



Oxford Cambridge and RSA

Accredited

A Level Physical Education

H555/02

Psychological factors affecting performance

Sample Question Paper

Date – Morning/Afternoon

Time allowed: 1 hour

You must have:

- the Question Paper



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, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

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 a practical example, describe what is meant by an open skill in physical activity.

[2]
- 2

Giving a practical example, describe how a skill is developed using the progressive-part method of practice.

[2]
- 3

Why is selective attention important when learning motor skills?

[2]
- 4

Describe a Type A personality.

[2]
- 5

What defines a group as opposed to a collection of individuals?

[2]

Section B
Answer all the questions.

6 (a) Describe the theory of operant conditioning when applied to the learning of motor skills.

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[6]

(b) Assess the advantages **and** disadvantages of using extrinsic feedback when learning a motor skill.

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[4]

(c) Explain how manual and mechanical guidance might be used in acquiring skills and give a practical example for each type of guidance.

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[4]

(d) The multi-store memory model contains both short and long term memory stores.

Analyse how the short and long term memory stores are used in the performance of physical activities.

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[6]

7 (a) Using a practical example from sport, show what is meant by an effective autocratic leader in sport.

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[2]

(b) (i) Explain what is meant by the zone of optimal functioning.

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[2]

(ii) Using examples, describe **three** characteristics of a performer who is said to be ‘in the zone’.

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[3]

(iii) Why might the zone of optimal functioning differ between performers?

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[1]

(c) Confidence is a significant feature of successful performance in sport.

Fig.1 below shows Bandura’s model of Self-Efficacy. Using practical examples, analyse how the model can have an effect on performance.

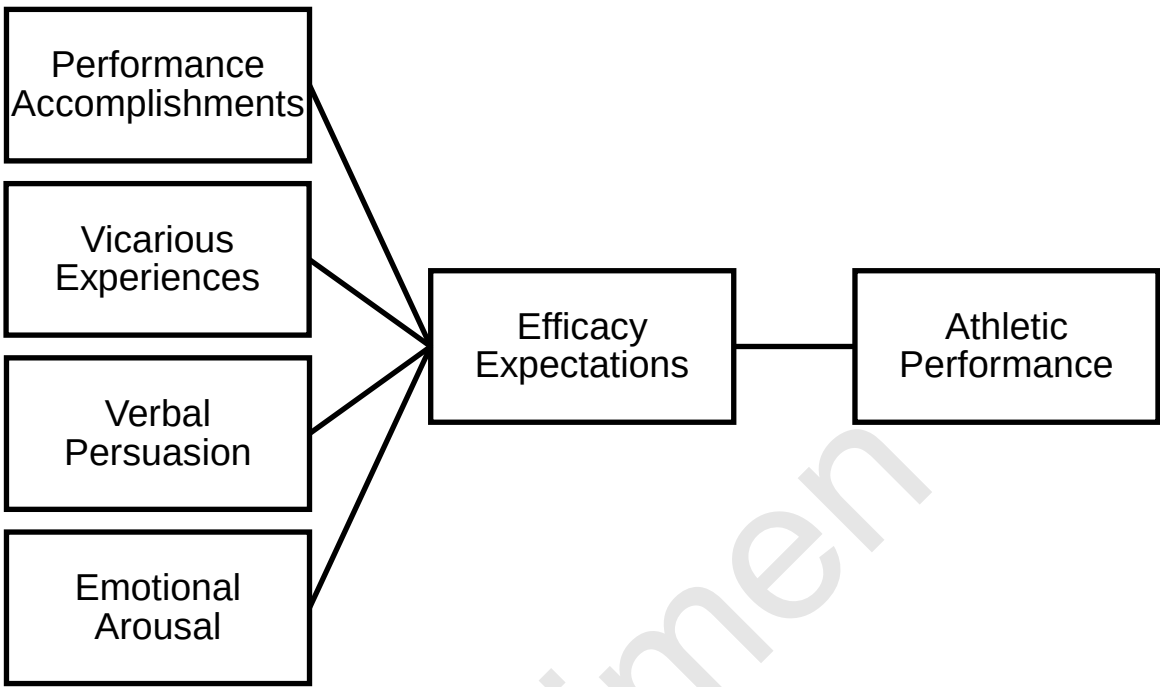


Fig.1

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[6]

(d) (i) Explain how **two** different causes of stress could affect sports performance.

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[4]

(ii) Identify **two** somatic stress management techniques.

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[2]

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