Modified Enlarged 24pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Tuesday 23 May 2023 – Morning

AS Level Physical Education

H155/02 Psychological and socio-cultural themes in physical education

Time allowed: 1 hour 15 minutes
plus your additional time allowance

YOU CAN USE:
a calculator

Please write clearly in black ink.

Centre number | | | | | |

Candidate number | | | | |

First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF

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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 70.

The marks for each question are shown in brackets [ ].

Quality of extended response will be assessed in questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

SECTION A

1 (a) (i) A coach praises a table tennis player for having a great flick of the wrist on their backhand shot.

What type of feedback is this?

Put a tick (✓) in the box next to the correct answer. [1]

A Extrinsic and negative ☐

B Positive and intrinsic ☐

C Positive and knowledge of performance ☐

D Positive and knowledge of results ☐

(ii) A crowd cheers when the footballer scores a goal from a corner kick.

What type of feedback is this?

Put a tick (✓) in the box next to the correct answer. [1]

A Intrinsic ☐

B Knowledge of performance ☐

C Knowledge of results ☐

D Negative ☐

(iii) A rugby referee warns a player for dangerous play.

What type of feedback is this?

Put a tick (✓) in the box next to the correct answer. [1]

A Negative and extrinsic ☐

B Negative and knowledge of results ☐

C Positive and intrinsic ☐

D Positive and knowledge of performance ☐

(iv) A gymnast feels they did a good dismount off the beam when they land on the mat.

What type of feedback is this?

Put a tick (✓) in the box next to the correct answer. [1]

A Negative and extrinsic ☐

B Negative and knowledge of results ☐

C Positive and intrinsic ☐

D Positive and extrinsic ☐

(b) (i) A gymnast's coach might use a harness as mechanical guidance to help their gymnast perform a somersault.

Using examples, explain THREE other guidance types the gymnast's coach might use.

1. _____

_____

_____

2. _____

_____

_____

3. _____

_____

_____

[3]

(ii) **Using a harness will enable the gymnast to know how a somersault feels.**

Give ONE disadvantage of this type of guidance.

_____

_____ **[1]**

(c) **According to Bandura we learn movement skills by observing and copying others. His model has four processes, the first two of which are attention and retention.**

(i) **Describe the other TWO processes.**

1. _____

_____

_____

2. _____

_____

_____

[2]

(ii) **Discuss factors that will impact on how much attention a performer pays to the demonstration and how well they retain the information. [4]**

(d) On the opposite page draw a line to match the description to the correct classification of skills continua. [6]

DESCRIPTION	CLASSIFICATION
Whether the performer controls when they start the movement	Pacing
The level of mental processing required	Environmental influence
To what degree the surroundings impact on performance, for example, position of opponents	Difficulty
How closely linked together the subroutines are	Muscular involvement
Whether the skill has a clear start or end	Continuity
Whether large or small movements are involved	Organisation

2 (a) (i) **Define personality.**

_____

_____ **[1]**

(ii) **Explain trait theory of personality.**

_____

_____

_____

_____

_____

_____ **[2]**

(iii) **Suggest ONE reason why trait theory might NOT be an accurate theory of personality.**

_____

_____

_____ **[1]**

(b) (i) Describe the forming and performing stages of group development.

Forming: _____

_____

_____

_____

_____

Performing: _____

_____

_____

_____

_____

[4]

(ii) **Suggest TWO ways a coach might help a group move through the stages of development.**

_____

_____

_____

_____ **[2]**

(c) (i) **Give an example of a response to each of the following:**

Cognitive anxiety: _____

Somatic anxiety: _____

[2]

(ii) **Controlling anxiety is very important for a performer to enter their zone of optimal functioning.**

Give THREE examples of what an individual can do to try to achieve the zone of optimal functioning.

_____

_____

_____

_____

_____

_____

_____

_____

_____ **[3]**

(d) For each of the examples below, state how the performance would be affected by an audience. Give a reason for each effect. [5]

Example	Effect of an audience on performance	Reason for answer
An extroverted tennis player		
A beginner ice skater		
An expert high jumper		
A gymnast performing a tumbling routine		
A golfer making a putt		

3 (a) **Analyse how social and cultural factors might affect participation in sports and pastimes for a wealthy, male landowner in pre-industrial Britain. [5]**

(b) **Using sporting examples, give FOUR ways in which the introduction of the railway affected participation in sport.**

1. _____

_____

_____

2. _____

_____

_____

3. _____

_____

_____

4. _____

_____

_____

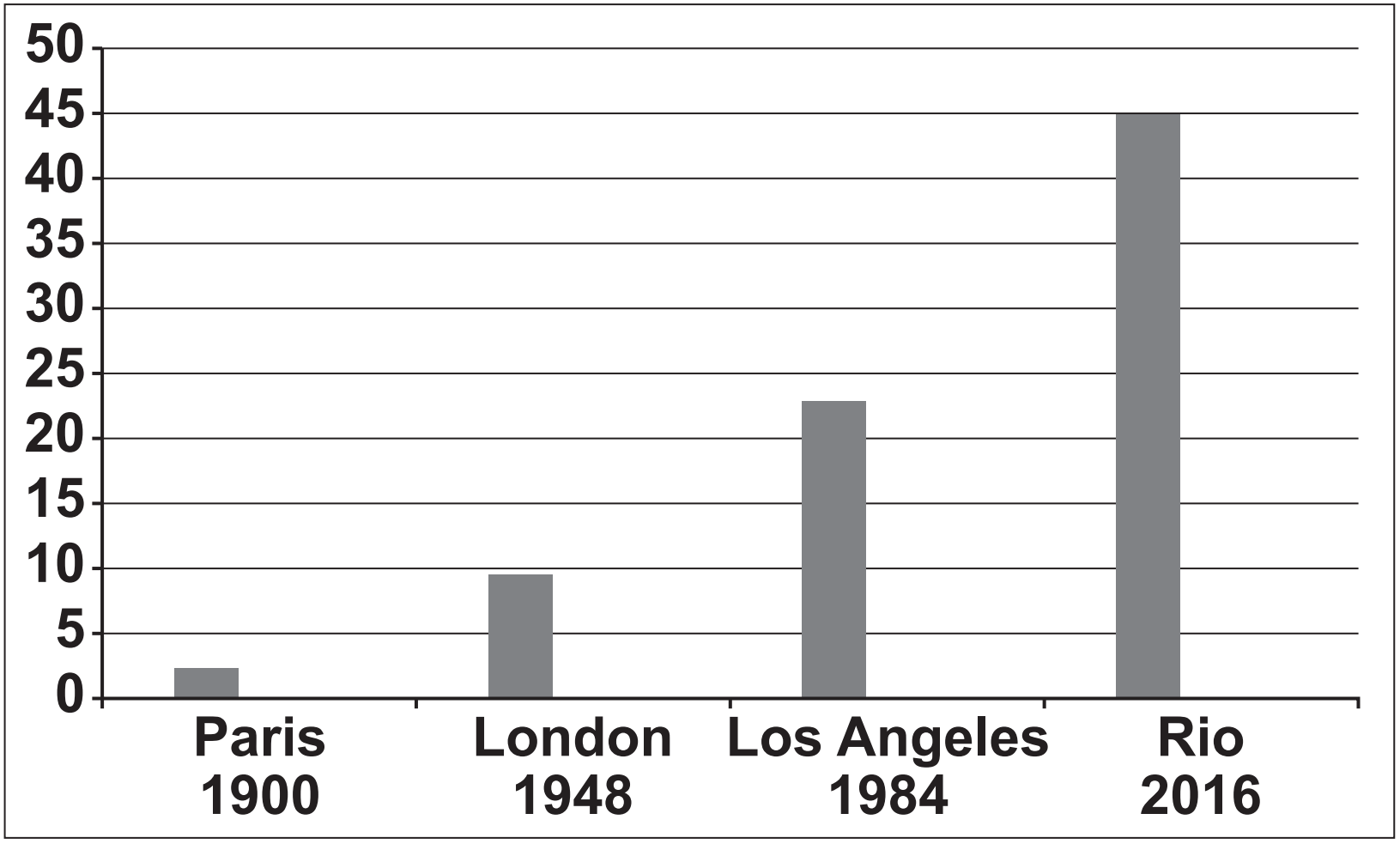
[4]

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(c) Women first started competing in the Olympic Games in 1900.

FIG. 3.1 on the following page shows the percentage of female participants at various Summer Olympic Games.

FIG. 3.1


Percentage of female participants
50
45
40
35
30
25
20
15
10
5
0
Paris 1900
London 1948
Los Angeles 1984
Rio 2016

With reference to FIG. 3.1, discuss how the changing role and status of women affected their participation in sport between 1900 and the present day. [6]

(d) The modern Olympic Games were established in 1896.

(i) Who is credited with starting the modern Olympic Games?

_____ [1]

(ii) Identify ONE aim of the Olympic Games.

_____

_____ [1]

(iii) **Describe how the Olympic Games in Berlin in 1936 and in Moscow in 1980 were used for political exploitation.**

Berlin 1936 _____

_____

_____

Moscow 1980 _____

_____

_____

[3]

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SECTION B

4* **Zac wants to improve at badminton. FIG. 4.1 shows some performance statistics for Zac.**

FIG. 4.1

Skill	Serves in	Overhead clears landing at the back of the court	Serves returned	Smash shots performed correctly
Number completed successfully	8/20	15/20	10/20	6/20

With reference to the information in FIG. 4.1 and your knowledge of the SMART principle, set some effective goals for Zac. Explain your reasons for setting ONE of the goals.

Discuss what types of practice might be most beneficial for Zac. [10]

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).

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