**Past Paper Question Bank**

**June 2013 Paper**

Using examples explain why goal setting is important in sustaining a balanced, active and healthy lifestyle. (4)

Cue utilisation is one aspect of attentional control.

Using examples from sport, explain the effects of cue utilisation on performance. (5)

Describe the characteristics of the following styles of leadership and explain when they might be used in sport:

* Task-orientated
* Social-orientated
* Laissez-faire (6)

**June 2012 Paper (G453-01Jun12)**

The theory of achievement motivation describes characteristics of sports performers who may have undesirable features associated with avoiding failure.

Describe TWO features of a ‘need to avoid failure’ performer.

How might this performer be encouraged to be more motivated to achieve? (4)

Zajonc states that when an audience is present, arousal is raised.

Explain how different levels of arousal affect those performing sport in front of an audience.

Refer in your answer to: type of task involved; ability level of the performer; personality of the performer. (5)

Explain what is meant by cognitive dissonance and its role in changing attitudes.

Describe THREE methods of changing attitudes from negative to positive to promote a balanced, active and healthy lifestyle. (6)

**January 2012 Paper (ocr\_72285\_pp\_12\_jan\_gce\_g453)**

Describe Nideffer’s attentional styles of broad, narrow, external and internal.

Using practical examples, explain how broad AND internal attentional styles might be used in different sports’ situations. (6)

When individuals join a sports team or a social group, their behaviour related to lifestyle can change.

Explain the possible effects of a group on the behaviour related to lifestyle of group members. (5)

**June 2011 Paper (ocr\_66551\_pp\_11\_jun\_gce\_ug453)**

Attributions for success or failure in sport are often given by performers and their coaches.

Identify FOUR different types of attribution proposed by Weiner’s attribution model and give a practical example for each type identified. (4)

Describe how goal setting can impact on participation and performance in sport. (5)

Explain the causes and effects of evaluation apprehension on sports performance or lifestyle behaviours. (6)

**January 2011 Paper (ocr\_61450\_pp\_11\_jan\_gce\_g453)**

Having a good attitude towards sport or physical activities is often regarded as important for success and to maintain a healthy lifestyle.

Identify what is meant by an attitude and describe the components of attitudes that young people might have towards sport and health. (4)

Having the right level of arousal can be important for performing well in sport.

Explain what is meant by cue utilisation and how it links with levels of arousal (5)

The actual productivity of a team in sport depends on the individual abilities within the group and how they operate together. Fig. 1 shows Steiners model of group performance.

**Actual productivity = Potential productivity – Losses due to faulty processes**

Fig. 1: A representation of Steiners model of group performance

Describe the possible ‘faulty processes’, identified in the model, that may occur in sport. (6)

**June 2010 Paper (ocr\_57486\_pp\_10\_jun\_gce\_g453)**

The ‘need to achieve’ is often viewed as necessary for good sports performance both for individuals and for members of a team.

Using practical examples describe the features of a ‘need to achieve’ performer (4)

Explain the effects of having low self-efficacy on sustaining a balanced, healthy lifestyle.

Describe TWO strategies to raise self-efficacy to enable a young person to adopt a balanced, active and healthy lifestyle. (5)

**January 2010 Paper (OCR\_49270\_pp\_10\_jan\_gce\_g453)**

Performers who are doing well in competition are often described as being ‘in the zone’.

Explain what is meant by the zone of optimum functioning. (4)

Explain, using practical examples, how goal-setting could be effectively used to improve participation in physical activity. (5)

Using practical examples, explain the possible positive and negative effects of an audience on sports’ performance. (6)

**June 2009 Paper (OCR\_pp\_09\_legacy\_gce\_2565\_01\_jun)**

Having an effective leader can be important for team success.

Explain when an autocratic leadership style and a democratic leadership style could be used by an effective leader to maximise the success of a sports team. (6)

The levels of arousal in individuals can often affect their performance in sport.

Explain, using practical examples, how:

* The personality of the performer;
* The ability level of the performer;
* The complexity of the task;

Can each affect levels of arousal and therefore sports performance. (6)

Aggressive behaviour in sport can lead to a decrease in performance both for individuals and for the team.

As a sports coach, explain how you would help team members eliminate aggressive tendencies.

Use practical examples to illustrate your answer. (6)

**June 2010 Legacy Series (paper 2565)**

Explain what is meant by learned helplessness in sport.

Using practical examples, explain how you would help a sports performer to avoid learned helplessness and to promote mastery orientation. (6)

**January 2010 Legacy Series (ocr\_pp\_10\_legacy\_gce\_2565\_jan)**

Why is goal setting relevant to managing anxiety in sport? (4)

A long term goal in sport might be to win a medal in the 2016 Olympics. Using sporting examples, explain how you would use the setting of short and intermediate goals to realise this long term goal. Refer to process, performance and product goals in your answer (6)