
[10]

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- Outline at least one suggestion that Kareem could make to this football manager about how knowledge of personality could be used to improve the team's performance.

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- Outline **at least one** strategy a psychologist might suggest for how Mia could use knowledge of personality to improve the performance of the heptathletes.

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(c) *Taylor is the manager of a boxing club. Some members of the club are not performing as well in the boxing ring as Taylor believes they could. Taylor is concerned that the problem is being caused by their levels of arousal and anxiety.

Outline at least one technique a psychologist might suggest to Taylor for managing arousal and anxiety among the members of the boxing club.

[illegible]

[10]

[illegible]

- Outline at least **one** strategy a sports psychologist might suggest to Ahmet for how to prepare the players for this match.

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(c) * Sharmin has just been made captain of her local women's cricket team. She wants to use this leadership position to try and improve the performance of the team.

Outline at least one strategy a psychologist might suggest for how Sharmin could improve the performance of her cricket team.

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*Use the key research by Lewis et al. (2014) to explain the positive benefits of dance on mental health.

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- [illegible]

What might a psychologist suggest to Andy about an exercise strategy to improve the mental health of his workers?

[10]

7(a) Sport and exercise psychology

* Use the key research by Munroe-Chandler et al. (2008) to explain the benefits of imagery in sport.

This image shows a single sheet of white paper with ten horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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- What advice might a sports psychologist give Debbie about how to motivate the players in her daughter's rugby team?

[illegible]

[10]

* Using the research by Zajonc et al. (1969), explain how sporting performance could be influenced by audiences.

[illegible]

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[illegible]

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What advice might a sports psychologist give Lizzie about how to prepare for this match?

[illegible]

END OF QUESTION PAPER