

## Section B: Psychological Aspects that Optimise Performance

Answer **three** questions.

Answer Question 5 **and** any two from Question 6, Question 7 **or** Question 8.

### Question 5

All teams will experience victories and defeats.

0 8

Explain how the coach of a team can use knowledge of Weiner's Attribution Theory to maintain the motivation of a team following defeat **and** outline other strategies that can be used to avoid learned helplessness.

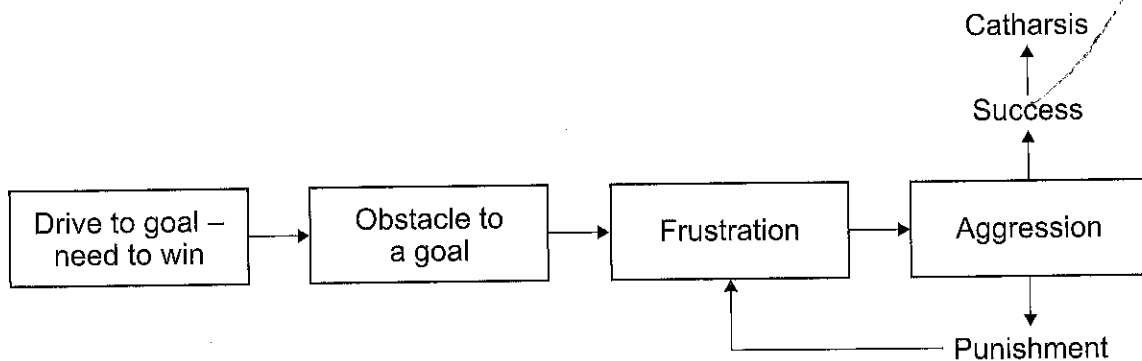
[14 marks]

### Question 6

During competitive matches players may become over-aroused and commit aggressive acts, such as foul play.

**Figure 1** shows the frustration-aggression hypothesis, which offers one explanation for the cause of aggressive behaviour.

**Figure 1**



0 9

Using other psychological theories of aggression, explain the weaknesses of the frustration-aggression hypothesis.

[4 marks]

1 0

Explain how a performer can use biofeedback as a stress management technique to control over-arousal.

[3 marks]

### Question 7

Leaders and coaches have an important role in developing the performance of their players.

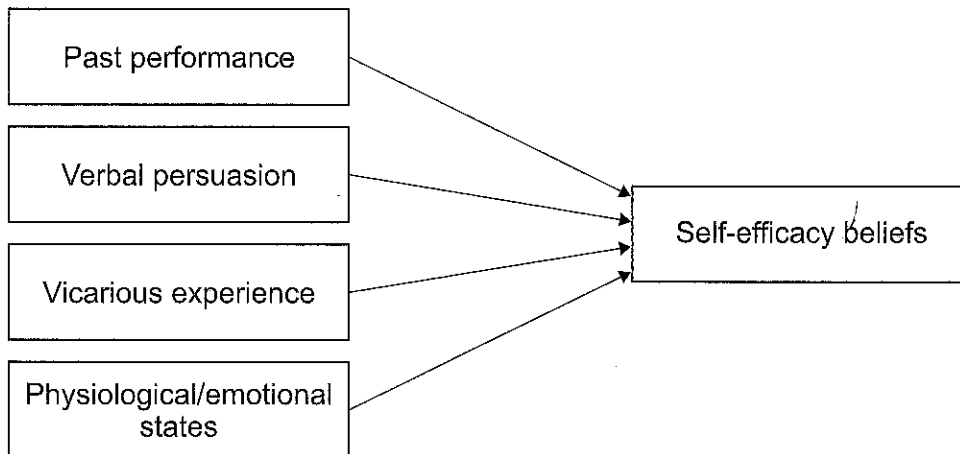
1 | 1

Outline the role of a leader **and** explain the difference between a prescribed leader and an emergent leader.

[3 marks]

Figure 2 shows Bandura's model of self-efficacy.

Figure 2



1 | 2

Explain the term self-efficacy **and** outline the impact of positive vicarious experiences on the performer.

[4 marks]

### Question 8

Spectators can have an impact on the quality of an individual's performance.

1 | 3

Explain the difference between the terms social inhibition **and** evaluation apprehension.

[2 marks]

1 | 4

Outline the strategies a coach may use to reduce the negative effects of an audience on performance.

[5 marks]

Turn over for the next section

Turn over ►