

1(a) Outline the key research by Kroll and Crenshaw (1970) and explain what it tells us about measurement of personality in sport.

[10]

(b) Discuss sampling bias in research into personality and sport.

[15]

(c) Kareem works as a sports psychologist. It is over halfway through the football season and a team has lost most of its matches. The manager of this team wants advice from Kareem about how knowledge of personality might be used to improve the performance of this team in the last part of the season.

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.

[10]

2(a) Outline the key research by Kroll and Crenshaw (1970) and explain what it tells us about the relationship between personality and sport.

[10]

(b) Discuss the reliability of research into personality and sport.

[15]

(c) The heptathlon requires female athletes to compete in seven sports over two days. Events include the 200-metre sprint, the high jump, and javelin throwing. Mia is in charge of improving the performance of her country's best heptathletes.

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

[10]

[10]

3(a) *Use the key research by Fazey and Hardy (1988) to explain how a catastrophic drop-off in sporting performance can occur.

(b) *Discuss the individual/situational explanations debate in relation to arousal and anxiety in sport.

(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.

4(a) * Outline the key research by Zajonc et al. (1969) and use it to explain how an audience can affect sports performance.

[10]

[10]

(b) * For many months, a football team has been playing its matches in an empty stadium. With no supporters watching them, they did better than when supporters had been present. The team is due to start playing in front of supporters again from their next match onwards. Ahmet, who coaches them, is keen to ensure that the players maintain their good standard of performance.

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

[10]

5(a) * Outline the key research by Smith *et al.* (1979) and explain what it tells us about coaching in sport.

(b) * Discuss the nature/nurture debate in relation to research into performing with others in sport.

(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.

[10]

6(a)

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

[10]

(b) *Discuss the social sensitivity of conducting research into exercise and mental health.

[15]

(c) *Andy is the manager of a large company. He is concerned about the mental health of his staff.

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.

[10]

(b) * Discuss the reliability of research into motivation in sport.

(c) * Debbie is the coach for her daughter's rugby team. It is halfway through the season and they have lost every match they've played. Some of the girls in the team are beginning to lose interest in the sport.

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

[10]

8(a) Sport and exercise psychology

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

[10]

(b) * Discuss the validity of research into audience effects.

(c) * Lizzie is a football player. She is about to play a football match in front of a large crowd for the first time.

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

END OF QUESTION PAPER

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