

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Wednesday 4 June 2025 – Morning

A Level Physical Education

H555/02 Psychological factors affecting performance

Time allowed: 1 hour

plus your additional time allowance

No extra materials are needed.

Please write clearly in black ink.

Centre number

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Candidate number

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First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF



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 (*).

ADVICE

Read each question carefully before you start your answer.

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SECTION A

1 Indicate whether each of the following statements is true or false by putting a tick (✓) in the relevant box.

**(a) A type A personality is likely to be patient.
Tick (✓) ONE box. [1]**

True ☐ False ☐

**(b) An introvert personality lacks concentration.
Tick (✓) ONE box. [1]**

True ☐ False ☐

2 Give TWO somatic stress management techniques.

1: _____

2: _____

[2]

3 Define intrinsic feedback and give ONE advantage of this type of feedback.

Definition: _____

Advantage: _____

[2]

- 4 Identify the stage of learning being described in the following examples.**

A rugby player can consistently perform a dummy dodge to outwit an opponent.

Stage of learning: _____

An ice skater can perform a jump but often wobbles when landing.

Stage of learning: _____

[2]

- 5 Give TWO examples of somatic responses to anxiety.**

1: _____

2: _____

[2]

SECTION B

6

(a) Skills are classified in different ways.

(i) Explain the following terms:

Simple skill: _____

Closed skill: _____

High organisation skill: _____

[3]

(ii) Define the terms bilateral transfer and negative transfer.

Bilateral transfer: _____

Negative transfer: _____

[2]

(b)

- (i) According to Atkinson and Shiffren's multi-store memory model a hockey player receiving a pass will use selective attention to filter relevant from irrelevant information.**

Give ONE example of information that the hockey player should filter as relevant and ONE example that should be filtered as irrelevant.

Relevant information: _____

Irrelevant information: _____

[2]

- (ii) Explain Craik and Lockhart's levels of processing memory model.**

[3]

[illegible]

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(d) Evaluate the use of verbal and manual guidance for an expert performer. [6]

Verbal: _____

Manual: _____

7

(a)

- (i) **Weiner's model of attribution categorises the reasons performers give for their success or failure.**

Using your knowledge of Weiner's model, give a SPORTING example of an attribution for each of the categories below.

Internal, stable: _____

External, stable: _____

Internal, unstable _____

External, unstable _____

[4]

- (ii) **Attributing externally could have both positive and negative effects on a performer.**

Discuss why this could be the case.

[2]

(b)

(i) Describe the terms emergent leader and prescribed leader.

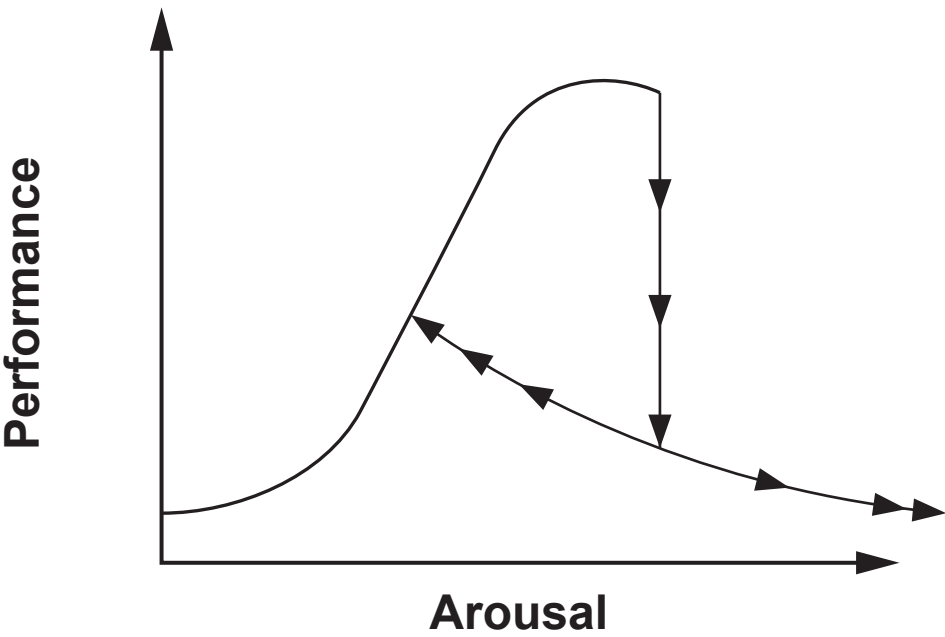
Emergent leader: _____

Prescribed leader: _____

[2]

-
-
-
-
-
-
-
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-
-
-
-
- [3]

(c) The graph shows catastrophe theory.



Use the graph to explain catastrophe theory. [5]

- (d) A sports team has better players than their opposition but is losing the match.**

Use Steiner's model to explain why the team might be under-performing in the match.

[illegible]

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SECTION C

- 8* A sports coach can use different practice types to help performers learn skills and build their confidence.**

Using sporting examples, explain the practice types that a sports coach might use to help a performer improve their passing.

Analyse how a coach might raise a performer's level of self-efficacy according to Bandura's theory. [10]

[illegible]

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END OF QUESTION PAPER

EXTRA ANSWER SPACE

If you need extra space use these lined pages. You must write the question numbers clearly in the margin.

[illegible]

[illegible]

[illegible]



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