OCR
Oxford Cambridge and RSA

GCSE Physical Education

J587/02 Socio-cultural issues and sports psychology

Question Set 5

Section B: Sports psychology

1 (a) Using practical examples, give **two** advantages and **two** disadvantages of using visual guidance in the learning of motor skills in sport. **[4]**

(b)* Using practical examples, explain the benefits of using mental preparation techniques in a warm up before a sports competition.

In what ways does a warm up physically benefit the sports performer? **[6]**

2 (a) Using practical examples, explain how SMART goal setting can improve a specific skill in a physical activity or sport of your choice.

Physical activity/sport:
.....

Skill:
.....

Explanation:
.....

[4]

2 (b)* Using practical examples, discuss how goal setting can motivate performers in physical activity and sport.

Describe how appropriate goal setting can help to prevent injury to performers. **[6]**

3 (a) Feedback is often used by sports coaches for performers to learn and perform movement skills more effectively.

Describe **two** different sports situations when positive feedback can improve performance. **[2]**

3 (b) Using practical examples from sport, describe knowledge of results and knowledge of performance as types of feedback. **[4]**

3 (c) Using a practical example from sport, explain what is meant by negative feedback and evaluate its effectiveness in motivating sports performers.

Negative feedback:
.....

Example:
.....

Evaluation:
.....

[4]

Total Marks for Question Set 5: 30

Oxford Cambridge and RSA

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge