



Oxford Cambridge and RSA

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



You can use:

- a calculator



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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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 **70**.
- 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.

2
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.

- | | |
|--|--------------------------|
| A Extrinsic and negative | <input type="checkbox"/> |
| B Positive and intrinsic | <input type="checkbox"/> |
| C Positive and knowledge of performance | <input type="checkbox"/> |
| D Positive and knowledge of results | <input type="checkbox"/> |

[1]

- (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.

- | | |
|-----------------------------------|--------------------------|
| A Intrinsic | <input type="checkbox"/> |
| B Knowledge of performance | <input type="checkbox"/> |
| C Knowledge of results | <input type="checkbox"/> |
| D Negative | <input type="checkbox"/> |

[1]

- (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.

- | | |
|--|--------------------------|
| A Negative and extrinsic | <input type="checkbox"/> |
| B Negative and knowledge of results | <input type="checkbox"/> |
| C Positive and intrinsic | <input type="checkbox"/> |
| D Positive and knowledge of performance | <input type="checkbox"/> |

[1]

(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.

A Negative and extrinsic

B Negative and knowledge of results

C Positive and intrinsic

D Positive and extrinsic

[1]

(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.

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2.

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3.

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[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) Draw a line to match the description to the correct classification of skills continua.

Description
Whether the performer controls when they start the movement
The level of mental processing required
To what degree the surroundings impact on performance, for example, position of opponents
How closely linked together the subroutines are
Whether the skill has a clear start or end
Whether large or small movements are involved

Classification
Pacing
Environmental influence
Difficulty
Muscular involvement
Continuity
Organisation

[6]

2 (a) (i) Define personality.

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..... [1]

(ii) Explain trait theory of personality.

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..... [2]

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

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..... [1]

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

Forming:

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Performing:

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[4]

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

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..... [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.

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..... [3]

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

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		

[5]

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

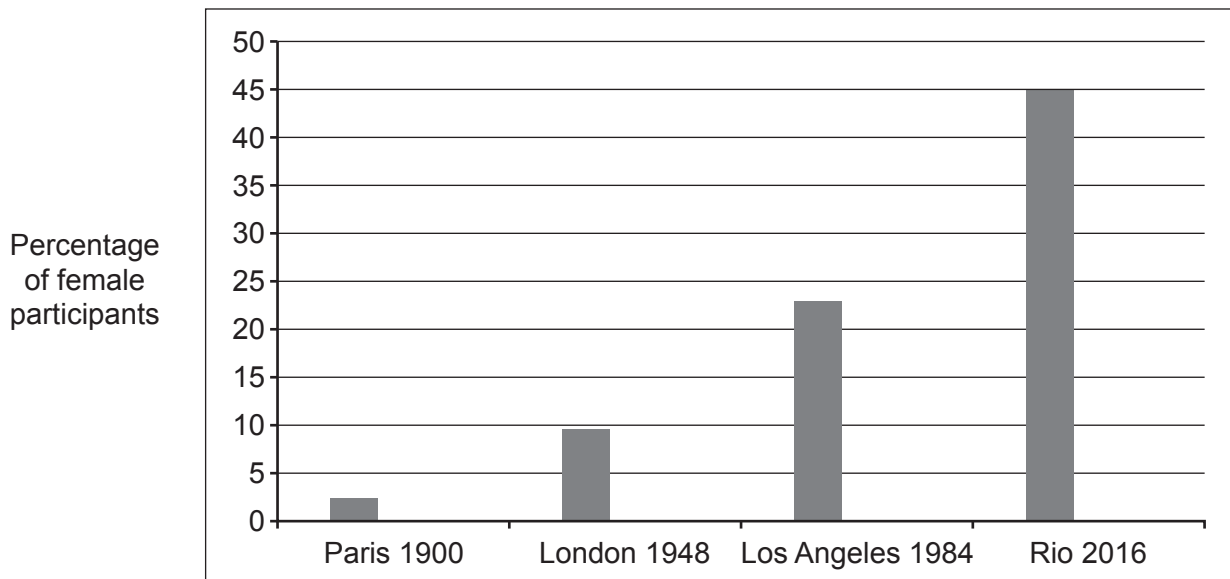
- 1.
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[4]

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

Fig. 3.1 shows the percentage of female participants at various Summer Olympic Games.

Fig. 3.1



(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
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Moscow 1980
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[3]

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]

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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 features a vertical margin line on the left side and horizontal dotted lines for writing. The lines are evenly spaced and extend across the width of the page.

A large area of the page is reserved for writing, featuring a vertical solid line on the left side and horizontal dotted lines extending across the page.



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