

Modified Enlarged 24pt
OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Monday 11 October 2021 – Afternoon

A Level Physical Education

**H555/02 Psychological factors affecting
performance**

**Time allowed: 1 hour
plus your additional time allowance**

No extra materials are needed.

Please write clearly in black ink.

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF



INSTRUCTIONS

Use black ink. You can use an HB pencil, but only for graphs and diagrams.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

Answer ALL the questions.

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 questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

SECTION A

Answer ALL the questions.

- 1 Give an example of mechanical guidance and an example of manual guidance for a swimmer.**

Mechanical guidance _____

Manual guidance _____

_____ [2]

- 2 Define stress and identify ONE cause of stress.**

Definition _____

Cause _____

[2]

- 3 Give an example of extrinsic feedback and an example of intrinsic feedback for a tennis player.**

Extrinsic feedback _____

Intrinsic feedback _____

[2]

- 4 Use sporting examples to describe how an emergent leader and a prescribed leader could be selected.**

[2]

- 5 (a) Use a practical example from sport to show an internal, stable attribution for failure.**

[1]

- (b) Use a practical example from sport to show an external, unstable attribution for success.**

[1]

SECTION B

Answer ALL the questions.

- 6 (a) (i) A table tennis player in the cognitive stage of learning would make a lot of mistakes when hitting the ball.**

Using the example of the table tennis player, describe THREE other characteristics of their performance.

[3]

(ii) Suggest TWO reasons why visual guidance alone may not allow a performer to move to the associative stage of learning.

[2]

(b) (i) Give an example of bilateral transfer in sport.

[1]

(ii) Give an example of negative transfer in sport.

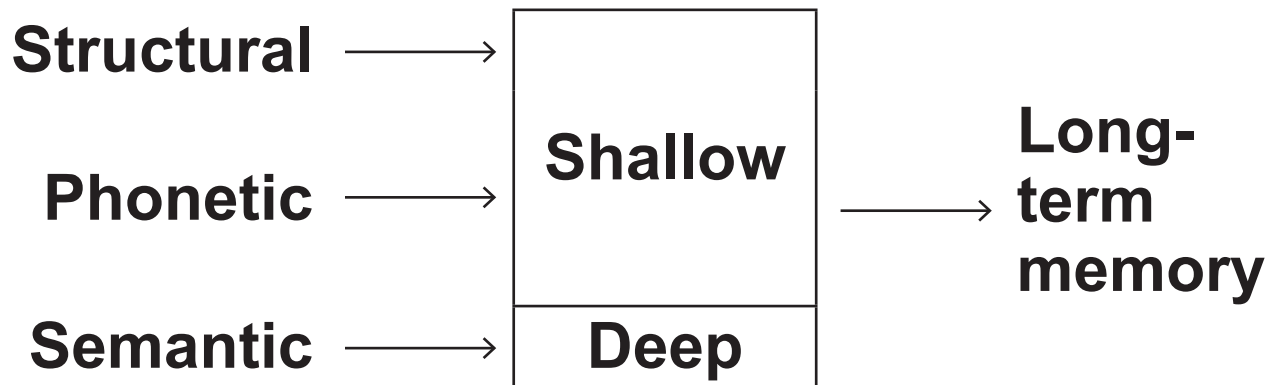
[1]

(iii) Identify TWO ways of limiting the effect of negative transfer.

[2]

(c) **FIG. 6.1** shows an adapted version of Craik and Lockhart's levels of processing model.

FIG. 6.1



[illegible]

[5]

- (d) (i) Give an example of whole practice and an example of varied practice.

Whole practice _____

Varied practice _____

[2]

(ii) Evaluate the use of whole practice and varied practice in sport.

Whole practice _____

Varied practice _____

[4]

- 7 (a) If a group is hostile, the leader may choose to use an autocratic leadership style because they need to take charge of the situation.**

Analyse other occasions when an autocratic leadership style might be most effective.

[4]

(b) A 19-year-old semi-professional footballer is playing football at her team's home stadium.

A scout from a professional football club is in the crowd.

Discuss the possible effects of the audience on the football player's performance.

[illegible]

(c) (i) Define the term anxiety.

[1]

(ii) Describe trait anxiety.

[2]

- (iii) Give an example of how the body responds to cognitive anxiety and to somatic anxiety.

Cognitive anxiety _____

Somatic anxiety _____

[2]

[3]

(ii) Identify a strength and a weakness of this hypothesis.

Strength _____

Weakness _____

[2]

8* Using examples from sport, explain how an individual may learn a new sporting skill according to Bandura's theory of observational learning.

Discuss how observation of others has an impact on the formation of attitudes. [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).

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.