
Section B

Answer **three** questions.

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

Question 5

The performance of a team can be influenced by the attitudes of its players.

0	8
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Explain how the negative attitude of players can impact on the cohesion of a team **and** using named psychological theories, describe how a negative attitude may be changed.

[14 marks]

Question 6

The leader of a team has an important role to ensure that the players work together.

0	9
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Explain the term autocratic leader **and** outline when the autocratic style of leadership should be used.

[3 marks]

Elite performers often display approach behaviour.

1	0
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How does the achievement motivation of a performer affect their approach behaviour?

[4 marks]

Question 7

During sporting contests, performers have to control their arousal levels and display assertive behaviour.

1	1
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Explain the terms aggression **and** instrumental aggression.

[3 marks]

1	2
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Apart from aggression, using appropriate psychological terms, explain the impact of over-arousal on the performer.

[4 marks]

Question 8

Elite performers have to maintain high levels of motivation to perform at their optimum level.

1	3
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How can a coach use attributions to maintain high levels of motivation following a defeat?

[3 marks]

1	4
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Identify **and** explain the different types of goals that a coach could use to motivate performers.

[4 marks]

Turn over for the next section

Effort Ability
Task Diff Luck

Turn over ►