



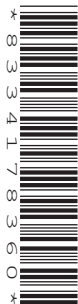
Oxford Cambridge and RSA

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)

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 **16** pages.

ADVICE

- Read each question carefully before you start your answer.

SECTION A

Answer **all** the questions.

- 1

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

Mechanical guidance
.....

Manual guidance
.....

[2]
- 2

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

Definition
.....
.....

Cause
.....

[2]
- 3

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

Extrinsic feedback
.....

Intrinsic feedback
.....

[2]
- 4

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

.....
.....
.....
.....

[2]

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

.....
..... [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.

.....

.....

.....

.....

.....

..... [2]

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

.....

..... [1]

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

.....

..... [1]

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

Whole practice
.....

Varied practice
.....

[2]

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

Whole practice
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.....
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.....
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.....

Varied practice
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.....

[4]

- Analyse other occasions when an autocratic leadership style might be most effective.

[4]

(c) (i) Define the term anxiety.

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

(ii) Describe trait anxiety.

.....
.....
.....
.....
.....
..... [2]

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

Cognitive anxiety
.....
Somatic anxiety
..... [2]

..... [3]

Strength

Weakness

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- 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]

This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.

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).

[illegible]

[illegible]

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