



Oxford Cambridge and RSA

A Level Physical Education

H555/02 Psychological factors affecting performance

Friday 15 June 2018 – Morning

Time allowed: 1 hour



First name										
Last name										
Centre number						Candidate number				

INSTRUCTIONS

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- 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.
- Do **not** write in the barcodes.

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 (*).
- This document consists of **12** pages.

Section A

Answer **all** the questions.

1 Using sporting examples, explain both visual and verbal guidance.

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..... [2]

2 Define the terms 'learned helplessness' and 'mastery orientation'.

Learned helplessness
.....
Mastery orientation
..... [2]

3 Identify **two** characteristics of effective leadership in sport.

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..... [2]

4 Other than imagery, identify **two** other cognitive stress management techniques used by sports performers.

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..... [2]

5 Using practical examples from sport, explain the **two** types of reinforcement that may be used during operant conditioning when learning motor skills.

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..... [2]

Section B

Answer **all** the questions.

6 (a) (i) A dive in a swimming race could be classed as a closed skill.

Which **one** of the following terms could also be used when classifying this skill?

Put a tick (✓) in the box next to the correct answer.

- A. Fine
- B. Gross
- C. Continuous
- D. Self-paced

[1]

(ii) Give **one** reason for your answer given above.

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..... [1]

(iii) Front crawl in swimming can be classified as an open skill or a closed skill.
Explain when front crawl could be classified as an open skill.

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..... [2]

(b) (i) Define positive transfer and negative transfer when learning motor skills.

Positive transfer:

Negative transfer:

[2]

(ii) What makes negative transfer most likely to occur in sport?

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..... [1]

(iii) Give **one** way in which a coach in sport can minimise negative transfer occurring.

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..... [1]

(c) (i) Bandura's model identifies four processes involved in the copying of behaviour. Two of these are 'retention' and 'motor reproduction'. Explain these terms.

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(ii) Discuss factors that affect successful modelling in physical activity and sport.

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(d) (i) Outline **two** key aspects of the Atkinson and Shiffrin multi-store memory model.

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(ii) Evaluate this multi-store approach to memory.

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(b) Coaches aim to develop positive attitudes towards sport and physical activity.

(i) Explain the term 'cognitive dissonance' in relation to changing an attitude in sport.

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(ii) Persuasive communication is a method of changing an individual's attitude.

Using practical examples from sport, explain **three** factors which influence the effectiveness of persuasive communication in changing attitudes.

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(ii) Analyse the impact of sports confidence on participation and performance in physical activity and sport.

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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 area of lined paper for writing, consisting of 25 horizontal dotted lines. A solid vertical line runs down the left side of the page, creating a margin. The rest of the page is open for writing.

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



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