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

**Attitudes**

**Short questions**

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

Outline both cognitive and affective components of an attitude (4 marks)

Outline the persuasive communication theory (4 marks)

Using the communication method, explain what is meant by the quality of the message (3 marks)

Explain the cognitive dissonance theory (4 marks)

**Essay questions**

Discuss how you would use the triadic model in a way to change a person’s attitude (14 marks)

Describe and explain the persuasive communication theory and discus how a coach would use this to change the attitude of a performer (14 marks)

Define attitude and explain the components of attitude providing relevant sporting examples (14 marks)

With reference to the cognitive dissonance theory, explain how you could change the attitude of an individual who may have a negative attitude using a sporting example (14 marks)

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

**Anxiety**

**Short questions**

State 3 tests for measuring anxiety (3 marks)

Outline SCAT and STA1 as a measurement of anxiety (3 marks)

State 3 somatic techniques to control anxiety (3 marks)

Define trait, state, cognitive and somatic anxiety (4 marks)

Is anxiety the same in every situation? Suggest reasons why it may change (3 marks)

Name a cognitive stress management technique and out it’s advantages and disadvantages (4 marks)

Identify and explain 4 principles of goal setting (4 marks)

Explain the difference between an outcome goal and a performance goal (2 marks)

**Essay**

Outline somatic techniques to control anxiety and discuss how you would use techniques to control anxiety (14 marks)