



Oxford Cambridge and RSA

**Thursday 8 June 2023 – 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

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Candidate number

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First name(s)

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Last name

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### 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.

**2**  
**SECTION A**

**1** Suggest **two** disadvantages of using verbal guidance when learning a new skill.

Disadvantage 1: .....

.....

Disadvantage 2: .....

.....

[2]

**2** The table below shows some attributions for why the performer said they lost a match.

**Circle** the **two** attributions that are classed as controllable.

Bad luck	I was playing against top of the league	The weather was bad	Biased official
The pitch was too bumpy	My effort level was too low	I didn't practise enough	My ability is too low

[2]

**3** One of the processes in Bandura's model of observational learning is attention.

Identify **two** factors that may influence how much attention is paid to the demonstration.

Factor 1: .....

Factor 2: .....

[2]

- 4 A football manager leads a club to win the league. The team members say they are one of the best managers. The manager is very motivated and has a clear goal and vision for the team.

Identify **two** other characteristics of effective leadership that the manager may have.

Characteristic 1: .....

Characteristic 2: .....

[2]

- 5 Positive thinking/self talk and imagery are two methods of stress management.

Identify **two** more cognitive methods of stress management.

Method 1: .....

Method 2: .....

[2]

SECTION B

6 (a) (i) Give an example of a skill for each of the three following classifications on the continuity continuum.

Discrete skill: .....

Serial skill: .....

Continuous skill: .....

[3]

(ii) Fig. 6.1



Fig. 6.1 shows a person carrying out an overhead press.

Classify this skill on the environmental influence continuum and the pacing continuum. Explain your answers.

Environmental influence classification: .....

Explanation: .....

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Pacing classification: .....

Explanation: .....

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[4]

(b) Define the following terms:

Positive transfer: .....

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Proactive transfer: .....

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Retroactive transfer: .....

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[3]

(c) Evaluate the use of the cognitive theory of learning for teaching skills to a beginner.

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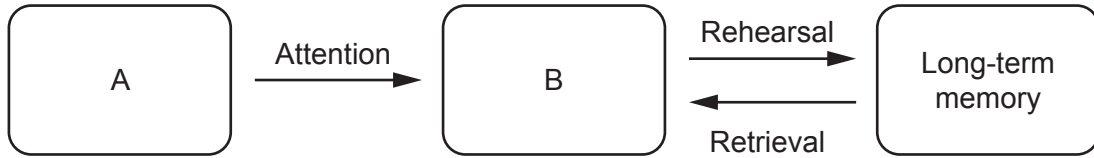
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[4]

(d) (i) Fig 6.2 shows Atkinson and Shiffrin's multi store memory model (adapted).

Identify the terms missing from box A and box B.

Fig. 6.2



Box A: .....

Box B: .....

[2]

(ii) Suggest **two** strengths and **two** weaknesses of this model.

Strengths: .....

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Weaknesses: .....

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[4]

7 (a) (i) Attitudes are made up of three components.

Describe the affective component.

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..... [1]

(ii) Ali has a negative attitude towards PE lessons and sport.

Analyse why this negative attitude may have been formed.

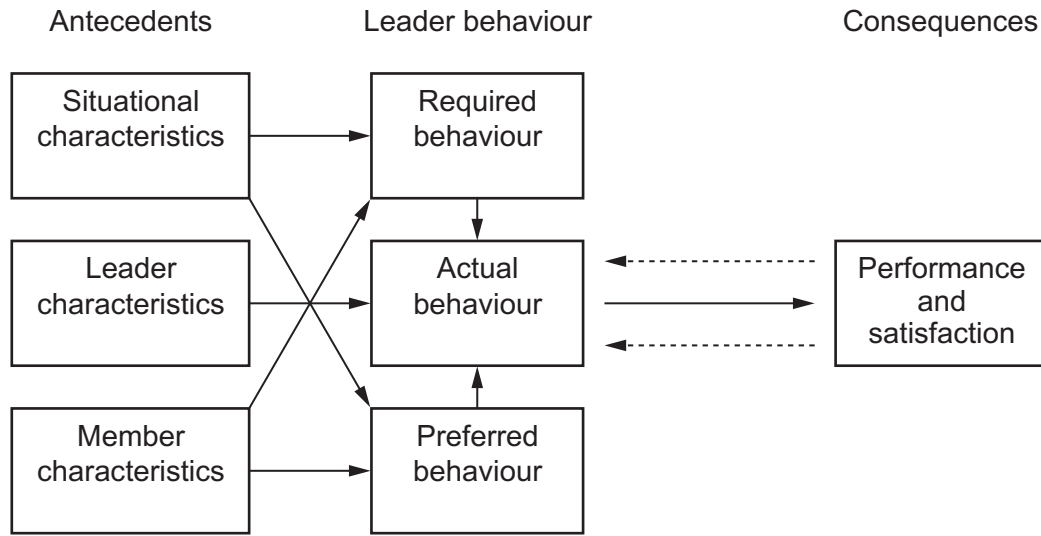
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(b) Explain when the presence of an audience could have a negative effect on a performer.

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..... [4]

(c) Fig. 7.1 shows Chelladurai's multi-dimensional model of sports leadership (adapted).

Fig. 7.1



A small, experienced group of female rock climbers are climbing with a well-qualified instructor who follows an autocratic approach.

With reference to the model shown above, discuss whether or not the group will experience satisfaction and perform well in the rock climbing session. [6]

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(d) (i) Define the term aggression.

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(ii) Explain the social learning theory of aggression.

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..... [2]

(iii) Suggest **one** criticism of this theory.

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..... [1]

**10**  
**SECTION C**

**8\*** Using sporting examples, compare the performance of an individual at the cognitive stage of learning to an individual at the autonomous stage of learning.

Explain how goal setting helps a performer in sport.

**[10]**

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**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).

A large rectangular area with a vertical solid line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



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