



Oxford Cambridge and RSA

**Monday 11 October 2021 – Afternoon**

**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 **16** pages.

### ADVICE

- Read each question carefully before you start your answer.

**2**  
**SECTION A**

Answer **all** the questions.

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

Mechanical guidance .....

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Manual guidance .....

.....

**[2]**

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

Definition .....

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Cause .....

**[2]**

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

Extrinsic feedback .....

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Intrinsic feedback .....

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**[2]**

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

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**[2]**

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

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..... [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.

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..... [3]

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

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..... [2]

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

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..... [1]

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

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..... [1]



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

Whole practice .....

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Varied practice .....

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[2]

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

Whole practice .....

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Varied practice .....

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[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.

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(c) (i) Define the term anxiety.

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..... [1]

(ii) Describe trait anxiety.

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..... [2]

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

Cognitive anxiety .....

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Somatic anxiety .....

..... [2]

(d) (i) Explain the frustration–aggression hypothesis.

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

Strength .....

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Weakness .....

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..... [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]

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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 for writing, bounded by a solid vertical line on the left and horizontal dotted lines on the top, bottom, and right. The dotted lines are spaced evenly down the page to provide a guide for handwriting.





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



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