Oxford Cambridge and RSA

Wednesday 5 June 2024 – Morning

A Level Physical Education

H555/02 Psychological factors affecting performance

Time allowed: 1 hour

No extra materials are needed.

Please write clearly in black ink. **Do not write in the barcodes.**

Centre number | | | | | | Candidate number | | | | |

First name(s) _____

Last name _____

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 (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

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SECTION A

1 Skills may be classified in different ways. Explain the following classifications:

Fine skill: .....

.....

Complex skill: .....

.....
[2]

2 Identify what the letters M and A stand for in the SMART principle of goal setting.

M: .....

A: .....
[2]

3
(a) Performing for prize money is an example of what type of motivation?

..... **[1]**

(b) Suggest **one** disadvantage of this type of motivation.

.....

..... **[1]**

4 Define the term selective attention and identify at which stage of Atkinson and Shiffren's multi-store memory model this takes place.

Definition: .....

.....

Stage of model: .....

.....
[2]

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5 State the most likely effect that the presence of an audience would have on the performance of:

An introvert: .....

.....

A fine skill: .....

.....

[2]

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SECTION B

6

(a) A basketball coach is teaching a beginner how to perform a layup shot.

Identify, and give a reason for, **three** different practice types the coach may use.

Practice type 1: .....

Reason: .....

.....

.....

Practice type 2: .....

Reason: .....

.....

.....

Practice type 3: .....

Reason: .....

.....

.....

[6]

(b)

(i) Define positive transfer and give a sporting example of when it might occur.

Definition: .....

.....

Example: .....

.....

[2]

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(ii) Give **two** ways in which a coach could help positive transfer to occur.

First way: .....

.....

Second way: .....

.....

[2]

(c) Discuss the factors that could affect how successful the process of social / observational learning is.

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..... **[5]**

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(d)

(i) A table tennis player plays a smash shot and wins the point. This is knowledge of performance.

Circle whether this is true or false.

True False

[1]

(ii) A coach tells a hockey player that their stick and feet were in a really good position when they played the push pass.

Place **one** tick (✓) in the box next to which types of feedback this is.

A Extrinsic and negative ☐

B Intrinsic and positive ☐

C Positive and knowledge of performance ☐

D Positive and knowledge of result ☐

[1]

(iii) A squash player returns a serve but sees that they have hit the ball over the out-of-bounds line, so they lose the point.

Draw a circle around the **three** types of feedback that are relevant to this example.

Extrinsic	Positive	Knowledge of results
Knowledge of performance	Intrinsic	Negative

[3]

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7

(a) The term personality refers to the way in which we interact with our environment and other people and makes us unique.

Discuss the theories of how an individual's personality may be formed.

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..... **[6]**

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(b)

(i) Define the term stress.

.....

..... **[1]**

(ii) Explain **three** somatic stress management techniques that a performer could use to help them control their stress levels.

Technique 1: .....

.....

.....

Technique 2: .....

.....

.....

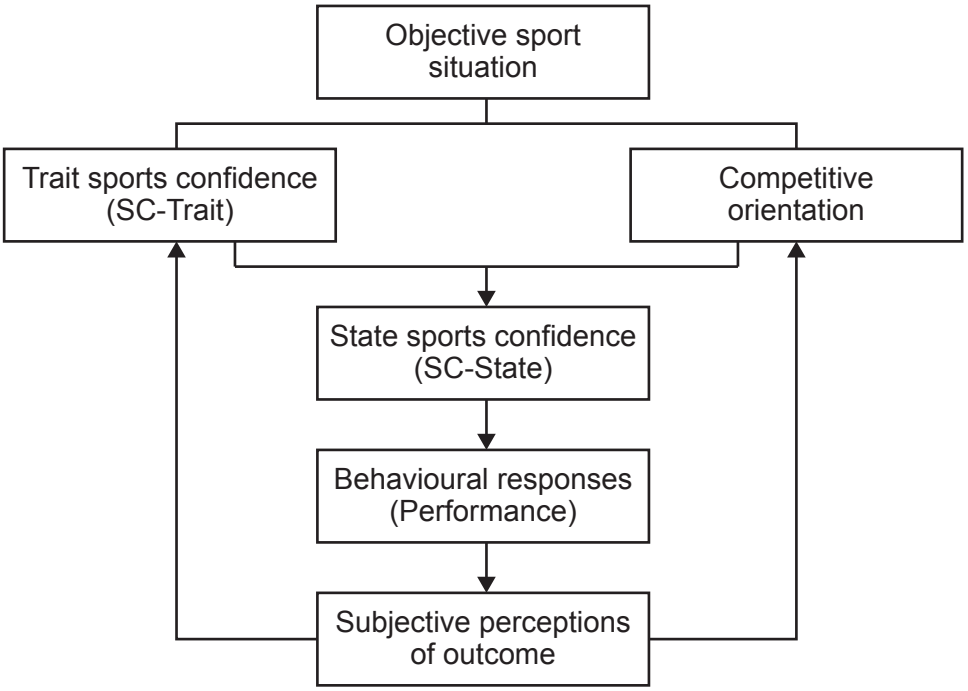
Technique 3: .....

.....

.....

[3]

(c)



Adapted from Vealey's model of sports confidence

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Li has a low level of trait sports confidence (SC-Trait). Use Vealey's model to discuss how this could affect Li's performance in a current sporting event and future sporting events.

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..... **[5]**

(d)
(i) Define the term group.

.....

..... **[1]**

(ii) Using an example from a sports team of your choice, explain what is happening within a team at the following stages:

Forming: .....

.....

.....

.....

Performing: .....

.....

.....

.....

[4]

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SECTION C

8* Coaches can use different styles of leadership and may switch between different styles at different times.

Analyse when different leadership styles would be most effective.

Using examples, explain the different types of guidance a coach may use when leading their sessions. **[10]**

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END OF QUESTION PAPER

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EXTRA ANSWER SPACE

If you need extra space use this lined page. You must write the question numbers clearly in the margin.

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