



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 Candidate number

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.

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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

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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.

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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]

(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

.....

Somatic anxiety

..... [2]

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. It consists of a vertical solid line on the left side, creating a margin. To the right of this line, there are numerous horizontal dotted lines spaced evenly down the page, providing a guide 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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