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Qualification Name

J587/02 Socio-cultural issues and sports psychology

Question Set 2

Section A: Sports Psychology

1 **(a)** Complete the following statements using words from the box below.

Knowledge of ..... is a type of …….., for example knowing that you have……the league in football.

won	performance	feedback
motivation	results	adherence

[1]

(b) Goal setting in tennis can increase exercise , increase ..... and optimise ..... .

won	performance	feedback
motivation	results	adherence

[1]

2 Give **one** practical example to show the aesthetic characteristic of skilled performance in sport. **[1]**

3 Visual and verbal guidance are types of guidance that help the learning of motor skills.

Using a practical example for each, describe **two** other types of guidance. **[2]**

4 Which **one** of the following best shows a SMART goal for a skilled hockey player? Put a tick (✓) next to the correct answer.

(a) To agree with the coach that you will win the league and score more goals than the previous season ☐

(b) To be selected for the GB team ready for a future Olympic Games ☐

(c) To improve flicking the ball over a distance of 25 metres and writing down the results of practice over a six-week period ☐

(d) To increase cardiovascular fitness by training harder ☐

[1]

5 Is this statement true or false? Draw a circle around your answer.

A complex skill in sport involves the processing of a lot of information.

True **False** **[1]**

6 Describe positive feedback when learning motor skills in sport. **[2]**

7 Where on the environmental classification of skills continuum would you place a tennis serve? Indicate by placing the figure **X** on the continuum below.

(Open) |……I……| **(Closed)** **[1]**

8 Give **two** mental preparation techniques a sports performer might use to prepare themselves before competition. **[2]**

9 Give **one** practical example of a sports skill that is classified as an open skill on the environmental continuum. **[1]**

10 Define the term 'motor skills' and give an example of 'pre-determination' as a characteristic of a skillful performer.

Definition:

Example:

[2]

11 Which **one** of the following is the best practical example showing knowledge of performance as a type of feedback?

Put a tick next to the correct answer.

A A tennis player finding out from his coach how many first serves he completed successfully during a tournament ☐

B A rugby player knowing that she has played well because the crowd cheered her throughout the match ☐

C An athlete receiving the result of a photo-finish after a 100 metre raceduring an athletics competition ☐

D A netball player being told by her team-mate that her shooting technique was incorrect in a previous match ☐

[1]

12 Is this statement true or false? Draw a circle around your answer.

A sprint start off the blocks in a 100 metre race is an example of a simple skill.

True **False**

[1]

13 Describe **one** advantage and **one** disadvantage of using mechanical guidance in the learning of a motor skill. **[2]**

14 Give a practical example of manual guidance being used to improve a motor skill in sport. **[1]**

15 One characteristic of skilled performance in sport is predetermination. An example of this might bein preparing to serve, a tennis player knows where she wants the ball to land.

Draw a line from each of the other characteristics of skilled performance to the most suitable practical example.

Characteristic		Practical example
Predetermination		A rugby player wasting little effort in passing the ball to a fellow player
Coordination		A gymnast effectively linking the different elements of his floor routine
Aesthetic		In preparing to serve, a tennis player knows where she wants the ball to land
Efficiency		A snow boarder performs a stylish trick

[3]

16 Skills can be classified based on how difficult they are.

Where on the difficulty continuum would you place a hockey goalkeeper's diving save? Indicate by placing the figure **X** on the continuum.

Simple |……..| Complex **[1]**

17 Give **two** reasons why an athletics coach might use goal setting with one of their athletes. **[2]**

18 What is meant by selective attention when performing a sports skill? **[2]**

19 Describe **one** practical example of positive thinking for a sports performer. **[1]**

20 Give **one** advantage and **one** disadvantage of verbal guidance when teaching a sports skill. **[2]**

21 Which **one** of the following is an example of manual guidance when learning skills in sport? Put a tick next to the correct answer.

A A gymnastics coach giving clear instructions to a gymnast about keeping their legs straight and toes pointed. ☐

B A member of a hockey team helping her teammate to stand after a leg injury during a hockey match ☐

C A trampoline coach using a harness to support a performer doing a somersault during training. ☐

D A swimming coach moving the performer's arm to get the right sense of the front crawl swim stroke. ☐

[1]

Total Marks for Question Set 2: 32

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