



Practice Questions

OCR A-Level PE – Sport Psychology

(Revision session on Tuesday 17th May 2022, 4.00–5.30pm)

Please read before distributing to students.

Purpose of this document

The questions contained within this document are those being answered live by James Simms during the May 2022 revision series on YouTube. The questions do not form a mock exam or practice paper as a whole. Rather, they are a series of questions that cover a range of content and skills required by the Advance Exam Information (AEI) published by the exam board in February 2022. There has been no attempt to organise the questions so that a mock or practice paper is formed. Instead, the questions are presented in the order of the AEI.

This paper contains:

- Questions in AEI order
- Where possible, examples of extended writing
- No one-mark or multiple-choice questions

How should schools use these papers?

This paper has been constructed specifically for use in preparation for and during the live revision shows provided by James Simms in May 2022. I encourage students to attempt the questions in advance of the revision shows. Students will receive the mark schemes and model answers as part of the revision experience.

Mark schemes and model answers will be published as part of the live revision show.

We have provided students with plenty of writing space in each question, so that they can draft their answers, attempt questions multiple times or write additional information.

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering the AEI topics. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms

1. Evaluate the trait theory of personality formation.

(4 marks)

[illegible]

2. Discuss the suggestion that the interactionist approach to personality is the most reliable.

(4 marks)

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3.

Jamie has just attended his first-ever school hockey club session.
Describe how a coach can use extrinsic motivation to maintain Jamie's involvement.

(2 marks)

[illegible]

4.

Rachel is a cyclist and trains three times per week with her club.
Describe both intrinsic and extrinsic motivation and the impact each has on Rachel.

(4 marks)



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- Alex has just started playing golf and is due to play in a beginners tournament. Describe the drive theory of arousal and what impact it could have on a beginner's performances in sport.

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6. Describe the **inverted U theory** of arousal.

(3 marks)

[illegible]

7. Explain how the **inverted U theory** shifts based on the **skill level** of the performer.

(3 marks)

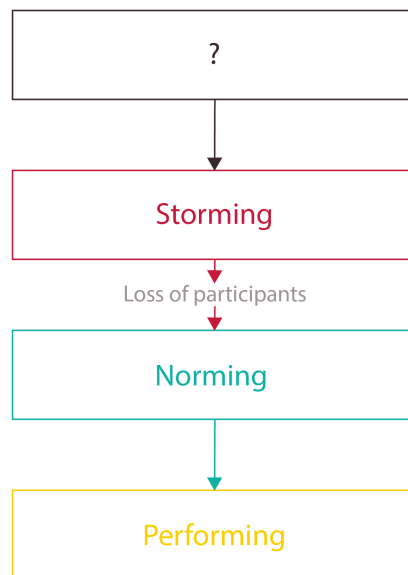
[illegible]

8.

Identify the missing stage from the model in the image and describe the characteristics of this stage.

(3 marks)

Tuckman's Model



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9.

Jane has not been playing very well for her rugby team.
Explain what strategies a coach could use to prevent **social loafing**.

(3 marks)



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10. With reference to Weiner's model of attribution, explain the term "locus of control."

(3 marks)

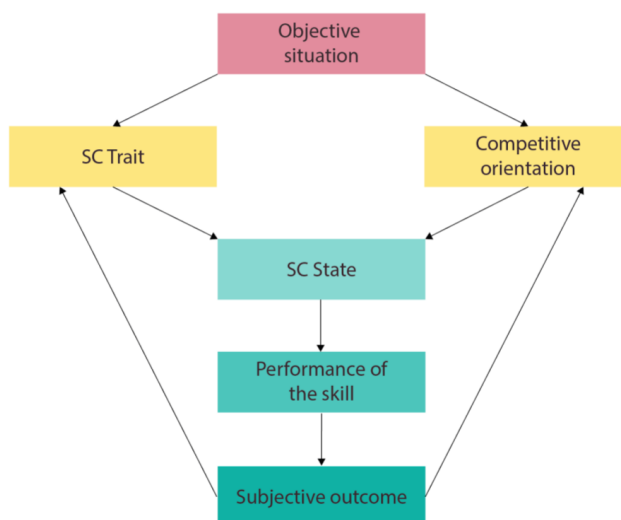
[illegible]

11.

Vealey's sport confidence model makes reference to competitive orientation. Describe what is meant by competitive orientation.

(2 marks)

Vealey's Sport Confidence Model (1989)

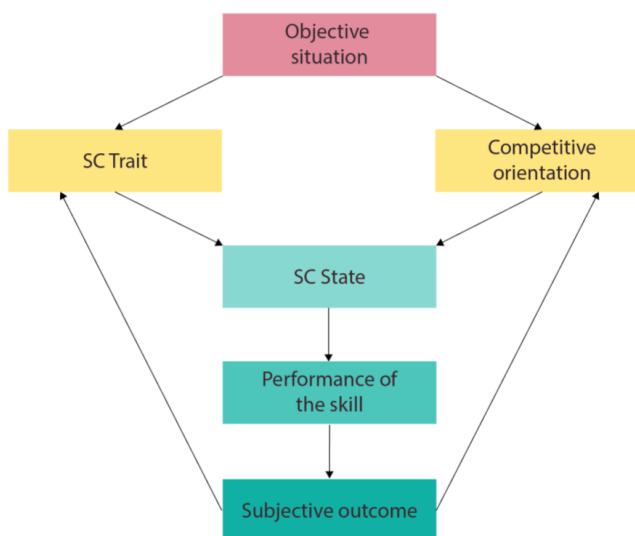
[illegible]

12.

Vealey's sport confidence model makes reference to competitive orientation. Explain how a sports performer's competitive orientation could **decrease** their sport confidence state.

(3 marks)

Vealey's Sport Confidence Model (1989)

[illegible]

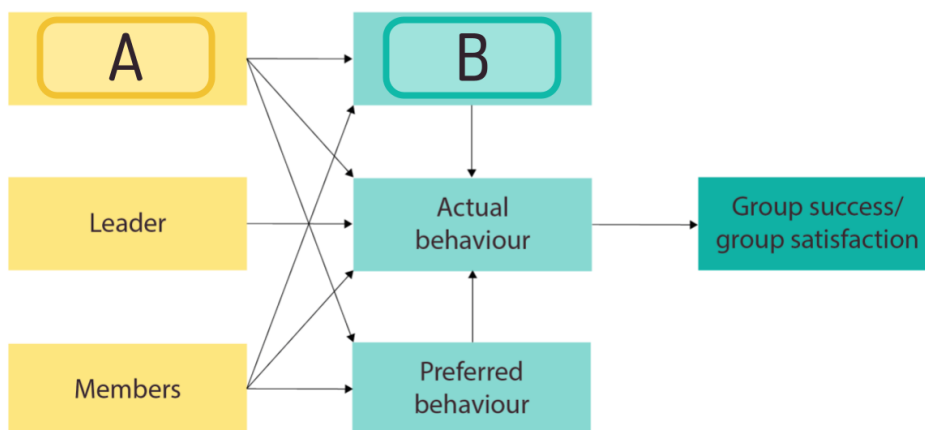
13.

Look closely at this image.

Identify the missing components **A** and **B** of Chelladurai's model of leadership.

(2 marks)

Chelladurai's Multi-dimensional Model of Leadership



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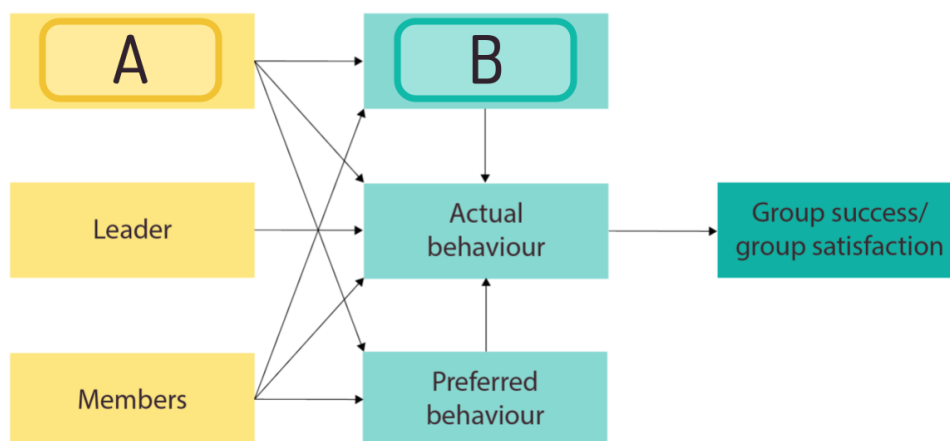
14.

Look closely at this image.

Using a sporting example, explain how the missing components **A and B** can affect the type of leadership used by a leader.

(2 marks)

Chelladurai's Multi-dimensional Model of Leadership

[illegible]

15.

Using a sporting example for each, describe what is meant by **both** an emergent and a prescribed leader.

(4 marks)

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