be worth 2-4 marks

**Most Common Command Words**

- Describe
- Explain
- Analyse

Q: Describe two different ways that a performer can show sportsmanship whilst playing sport.

**Possible Answer: Passing ball to opposition in football when game is restarted after an injury.**

Q: Give one example of a sport or activity where blood doping may occur.

**Answer: Tour de France**

Demonstrate and apply knowledge and understanding

1) Demonstrate knowledge - recall/describe content (P01).

2) Apply knowledge to the sporting example in the question (P02).

(Question could be in the form of 1x P01 & 1x P02 OR 2x P02)

**P03**

Can be worth 2-4 marks

(Questions can be a mixture of P01, P02 and P03 points OR all P03 points).

Require you to use your **knowledge** and **understanding** to **analyse** information in order to **evaluate** to make conclusions

Q: Video refereeing is now used in several popular sports. State two examples of video referee technologies used in two different sports. For each example, explain positive and negative effect. (3 marks)

**Answer: VAR (P01). Less pressure on referees (P03). However, decisions are not completely accurate (P03).**

Requires you to demonstrate applying your knowledge first, before analysing and applying it to the question.

**Most Common Command Words**

- Explain
- Analyse
- Evaluate