**Student devised questions 2013 - 2014**

Using your green pen review the questions that you helped devise last week. Can you make any improvements?

**Anxiety Questions:**

**3 / 4 Marks**

State 3 factors which initiate stress (3 marks)

Explain the difference between Eustress and Anxiety (4 marks)

Evaluate whether questionnaires are a suitable method for measuring anxiety. (3)

Name and describe four types of stress. (4)

Name and explain the different forms of anxiety that a performer may experience. (4 marks)

Various tests have been designed for measuring anxiety in sport. Name one and state how it is administered. (3marks).

**Essay**

Explain the different types of anxiety and how they affect performance. Furthermore, describe how anxiety may vary prior to and during a sporting competition and state the strategies that could be used to reduce anxiety.(14 marks)

Explain the factors which initiate stress and explain stress management techniques to reduce anxiety (14 marks)

Questionnaires, observations and interviews are all used to measure anxiety. What are the strengths and limitations of using each to measure anxiety. Then, name and describe various methods used to combat anxiety. (14)

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**Attitude Questions:**

**3 / 4 Marks**

What are the 3 components of an attitude? (3 marks)

State and explain 2 ways to change attitude (4 marks)

Name and describe the components of the triadic model. (3)

What are strengths and weaknesses of some attitude scales used to measure attitudes? (4)

Using an example, name and explain the components of attitudes. (3 marks)

Using one named psychological theory, outline how the negative attitude of an individual can be changed. (4 marks)

**Essay**

Explain how attitudes are formed and describe the components of an attitude. Additionally, outline how attitudes are changed. (14 marks)

Explain Persuasive Communication and state how negative attitudes may develop (14 marks)

How are attitudes formed? What are the various methods of changing attitudes? (14)