

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Wednesday 5 June 2019 – Afternoon

A Level Physical Education

H555/02 Psychological factors affecting performance

Time allowed: 1 hour

plus your additional time allowance

**No additional material is required for this
Question Paper**

Please write clearly in black ink.

Centre number

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Candidate number

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First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF



INSTRUCTIONS

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.

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 (*).

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SECTION A

Answer ALL the questions.

- 1 Define 'fixed practice' and give an example of a skill for which it would be suitable.

[2]

- 2 In relation to Weiner's model of attribution explain the term 'locus of control'.

[2]

- 3 Using practical examples give TWO ways in which a sports coach could optimise positive transfer.**

[2]

- 4 Define what is meant by a 'complex skill'. Give a practical example of a complex skill in sport.**

[2]

- 5 Define the terms intrinsic and extrinsic motivation.**

Intrinsic motivation: _____

Extrinsic motivation: _____

[2]

SECTION B

Answer ALL the questions.

6 (a) Selective attention is one aspect of the short-term sensory store.

(i) Identify the capacity and duration of the short-term sensory store.

_____ [2]

(ii) Explain the term 'selective attention'.

_____ [1]

(iii) Provide a sporting example of a performer using selective attention.

_____ [1]

- (b) Apply your knowledge of the stages of learning to complete the passage below using appropriate words from those provided in the table.

Each word chosen can only be used once:

erratic	returns	imagery	errors
negative	fluent	deliberate	inconsistent
automatic	extrinsic	reactions	intrinsic

The movements of a badminton player in the autonomous stage of learning will be

_____.

The player's _____ will be slower in the associative stage of learning.

In the autonomous stage of learning, the badminton player will rely more on

_____ feedback to correct errors.

In the associative stage of learning, the player still relates what they are doing back to mental images rather than performance being

_____.

[4]

(c) Evaluate the use of verbal guidance and visual guidance in the learning of movement skills. [6]

- (d) (i) Using a sporting example, describe how a coach would teach a performer according to the cognitive theory of learning.**

[2]

- (ii) Some performers learn a new skill by following the cognitive theory of learning. Analyse how following this approach may affect their learning.**

[4]

7 (a) (i) Define the term 'stress'.

_____ [1]

(ii) Identify THREE methods that could be used to manage stress.

_____ [3]

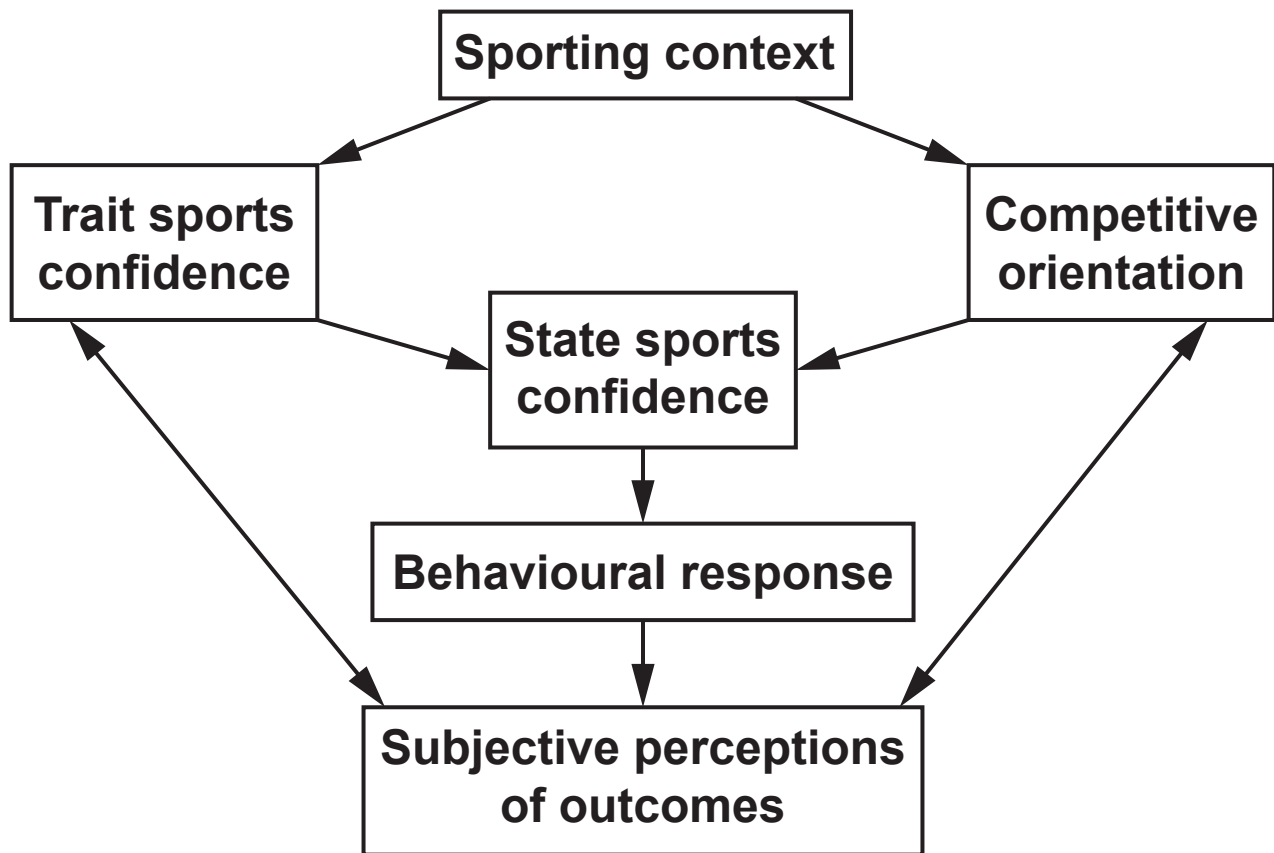
(b) Forming is the first stage of group development. In this stage a sports team depends on the leader for direction and the team members start to get to know one another.

Using the example of a sports team, describe the next TWO stages of development that the group would go through.

_____ [4]

(c) Fig. 1 illustrates Vealey's model of sports confidence.

Fig. 1



Explain Vealey's model of sports confidence.

[6]

(d) Performers use attributions to explain reasons for success and failure in sport.

Discuss the impact of an individual's attributions following a failure in sport. [6]

[illegible]

SECTION C

8* Explain the different styles of leadership that a sports coach may use.

Using practical examples, evaluate the different types of feedback that a coach or leader might use to help improve the performance of sports performers. [10]

[illegible]

[illegible]

[illegible]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

