



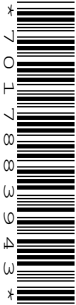
Oxford Cambridge and RSA

# A Level Physical Education

**H555/02** Psychological factors affecting performance

**Friday 15 June 2018 – Morning**

**Time allowed: 1 hour**



First name	
Last name	
Centre number	<div style="display: flex; justify-content: space-between; width: 100%;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>
Candidate number	<div style="display: flex; justify-content: space-between; width: 100%;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>

## INSTRUCTIONS

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the barcodes.

## INFORMATION

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [ ].
- Quality of extended response will be assessed in the question marked with an asterisk (\*).
- This document consists of **12** pages.

2

## Section A

Answer **all** the questions.

- 1 Using sporting examples, explain both visual and verbal guidance.

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..... [2]

- 2 Define the terms 'learned helplessness' and 'mastery orientation'.

Learned helplessness .....

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Mastery orientation .....

..... [2]

- 3 Identify **two** characteristics of effective leadership in sport.

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..... [2]

- 4 Other than imagery, identify **two** other cognitive stress management techniques used by sports performers.

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..... [2]

- 5 Using practical examples from sport, explain the **two** types of reinforcement that may be used during operant conditioning when learning motor skills.

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3

## Section B

Answer **all** the questions.

- 6 (a) (i) A dive in a swimming race could be classed as a closed skill.

Which **one** of the following terms could also be used when classifying this skill?

Put a tick (✓) in the box next to the correct answer.

A. Fine

☐

B. Gross

☐

C. Continuous

☐

D. Self-paced

☐

[1]

- (ii) Give **one** reason for your answer given above.

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..... [1]

- (iii) Front crawl in swimming can be classified as an open skill or a closed skill.  
Explain when front crawl could be classified as an open skill.

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..... [2]

- (b) (i) Define positive transfer and negative transfer when learning motor skills.

Positive transfer: .....

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Negative transfer: .....

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[2]

4

(ii) What makes negative transfer most likely to occur in sport?

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..... [1]

(iii) Give **one** way in which a coach in sport can minimise negative transfer occurring.

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..... [1]

(c) (i) Bandura's model identifies four processes involved in the copying of behaviour. Two of these are 'retention' and 'motor reproduction'. Explain these terms.

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(ii) Discuss factors that affect successful modelling in physical activity and sport.

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- (d) (i) Outline **two** key aspects of the Atkinson and Shiffrin multi-store memory model.

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- (ii) Evaluate this multi-store approach to memory.

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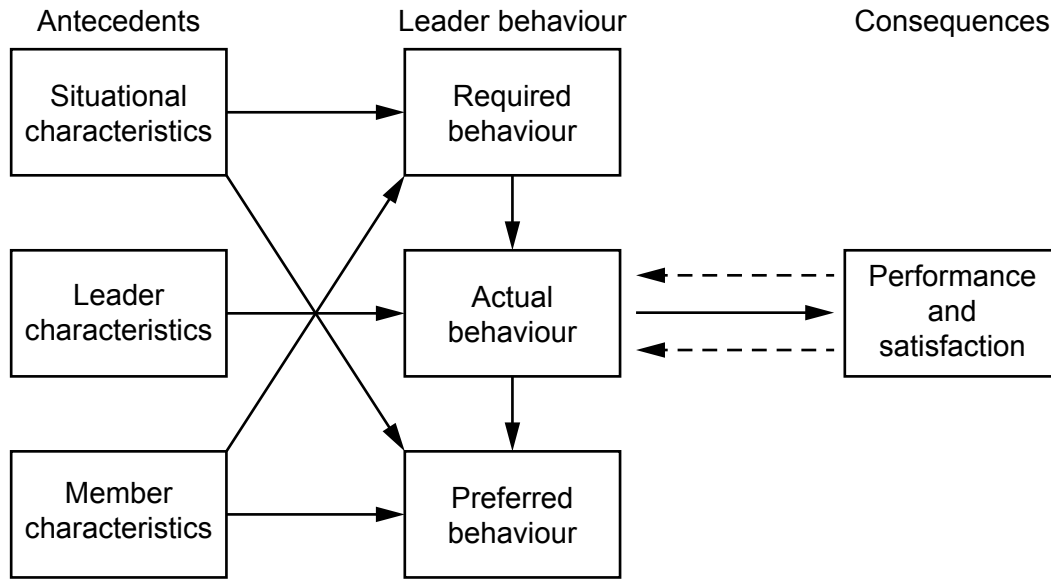
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7 Chelladurai's multi-dimensional model of sports leadership, shown in Fig. 7 below, identifies different factors that affect leader behaviour.



**Fig. 7**

**(a)** Using examples from physical activity and sport, explain how effective leadership can be achieved according to the model.

[6]

(b) Coaches aim to develop positive attitudes towards sport and physical activity.

(i) Explain the term 'cognitive dissonance' in relation to changing an attitude in sport.

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..... [2]

(ii) Persuasive communication is a method of changing an individual's attitude.

Using practical examples from sport, explain **three** factors which influence the effectiveness of persuasive communication in changing attitudes.

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**(c)** Evaluate the instinct theory of aggression.

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**(d) (i)** Define 'sports confidence'.

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- (ii) Analyse the impact of sports confidence on participation and performance in physical activity and sport.

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## Section C

**8\*** Arousal has a significant effect on performance in sport.

Evaluate the following theories of arousal:

- Drive theory
- Inverted U theory
- Catastrophe theory.

Using practical examples from physical activity and sport, discuss how different types of skills may require different levels of arousal for optimum performance.

..... [10]



[illegible]

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